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Zen In The Martial Arts PDF ... "Zen in the Martial Arts" is not really about martial arts, nor is it about Zen either. Using martial arts and his personal experiences, Hyams tries to explain the martial artists mind. There is a state where the artist stops thinking and just does. This is the point of

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Of all the oriental martial arts, Chinese Gong (Kung) Fu, which means "masterful", is the oldest. All of the other schools - Korean, Japanese, and other Chinese varieties, grew out of it. But Gong Fu did not originate in China.

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Rarely does a book on the martial arts cover as many different fighting styles as this one, which also includes first-hand accounts of training under the great Bruce Lee. Zen in the Martial Arts is unusual for several reasons.

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