



Spiritual Dimensions of the Martial Arts

Michael Maliszewski

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***Spiritual Dimensions of the Martial Arts* is a study of the meditative and religious elements that form the core of the great martial arts traditions.**

Unsurpassed in scope and detail, this martial arts book covers the spiritual beliefs and the practices of the fighting arts of India, China, Korea, Japan, Indonesia, the Philippines, Thailand, Brazil, and the United States.

Subjects discussed include:

Psychological development and martial arts training

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