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## The Martial Arts of the Orient (Paperback)

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By Peter Lewis

Prion Books Ltd, United Kingdom, 2003. Paperback. Book Condition: New. 2nd Revised edition. 192 x 128 mm. Language: English . Brand New Book. This is an introduction to the origins, philosophy and practice of the world's martial arts. This book provides a chapter-by-chapter tour of the many varieties of martial arts, such as aikido, iai-do, jiu-jitsu, judo, karate, kendo, kung fu, kyudo, naginata, ninjutsu, sumo, taekwon-do and Thai boxing, discussing how and why these arts developed, their ways and laws, founding myths and heroes, and the culture that created them. A glossary of martial arts terminology and an illustrated section on martial arts weaponry are also included.



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