



Greatest Lessons from the Martial Arts: A Compilation of Martial Wisdom

*Tim Johnson, Diana Lee Inosanto, Jwing-Ming Yang, Kiew Kit Wong, Peter Freedman, Deena Naidu,
George Pesare*

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Learn about the greatest lessons the martial arts has to offer from some of the most distinguished martial artists in the world. This full-color book is a compilation of exclusive essays straight from masters, authority figures and authors from the far corners of the globe.

Contributors include:

Diana Lee Inosanto

Dr Yang Jwing-Ming

Grandmaster Wong Kiew Kit


Kancho Deena Naidu

Guro Peter Freeman and many many more...

No answer will ever be correct or incorrect. This book provides an enormous cross-section of answers to this same question which proves the versatility of the martial arts. By answering this one question, martial arts masters and amateur students alike share their most profound lesson with others to encourage the practice of martial arts worldwide.

The term “martial art” has been defined for thousands of years and continues to have its own definition to every practitioner who has ever set foot on the mat, or defended their home and family from danger.

Martial arts instructors and masters will define martial arts in their own way and they will impress that upon their students. That message will be received and changed by every student to come after them and will be a function of their own situation, their own beliefs, their time in history and their place in the world. The definition of a martial art is ever-changing, and like the oceans of the world, will continue to change and reshape themselves, and transform the lives of those involved.

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