



Warrior Guards the Mountain: The Internal Martial Traditions of China, Japan and South East Asia

Alex Kozma

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For centuries, the internal martial traditions of Asia have produced individuals renowned for their skills in fighting, healing and meditation. Inspired by the author's personal training experiences, this book reveals the stories and training methods of the old Masters as well as the current generation.

Focussing on the internal disciplines of different combat systems, the book includes in-depth conversations with esteemed Masters such as Dr Serge Augier and Master He Jing Han. It encompasses the arts of China, Japan, India and South East Asia, revealing the inner keys of systems such as Bagua, Xingyi, Ziranmen, Taijiquan, Iaido, Muay Thai Sangha, Pentjak Silat, Kun Tao and the old Shaolin system, and providing invaluable insights into the life of the Master and his or her role as spiritual practitioner of the art. With commentary from the author and personal photographs of the Masters at work, the book constitutes an intimate exploration of the philosophy and wisdom of the real esoteric warriors.

Exploring some of the rarest martial art forms, from the mysterious practices of the Yamabushi priests to the potent healing and weapon skills of the Phoenix Eye Fist Grandmaster, this book will fascinate practitioners and students of martial arts, as well as anyone interested in Eastern philosophy.



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