



Martial Arts Mind & Body

Claudio Iedwab, Roxanne Standefer

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Take performance to the next level! Martial artists have long been admired for their discipline and feats of mental and physical strength as well as the ability to shut out distraction and focus precisely on the task at hand. *Martial Arts Mind & Body* reveals how you can achieve excellence through mind and body training for enhanced performance and enjoyment in martial arts or any other sport.

Martial Arts Mind & Body combines the best mental and physical training principles of various martial art forms. Centered on the Japanese concept of kiai, the book explains how to unite your mental, physical, and spiritual energies. As a result, you will be able to

- sharpen concentration and awareness,
- improve your ability to learn new skills,
- perform better in training and competition, and
- remain focused under stress.

As you learn how to integrate the energy of the mind and body, you will increase your resistance to fatigue, discomfort, and distraction. You'll also learn techniques to control the body's responses to respiration, metabolism, and muscle relaxation. Make *Martial Arts Mind & Body* part of your training and soon you will think, feel, and move better than ever.

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Rachel Wessels:

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their sparetime with their family, or their friends. Usually they performing activity like watching television, gonna beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Will you something different to fill your own free time/ holiday? Could be reading a book can be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to try look for book, may be the book untitled Martial Arts Mind & Body can be very good book to read. May be it may be best activity to you.

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