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Way of the Empty Hand. This book describes, with a razor sharp and pristine clarity, not the techniques of martial arts, but rather the soul of them, as was taught in Japan to the author beginning in 1962. Moving Zen: One Mans Journey to the Heart of Karate by C.W ... Moving Zen Karate Moving Zen Karate is a Martial Arts School offering Karate, Kyokushinkai & Seido classes in Amherst, MA for kids, men and women. Moving Zen Karate is Located at 5 Hedgerow Lane. View a Location Map, get Directions, Contact Moving Zen Karate or view program details below. Moving Zen Karate - Amherst, MA Moving Zen Karate Moving Zen karate is a quiet practice that has 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. Moving Zen Karate | Buddhism in the Pioneer Valley Moving Zen is the multifaceted story of a young man who arrived in Japan to study

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Kanazawa (kanazawa hirokazu,
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