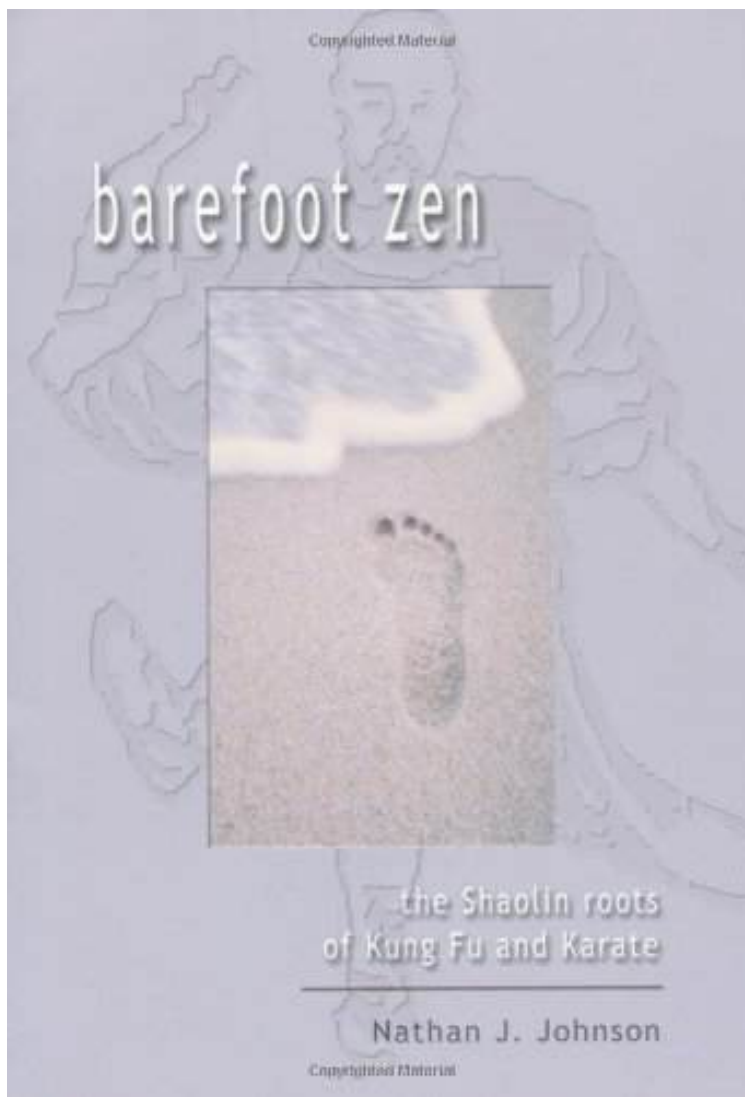


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0 of 0 review helpful A window on Shaolin By Neale Povey Barefoot Zen is a personal story relating to martial arts The definitive location for this is the Shaolin monastery the ancestral home of Bhodidharma This is foundational to the practice now defined by Monk Warrior of Zen Kempo Nathan Johnson has diligently pursued this path and is exemplary in his understanding of the Barefoot Zen model He does spend much Most books about Kung Fu or Karate deal with techniques or history Few examine the underlying purpose of these arts or approach them as a tool for spiritual rather than physical development Barefoot Zen is a brave new approach to the martial arts which clearly demonstrates that the traditional movements of both Kung Fu and Karate contained in the solo choreographed sequences of movements known as forms or kata grew out of the spiritual practices of the Shaolin From the Back Cover The legendary courage of the Shaolin Chan Zen order was not developed by fighting with enemies but by not fighting The Shaolin teaching was designed to free us from fear the only true enemy Barefoot Zen a brave new approach to the mart

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