



# Ryuhon No Hon

*Scot Mertz*

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## **Ryuhō No Hon** Scot Mertz

Ryuhō No Hon, The Book of the Dragon and Phoenix, has been written to bridge the gap between the old Chinese Martial Arts and the more modern Okinawan Martial Arts. Many lesser known topics are touched on in this book out of hope that this knowledge doesn't become lost with the next generation of karateka. Topics such as traditional Chinese medicine, meridian theories, shockwaves, and meditation are presented within these pages. Additionally Goju Ryu kata, karate development, kihon, kumite, tegumi, tuite, dim mak, bagua, kyusho, yoga, hojo undo, junbi undo, tetsuhone undo, and kobudo are discussed great detail. While the major focus of Ryuhō No Hon is on Okinawan Goju Ryu Karate and Kobudo this book is for anyone who has an interest in traditional Martial Arts (Okinawan, Chinese, or Japanese).

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