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Western Long Boxing: Tao of Ten Gated Changes (Paperback)

By Prof Gurjot K Singh M Ed

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****.This is a book of mental, physical and emotional empowerment through martial energetics. It is based on a simple postulate: Change the individual and change the world. This book provides a process to do this through ten stages of Vedic and Taoist, Stilling and Moving Meditation. Nine stages get you there and the tenth is when modal behavior transforms into modal reality. In such a state of being you can affect things most can not and you are not affected by things that others can not avoid. Western Long Boxing s Ten Gated Change process is the expansion of the -martial energetic- principles of the author s first book: Art of Western Tai Chi Chuan. That book emphasized the combat sport training that produced over 30 Pro/Am (IKF, USAABA, NAGA, EFC MMA Promotions, Carolina MMA Fight Promotions, Gameness MMA Promotions) Combat Sports Champions and Contenders. But this book is for the seasoned Martial Artist wanting to continue to improve mental, physical and emotional performance. It is also for the injured Combat Sport competitor, enthusiast or person with PTSD...



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Reviews

It in a single of my personal favorite publication. It usually fails to charge an excessive amount of. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Mr. David Friesen IV**

This book is definitely not easy to get going on reading through but extremely exciting to see. I am quite late in start reading this one, but better then never. I am pleased to explain how here is the finest book i actually have read inside my individual daily life and may be he best book for ever.

-- **Mrs. Ellie Yost II**