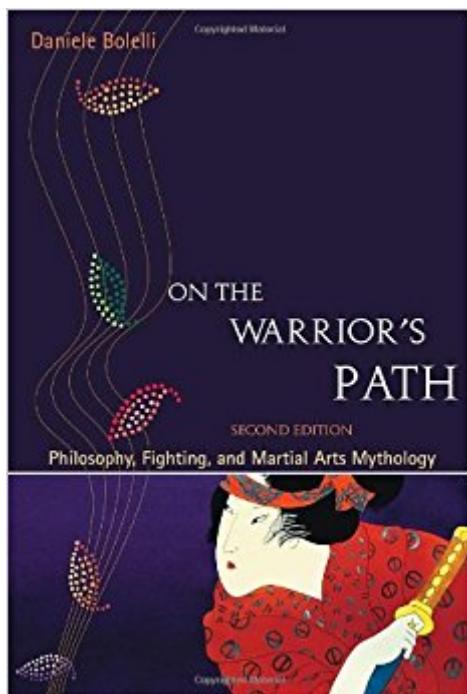


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On The Warrior's Path, Second Edition: Philosophy, Fighting, And Martial Arts Mythology



Synopsis

The urge to forge oneâ™s character by fighting, in daily life as well as on the mat, appeals to something deep within us. More than a collection of fighting techniques, martial arts constitute a path to developing body, spirit, and awareness. On the Warriorâ™s Path connects the martial arts with this larger perspective, merging subtle philosophies with no-holds-barred competition, Nietzsche with Bruce Lee, radical Taoism and Buddhism with the Star Wars Trilogy, traditional martial arts with basketball and American Indian culture. At the center of all these phenomena is the warrior. Though this archetype seems to manifest contradictory values, author Daniele Bolelli describes the heart of this tension: how the training of martial technique leads to a renunciation of violence, and how overcoming fear leads to a unique freedom. Aimed at students at any level or tradition of martial arts but also accessible to the armchair warrior, On the Warriorâ™s Path brings fresh insights to why martial arts remains an enduring and widespread art and discipline. Two new chapters in this second edition focus on spirituality in the martial arts and the authorâ™s personal journey in the field.

Book Information

Paperback: 232 pages

Publisher: Blue Snake Books; 2 edition (July 8, 2008)

Language: English

ISBN-10: 158394219X

ISBN-13: 978-1583942192

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ See all reviewsÂ (67 customer reviews)

Best Sellers Rank: #315,772 in Books (See Top 100 in Books) #195 inÂ Books > Humor & Entertainment > Movies > Genre Films #756 inÂ Books > Sports & Outdoors > Individual Sports > Martial Arts #4542 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness

Customer Reviews

"On the Warrior's Path: Philosophy, Fighting, and Martial Arts Mythology" by Daniele Bolelli made me think about my own journey with martial arts and military combatives over the years, and for making me ponder my own warrior's path, I thank Bolelli. I thoroughly enjoyed reading this book, and found myself engrossed with some of the essays contained within the just over 200 page text. It's a book I'd recommend to any martial artist wanting to explore more than just techniques found

within martial systems. Bolelli writes with an elegant prose that pulls you in and makes you think about things you may not have thought about before. You can compare it with the subtle finesse of an accomplished master of internal martial arts who overcomes you without you really even realizing what has been done, rather than a young MMA stud who just knocks your head off like Brer Bear in an Uncle Remus tale. Bolelli wrestles with the urge to forge one's character by fighting, a somewhat contradiction, but one that makes sense when reading this book. (One that makes sense to most of us who practice martial arts for any length of time.) The book is more like a collection of essays, and I found I connected with some of these more than others. However, as a whole these chapters connect the dots and form a comprehensive look at what the title says it will: philosophy, fighting, and martial arts mythology. Topics such as the body as a temple, ancient warriors such as the samurai and Chinese poet warriors are addressed, warrior rites and archetypes are looked at, and various arts and styles from traditional to the modern MMA are examined.

Not that I got them all, but among the multitude of martial arts books that have been written and published out there, there is one for me that stands out of the lot and that deserves a very special spotlight. The book is called "On the warrior's path" and the author is Daniele Bolelli, an Italian writer, martial artist and professor who lives and teaches in Los Angeles. The book was actually introduced to me by Rick Tucci at the end of a Jeet Kune Do seminar I attended in Brussels, back in 2004 (and here I'd like to express my appreciation for an instructor that, in addition to teach fighting techniques at seminars, takes the time to share other valuable insights, even discussing books). I ordered a copy of the book at an English bookstore in Brussels, and once in my hands I didn't really know what to expect from it. I mean, you scan the titles of the chapters from the index and you obviously anticipate what each chapter is going to be about, and for some reasons, right then, I didn't believe that the reading would be any ecstatic, maybe because the book seemed to cover a little bit of everything, but nothing really in particular. Well, let me tell you that right after reading a few chapters away, I was proved wrong: the book was **TOTALLY** ecstatic! Bolelli writes about martial arts in an exquisite way, adding the right dose of humor and, there and then, of sarcasm, which makes the reading kind of friendly and easy-going. Chapter after chapter, Bolelli takes us into a fascinating journey in the vast land of martial arts by visiting many of its territories.

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