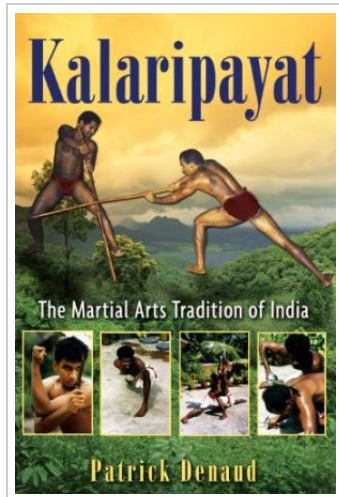




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Kalaripayat: The Martial Arts Tradition of India (Paperback)

By Patrick Denaud

Inner Traditions Bear and Company, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book. The first book in English on the Indian martial art that was the precursor to the Chinese and Japanese traditions - A rigorous martial arts practice that also promotes harmonious self-development - Provides practices for controlling the circulation of energy and vital forces throughout the body Originating in the southern Indian province of Kerala, kalaripayat is the most ancient of the Eastern martial arts. Yet today it has been practically forgotten. Former CBS war correspondent Patrick Denaud looks at this neglected tradition, whose history spans millennia, from the time it was transmitted by the god Vishnu to the sage Parasurama and his twenty-one disciples, the original Gurukkals, to its present-day practice. More than an art of combat, kalaripayat is a way of life and a spiritual discipline. Its martial techniques are designed to create states propitious for deep meditation. Long the jealously guarded art of the Nair warriors of southern India, kalaripayat was banned by the British East India Company in 1793 and was long believed by outside observers to be extinct. Several Gurukkals continued a clandestine practice and secretly trained the students...



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