



# The Book of Martial Power

*Steven J. Pearlman*

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## **The Book of Martial Power** Steven J. Pearlman

Different styles of martial arts offer contradictory information, philosophies, and techniques for the body in combat. A practitioner of Judo might advocate grappling, reasoning that most fights converge into close range after a short time, when an advocate of Tae Kwon Do would argue that one should strive to maintain one's distance in an encounter that would allow one to use the legs, the most powerful weapon on the human body.

As a lifelong student and teacher of multiple styles of martial arts, Steven Pearlman has sought to distill from these disciplines not a fusion of techniques, but rather a compilation of fundamental principles that can guide the individual martial artist to the ideal action. Through his exploration of a set of basic principles that range from the physical (spinal alignment, the triangular guard, breathing) to the spiritual (the void, the body-mind, the character), Pearlman arrives at a system open to all martial artists without bastardizing the techniques of the original disciplines.

*The Book of Martial Power* will capture the minds of martial artists and anyone interested in finding a path to success that is not beholden to a specific form but is instead driven by fundamental principles.

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