



Bubishi Martial Art Spirit

George Alexander

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Finally! The secrets of the Bubishi translated for the first time! Shrouded in mystery, the Bubishi - Martial Art Spirit is the secret karate text of the Okinawan masters. This book inspired the modern developers of karate such as Chojun Miyagi, the founder of Goju Ryu Karate, Kenwa Mabuni, the founder of Shito Ryu Karate and Gichin Funakoshi, the founder of Shotokan Karate. Guarded for centuries, this mystical book was completely translated into English by Masters George Alexander and Ken Penland. It includes the history of the White Crane System, the Sanchin, Happuren and Nipaipa kata, "The Secret of the Blood" know as Dim Mak, Meridian Theory & Chinese Acupuncture, Pressure Points, Set up & Multiple Strikes, White Crane Fighting Techniques, Knockout & Killing Techniques, an explanation & illustration for 48 essential resuscitation techniques and much, much more! A one of a kind book that every serious karate student and instructor must have.

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