



# A Masters Guide to The Way of the Warrior

*Stefan H. Verstappen*

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## **A Masters Guide to The Way of the Warrior** Stefan H. Verstappen

A Master's Guide to the Way of the Warrior is a unique and comprehensive guide to the principles and practices of the warriors' way as spiritual path, combat training, and antidote for our society's decline and destruction. The book is divided into three sections Foundation, examine the origins and history of the warriors' spiritual path and martial arts. Topics include: • The Dark Knight • The Mystic Warrior • The Warrior as Shaman • The Warrior in the Modern Age • The Warrior in the Future • Principle Practices Internal, examines the mind and senses. Topics include • Awareness and Perception • Visualization • Breathing • Energy • Overcoming Fear, Pain and Anger • Leadership External, examines the mechanics of mind body integration and hand to hand combat. Topics include • Movement and Form • The Five Animal Styles • Hand to Hand Combat • Combat Strategy & Tactics • Weapons • The Warrior's Code The complete guide to awakening the warrior within.

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