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Waking Dragons: A Martial Artist Faces His Ultimate Test (Paperback)

By Goran Powell

Createspace Independent Publishing Platform, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The 30 Man Kumite is one of karate's toughest tests, reserved for senior black belts with years of experience. One person fights a line-up of thirty fighters, one after another, full contact, moving up the grades to face the strongest, most dangerous fighters last. Waking Dragons is a true account of Goran Powell's 30 Man Kumite and the lifetime of martial arts that led up to it. He covers the fitness training and mental preparations required for such a brutal test, talking openly of the conquest of fear and the spiritual growth that is at the heart of the traditional martial arts. **REVIEWS:** It inspired me, and I know it will inspire you Geoff Thompson. The author's journey is one in which we can find great wisdom, information that all martial artists should know Lawrence Kane. Quite simply, this book is impossible to put down Matthew Sylvester, Traditional Karate and Combat Magazine. One of those rare books you want to keep reading because it's so good, but fear reaching the end because then it will be...



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