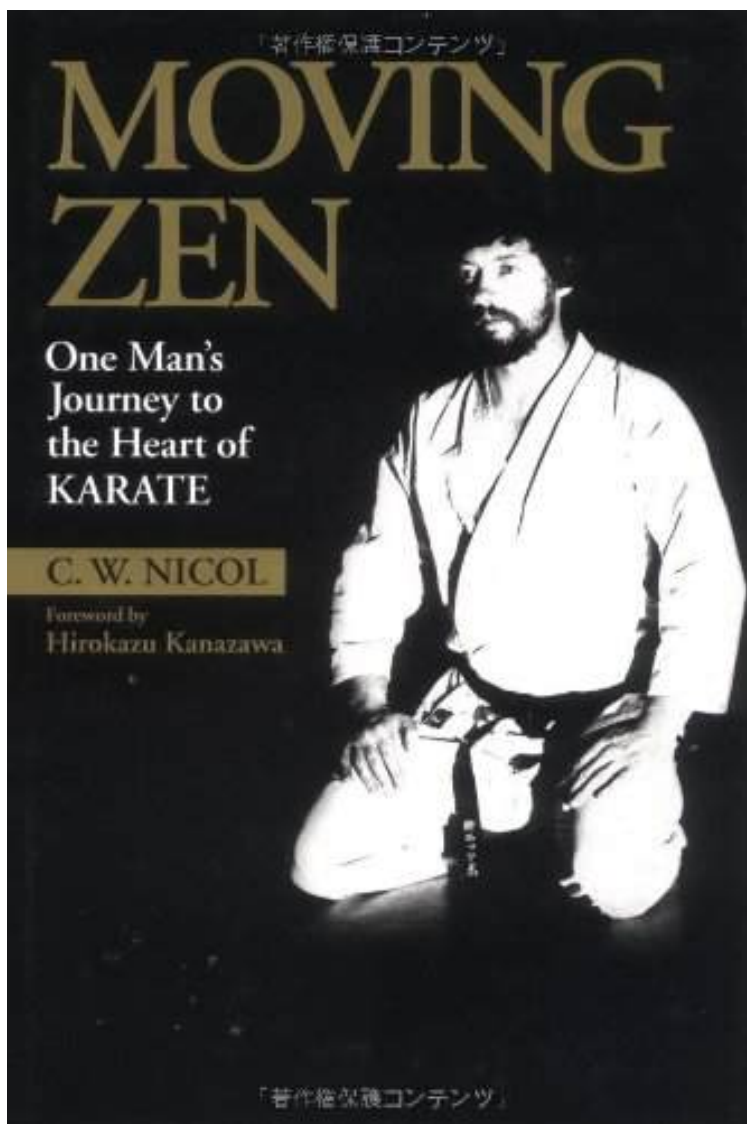


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12 of 12 review helpful Usss By Erik Olson As a newly minted ShoDan in Shiho Karano Karate I have to be skilled in knowledge as well as technique To that end I ve been reading a number of books on various aspects of the martial arts One part of that genre are the autobiographical accounts of Budo practitioners I want to gain deeper insight into my own path through what others have experienced learned and how th A classic story of one man s confrontation with the self through Karate In 1962 at age twenty two C W Nicol left Wales to study Karate in Japan He quickly found that the study of the martial art engaged his whole being and transformed his outlook on life Moving Zen is the multifaceted story of a young man who arrived in Japan to study the technique of and spirit behind Karate Joining the Japan Karate Association or Shotokan Nicol discov an absolute must for all of our young adult karateka Sensei Peter Leitch About the Author C W NICOL is the author of Harpoon among other English titles and over seventy books in Japanese He is a sev

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