



The Martial Artist's Book of Yoga: Improve Flexibility, Balance and Strength for Higher Kicks, Faster Strikes, Smoother Throws, Safer Falls, and Stronger Stances

Lily Chou

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The Martial Artist's Book of Yoga opens with a brief introduction describing the ancient connection between yoga and martial arts. Next the authors explains some limited but important background anatomy.

However, the vast majority of the book is the practice sections. Each of these sections focus on a specific martial art practice, such as kicks, strikes etc. Each section explains the varies elements that are needed to be successful with the particular practice and examines in depth specific movements from different traditions, such as a karate kick etc. Each of these sections then ends by teaching specific yoga poses that will help the reader better develop the strength, flexibility and mental focus to succeed in that area of practice.

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