



ED PARKER'S

INFINITE INSIGHTS INTO KENPO



1 MENTAL STIMULATION

by
Ed Parker

Ed Parkers Infinite Insights Into Kenpo Volume 1 Mental Stimulation

Marco Cascella



Ed Parkers Infinite Insights Into Kenpo Volume 1 Mental Stimulation:

Ed Parker's Infinite Insights Into Kenpo Ed Parker, 2009-06-29 With the accumulation of over thirty years of practical Martial Arts experience the Sr Grandmaster of American Kenpo Karate Ed Parker Sr decided to document and share his findings in a monumental series of books Writing with the intent to expound upon the merits of his American KENPO Martial Arts system he wrote of it s many facets as a discipline a way of life a philosophy and an art and a science With each book intended to offer a unique and exciting adventure into KENPO knowledge he called the series of five volumes Infinite Insights Into Kenpo Early in 1982 Mr Parker completed and published the first book in the Infinite Insights Into Kenpo series titled Mental Stimulation He wrote I was sensitive to the need of innovations during my early years of training Analyzing the methods of fighting in Hawaii the place of my birth and early rearing verified the unquestionable need for an updated approach to the Martial Arts Mr Parker broke the bonds of tradition and experimented with more logical and practical means of combating modern day methods of fighting What emerged was in his own words my own interpretation of the Art It was this perspective that he introduced in this initial volume and developed and expanded upon through his subsequent works Mr Parker introduced an unparalleled number of combative predicaments indicating the need for several viewpoints Thee mystic Universal Pattern introduced to the public for the first time some twenty years earlier was put into context In an effort to develop and articulate definable qualities in the Martial Arts he sought to set the backdrop for the unknown to become known the intangible to become tangible and for the mysticism to disappear

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Martial Arts America Bob Orlando,1997 This broad survey of martial arts traditions and their evolution to modern Western practice challenging the purpose and effectiveness of many martial arts activities and training methods used in the U S today By focusing on the most effective and relevant way for Americans to pursue the various martial arts Orlando s useful insights penetrate a subject too often shrouded in mysticism and marketing hype 30 photos 79 illustrations **Black Belt** ,1994-05 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world Black Belt ,1994-01 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world *Black Belt* ,1994-10 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world **Black Belt** ,1994-03 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world **Black Belt** ,1995-06 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world

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