


[DOWNLOAD](#)


Nintai: Philosophical Lessons in Okinawan Karate (Paperback)

By Lawrence Mark Vellucci

Outskirts Press, United States, 2007. Paperback. Book Condition: New. 201 x 124 mm. Language: English . Brand New Book ***** Print on Demand *****.Anyone can learn karate, but to master oneself takes a lifetime. This is the inspiring story of an ex-Marine who sought out the one form of martial arts that would polish his mind and strengthen his spirit- Kobayashi Shorin Ryu Karate. Finding the right dojo would lead him to Okinawa and a Sensei (teacher), a seventh degree black belt, who would show him what lay beyond the pain, beyond the exhaustion. He was taught Nintai: the art of patience, perseverance, and endurance. The reason there are mirrors in the dojo is to allow the student to always face his greatest opponent: himself. It is the aim of the true karate practitioner to overcome the ego, and focus on the higher goal of unifying the mind, body, and spirit. In Okinawa, it is the Sensei's responsibility to help the student become humble enough to attain this objective. Only when Nintai is accomplished, can one pursue a higher spiritual path.



READ ONLINE
[6.81 MB]

Reviews

A brand new eBook with a brand new standpoint. It can be rally fascinating throgh reading through time. I am happy to let you know that this is the greatest ebook i have go through within my very own daily life and can be he best book for at any time.

-- **Leanne Cremin**

This is an incredible book that I have ever read through. It can be rally exciting throgh reading through time period. I discovered this publication from my i and dad recommended this pdf to find out.

-- **Friedrich Lynch DDS**