

Theoretical basis of martial arts



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Reviews

This is basically the very best publication i actually have go through until now. It really is loaded with knowledge and wisdom I realized this publication from my i and dad encouraged this publication to discover.

(Bryana Klocko III)

THEORETICAL BASIS OF MARTIAL ARTS



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paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Pages Number: 152 Publisher: People's Sports Publishing House Pub. Date :1995-12. This book systematically & briefly describes the nature and characteristics of Chinese martial arts & introduced the martial arts theory. the object of study & scope & methodology & key and Research & the cultural forms of martial arts & systems & levels of a comprehensive summary and review & to dig and understand the origin of martial arts and systems to prepare a three-dimensional coordinate space and transmission. The book also discussed from different perspectives and their own origins theory Jie Wu theoretical system. We believe that research is correct & the system and the structure itself is complete & some corporations are rough ideas and content & but it should at least have a reference to that object & the subject's hair coat that is good. Contents: Introduction Chapter Overview Chapter Martial Arts Wushu martial arts theory Origin Section II martial arts and ancient Chinese philosophy and religion with Confucian moral principles in Section III martial arts martial arts martial arts and human health and the V military commander Chapter martial arts section on the child's own theoretical system of martial arts & said the three on three. Section II Chapter Wushu martial arts and aesthetics of proposed Section glimpse of the first section of modern science and psychological characteristics of wushu martial II exercise and physiology & biochemistry and anatomy morphology Section IV martial arts martial arts and sports biomechanics research Chapter martial arts theory and prospects Four Satisfaction guaranteed, or money back.



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