



Prana Martial Arts Student Handbook

By Paul Edward Rana

Lulu.com, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The first volume of the Prana Martial Arts Training Guides, drawn from Master Paul Rana s 25 years of experience in the martial arts, the Prana Martial Arts Student Handbook is an innovative curriculum drawing from traditional Tae Kwon Do (ITF and WTF), Hapkido, and the practical applications of boxing, kickboxing, Judo, Jiu-Jitsu and MMA. This volume is full of historical and philosophical lessons with an in-depth exploration of the ancient characters of Korean history as well as the classical I-Ching as a primary source of inspiration for traditional Tae Kwon Do philosophy. The Yoga Sutras of Patanjali and meditation with the Eastern Chakra system rounds out this philosophical and practical handbook of the martial arts.



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