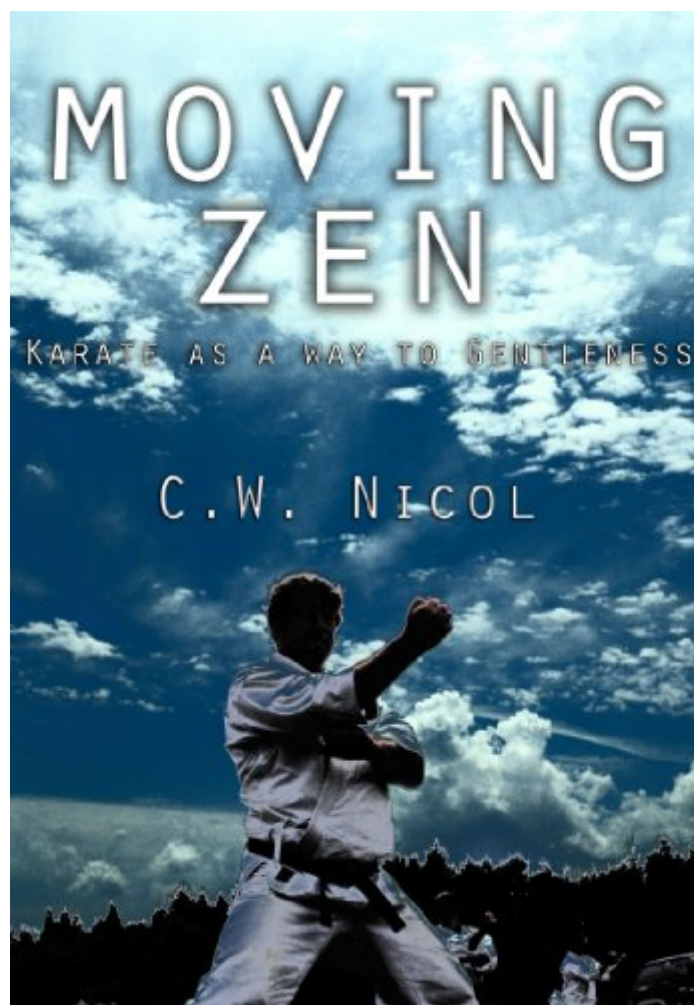


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# Moving Zen: Karate As A Way To Gentleness



## 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

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## 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.

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(Zen Buddhism for Beginners, Zen, Zen Books)  
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