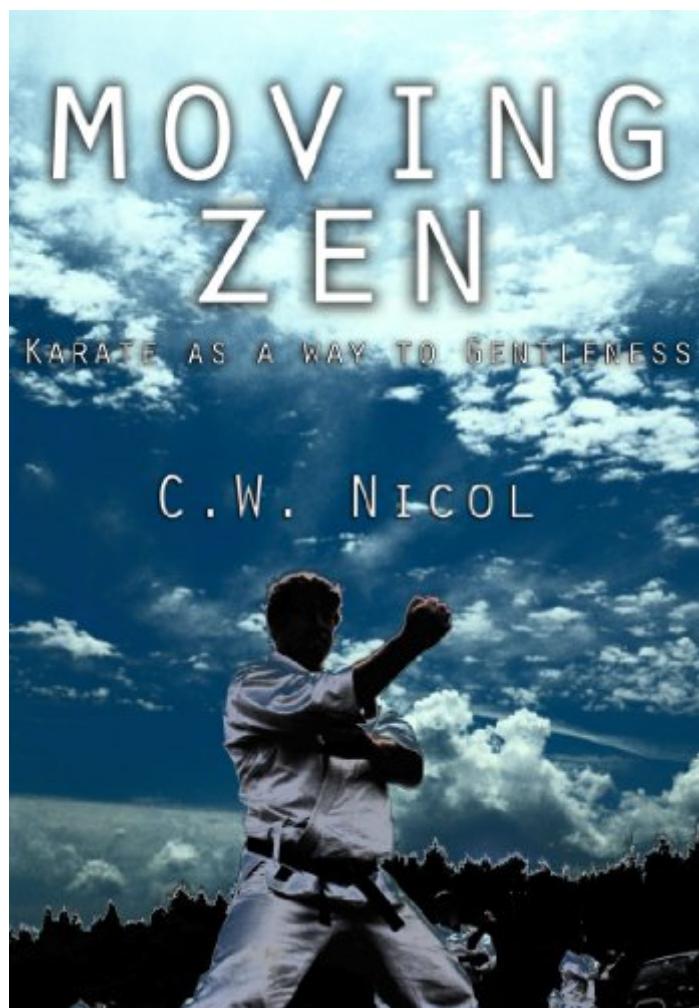


The book was found

Moving Zen: Karate As A Way To Gentleness



Synopsis

'Moving Zen: Karate as a Way to Gentleness' is the biographical account of C.W. Nicol's journey into the heart of Shotokan Karate.

Book Information

File Size: 2330 KB

Print Length: 156 pages

Publisher: C.W. Nicol (August 12, 2013)

Publication Date: August 12, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00E1DB02M

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #353,216 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #77

in Books > Biographies & Memoirs > Sports & Outdoors > Boxing, Wrestling & MMA > Martial Arts #446 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Martial Arts #1213 in Books > Sports & Outdoors > Individual Sports > Martial Arts

Customer Reviews

Interesting sincere reflection of soul/meaning searching ... through Karate. Some hidden gems like recollection of Tai Chi master powers he encountered, etc.

I first read this book when I was moving through my senior Kyu grades and the story mirrored my own experiences in the martial arts and my own journey towards Shodan. This book gives a wonderful insight into the journey that is training in traditional martial arts and I can recommend this book to any one who would like a glimpse into the world of martial arts and the modern warriors who inhabit this world. It is a well written account by an author who clearly lived the way of the empty hand and is able to share it truthfully and eloquently.

As a practicing Karateka, and still in kyu gradings, I was thoroughly inspired to read Nicol's journey through his Karate days. The text initially comes through as a rambling account, but you realize that that's what it is all about - here's a man earnestly sharing with you all the excitement he feels about the topic! Specific gains include several training tips, bunkai thoughts, etc. One drawback - the paperback version of this book had several very interesting photographs which are missing in the e-book.

This book is a very interesting account of the formal dojo training from the 1960's. Really interesting and compelling. Definitely a great read for any traditional karateka.

As I take my own journey through the belts of karate, I find myself searching for a higher understanding of myself and the art. This book has shown me I am on the right path for such a journey.

A classic of budo training in a bygone era. A must read for martial artists, aspiring as well as those of us who were in it in "the old days". Thank you, Nicol-sensei.

Classic. The world he describes doesn't exist anymore. This is a valuable book for any serious martial artist, but also for anyone looking to make a radical positive change in their life.

Moving Zen is a snapshot of some parts of Japan in the early 1960's, along with one man's memories of Karate training - from white belt to black belt. C W Nicol evokes scenes of his life in Japan, his appreciation of Japanese culture, and his journey of learning along the path of Karate. Nicol writes with sincerity, delivering his honest opinions regarding himself and those he interacted with. He is a very descriptive writer, able to paint scenes for the reader with a sparse prose style. I enjoyed this book and look forward to trying some of his other works.

[Download to continue reading...](#)

Moving Zen: Karate as a Way to Gentleness ZEN: Everything You Need to Know About Forming Zen Habits â “ A Practical Guide to Find Inner Peace, Practice Mindfulness & Learn Zen Meditation (Zen Buddhism, Zen Mastery, Zen for Beginners) Zen Buddhism: How Zen Buddhism Can Create A Life of Peace, Happiness and Inspiration (Zen Buddhism for Beginners, Zen, Zen Books) Zen: Beginnerâ ™s Guide to Understanding & Practicing Zen Meditation to Become Present (Zen for Beginners, Zen Meditation, Zen Habits, Meditation for Beginners) Moving Zen: One Mans Journey

to the Heart of Karate (Bushido--The Way of the Warrior) Zen: Zen For Beginners â “ The Ultimate Guide To Incorporating Zen Into Your Life â “ A Zen Buddhism Approach To Happiness And Inner Peace Zen: How to Practice Zen Everywhere in Your Daily Life (FREE Bonus Inside) (Zen Meditation, Zen for Beginners, Buddhism) Zen Flesh Zen Bones: A Collection of Zen and Pre-Zen Writings Zen and Zen Classics 1: From the Upanishads to Huineng (Zen & Zen Classics) ZENDOKAI KARATE ç©ºæ‰œé•ç|...é•ä : The Moving Zen Method for Mixed Martial Arts (ç©ºä•®å » Book 1) Kenpo For Beginners: How To Master The Moves & Mindset Of Kenpo Karate (Kenpo, Jeet Kune Do, MMA, Kempo Karate) Shotô's Traditional Karate Kai: My Life, My Art, In Karate And Tai-Chi Sacred World: The Shambhala Way to Gentleness, Bravery, and Power My Grand Adventure I'm Moving! Adventure Storybook, Children's Packing Guide: & Activity Book (Large 8.5 x 11) Moving Book for Kids in all Departments ... Guides Relocation Books Do it Yourself Moving Go Only As Fast As Your Slowest Part Feels Safe To Go: Tales To Kindle Gentleness and Compassion For Our Exhausted Selves Karate-Do: My Way of Life Zen Action/Zen Person Zen Coloring - Flowers (Zen Coloring Book) Shodo: The Quiet Art of Japanese Zen Calligraphy; Learn the Wisdom of Zen Through Traditional Brush Painting Z.B.A.: Zen of Business Administration - How Zen Practice Can Transform Your Work And Your Life

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)