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~~Heng Yi — 5 hindrances~~  
~~to self mastery | Shi~~

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**Sretch 005 Stretch**

**Basics with Xoli 10 Tai**

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*Beginners - 14 Minute*

*Daily Taiji Routine*

*Page 8/33*



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~~KARATE QUOTES~~  
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~~Monk Documentary~~  
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~~meditation, mental~~  
~~martial arts for your~~  
~~mind, fight depression,~~  
~~stress free The Legend~~

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~~of Karate Hirokazu~~

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*3 Stages Of Zen In*

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Moving Zen is the

multifaceted story of a

young man who arrived

in Japan to study the

technique of, and spirit

behind, Karate. Joining

the Japan Karate

Association, or

Shotokan, Nicol

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discovered that Karate,  
while extremely violent,  
also called for politeness  
and a sense of mutual  
trust and responsibility.

~~Moving Zen: Karate as  
a Way to Gentleness:  
Amazon.co.uk: C...~~

Buy Moving Zen:  
Karate as a Way to  
Gentleness by C.W.  
Nicol (1975-08-21) by  
C.W. Nicol (ISBN: )

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from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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Moving Zen: Karate as  
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eBook: Nicol, C.W.,  
Ikeda, Munehiro,  
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Karate As A

Way To

~~Moving Zen: Karate as  
a Way to Gentleness~~

~~eBook: Nicol, C ...~~

Moving Zen: Karate as  
a Way to Gentleness 20  
January 2019 Greeting  
from the mountains of  
northern Nagano. I am  
C.W.Nicol, and I came  
to Japan for the first  
time in 1962 to study  
Karate.

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Karate As A

~~Moving Zen: Karate as  
a Way to Gentleness +  
Kokoro Gin~~

Moving Zen is the multifaceted story of a young man who arrived in Japan to study the technique of, and spirit behind, Karate. Joining the Japan Karate Association, or Shotokan, Nicol discovered that Karate,

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while extremely violent,  
also called for politeness  
and a sense of mutual  
trust and responsibility.

~~Moving Zen: One Man's  
Journey to the Heart of  
Karate ...~~

Moving Zen is the  
multifaceted story of a  
young man who arrived  
in Japan to study the  
technique of, and spirit  
behind, Karate. Joining

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the Japan Karate

Association, or

Shotokan, Nicol

discovered that Karate,

while extremely violent,

also called for politeness

and a sense of mutual

trust and responsibility.

~~Moving Zen: One Mans~~

~~Journey to the Heart of~~

~~Karate by C.W ...~~

Moving Zen classes

teach a traditional form



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of Japanese karate.

Students learn skills and philosophy as a means of developing their

bodies, minds and spirit.

We offer classes for children, families and adults. Benefits are seen

in school and work, and

in relationships with

family, peers and

teachers. Spring 2016

Class Schedule.

Beginning Classes

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Karate As A

~~Moving Zen Karate |~~

~~Developing body, mind  
and spirit~~

Start reading Moving  
Zen: Karate as a Way to  
Gentleness on your  
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~~Moving Zen: Karate as  
a way to gentleness: C.  
W. Nicol ...~~

One response to “Book  
Review: Moving Zen:  
Karate as a Way to  
Gentleness” C. W.  
Nicol 1940-2020 –  
Martial Arts World  
Report says: April 6,  
2020 at 9:23 am [...] W.  
Nicol, author of the  
acclaimed martial arts  
memoir Moving Zen,

*Page 19/33*

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passed away from  
cancer in Japan on  
Friday at the age of [...]

Gentleness

~~Book Review: Moving  
Zen: Karate as a Way to  
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Moving Zen Karate  
Training. Classes teach  
a traditional form of  
Japanese karate.

Students will learn basic  
martial arts skills and  
philosophy as a means

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of developing their  
bodies, minds and  
spirit. Participants will  
have fun in a safe and  
respectful environment  
developing confidence,  
well-being and a sense  
of mastery.

~~Karate Classes | Moving  
Zen Karate~~

Moving Zen Karate.

Moving Zen karate is a  
quiet practice that has

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## Moving Zen

been in Amherst since 2000 and is operated from a small and comfortable Dojo that is a part of Sensei Ken Bernstein's home. Ken is the sole sensei (or teacher) of Moving Zen, and he has been practicing martial arts for 45 years and has trained with many renowned teachers.

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~~Moving Zen Karate +  
Buddhism in the Pioneer  
Valley~~

‘Moving Zen’ is a mixture of martial arts, calisthenics, tai chi, yoga, balance drills and coordination. We often take our Moving Zen classes outdoors, to either Sutton Park or Handsworth Park. Being out in fresh air is a respite from everyday

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life, gives a clear and  
stimulating environment  
for

Gentleness

~~Moving Zen~~ ~~Zen Shin~~  
~~Martial Arts Academy~~  
~~Birmingham~~

Sensei Nicol writes with  
a very pure and austere  
style, so "Moving Zen"  
is a fairly quick read.

There's not a lot of  
detailed exposition,  
although at times he



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tends to wax eloquent about the spiritual aspects of Nippon, particularly Zen within Karate (hence the title).

~~Amazon.com: Moving Zen: One Mans Journey to the Heart of ...~~

Welcome to  
Bournemouth Kanku  
Karate At Kanku Karate  
we practice a traditional  
style of Karate called

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Moving Zen

Shotokan. This is the oldest style of Japanese Karate and our instructors have studied under the top Karate masters in the world. True Karate has been referred to as Moving Zen indicating its physical, mental and spiritual aspects.

~~Welcome to~~

~~Bournemouth Kanku~~

*Page 26/33*

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Karate As A

Moving Zen Karate is

Located at 5 Hedgerow

Lane. View a Location

Map, get Directions,

Contact Moving Zen

Karate or view program

details below. If you are

a student at this school,

help your local Martial

Arts Community by

writing a Review of

Moving Zen Karate.

You can also help your

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school by sharing it on  
Facebook, Twitter,  
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Gentleness

~~Moving Zen Karate~~

~~Amherst, MA~~

Moving Zen is the  
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young man who arrived  
in Japan to study the  
technique of, and spirit  
behind Karate. Joining  
the Japan Karate  
Association (JKA) or

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Shotokan, Nicol

discovered that Karate,  
while extremely violent,  
also called for politeness  
and a sense of mutual  
trust and responsibility.

~~Moving Zen - The  
Martial Way~~

As you breathe, inhale  
through your nose and  
exhale through your  
mouth, still expanding  
your belly rather than

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moving your shoulders up and down. If your thoughts drift toward the stresses of the day ahead or of the day behind you, gently refocus on your breathing and remain in the present moment. Feel the air move in, and feel the air move out.

~~Reduce Stress Quickly  
With Karate Breathing~~

*Page 30/33*

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Meditation As A

Moving Zen: Karate as  
a Way to Gentleness

Kindle Edition by C.W.

Nicol (Author),

Munehiro Ikeda

(Illustrator), Conan

Morimoto

(Photographer) & 0

more Format: Kindle

Edition 4.9 out of 5 stars

64 ratings

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Do Chasing Bushido:  
How I Learned to Just  
Say Osu Philosophy and  
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Secret Power Within

*Page 32/33*



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Samurai Guide How To

Jiu Jitsu For Beginners

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Martial Arts Tao of Jeet

Kune Do The Zen Way

to Martial Arts Karate's

Grappling Methods

Spirit of the Empty

Hand

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