



Iron Body Ninja: The Secrets of Superior Strength

By Ashida Kim



Iron Body Ninja: The Secrets of Superior Strength By Ashida Kim

In Ashida Kim's new book, the author draws on ancient wisdom, Chinese medicine, and his expertise in numerous martial arts traditions to show students of ninjitsu the path to achieving superior strength of body, mind, and will. Readers will learn meditation techniques and exercises aimed at attaining optimum performance of all the body's organs, limbs, and systems. Photos throughout.

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Editorial Review

From the Back Cover

Iron Body Ninja reveals for the first time the secrets of the Ninja art of breath control - how to channel, collect, and cultivate the mystical force of Qi to foster health and longevity. It also offers comprehensive techniques for improving control of body and mind and developing the external and internal strength to make practitioners "invulnerable to tiger's claw or serpent's fang". Readers will learn meditation techniques and exercises aimed at attaining optimum performance of all the body's organs, limbs, and systems - endocrine, nervous, and circulatory. Lifelong fitness, greater longevity, victory over less well trained opponents, a deeper understanding of the Silent Way...perhaps even immortality!...await the disciplined student.

Users Review

From reader reviews:

John Caldwell:

What do you with regards to book? It is not important together with you? Or just adding material when you really need something to explain what you problem? How about your time? Or are you busy individual? If you don't have spare time to perform others business, it is make one feel bored faster. And you have time? What did you do? Everyone has many questions above. They have to answer that question since just their can do this. It said that about reserve. Book is familiar on every person. Yes, it is right. Because start from on kindergarten until university need this specific Iron Body Ninja: The Secrets of Superior Strength to read.

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Melvin Dove:

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