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The 70-Second Sensei: Soul of the Genius Sensei: Living and Teaching Beyond the Nuts Bolts (Paperback)

By Kris Wilder

Stickman Publications, Inc., 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. From the bestselling authors of Dude, The World's Gonna Punch You in the Face, The Big Bloody Book of Violence, and Musashi's Dokkodo. Hone your mind and sharpen your spirit! Once you have mastered the physical aspects of your martial art, it is time to take it to the next level-to lead, to teach, to leave a legacy. This innovative book shows you how. It is always shin, the spirit, that decides the fate of the battle, wrote Taisen Deshimaru in The Zen Way to the Martial Arts. Indeed, in nearly every human endeavor what separates world-class individuals from also-rans is the mental game. Application, instruction, and holistic self-development, these are the hallmarks of the exceptional sensei. Sensei is a Japanese word, commonly translated as teacher, which literally means one who has come before. This term is usually applied to martial arts instructors, yet it can signify anyone who has blazed a trail for others to follow. It applies to all those who have acquired valuable knowledge, skills, and experience and are willing to share their expertise with others while...

Reviews

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