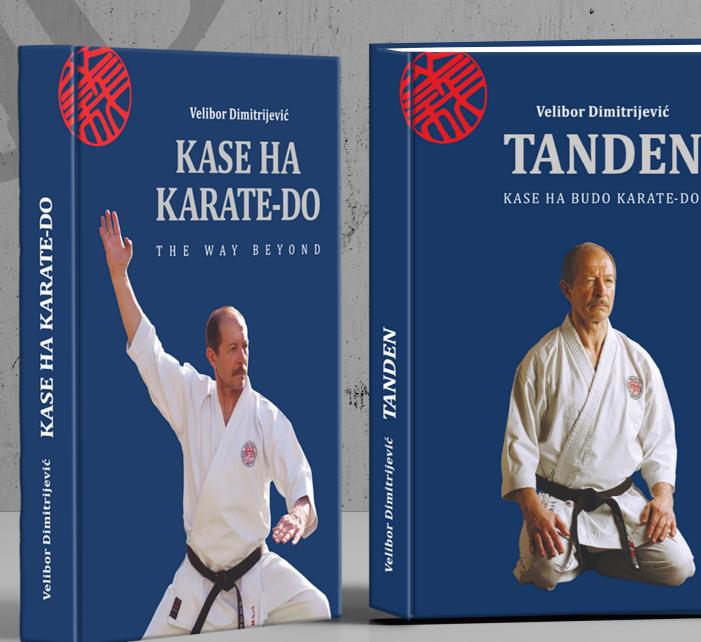
NEW BOOK

The secrets of the Taiji Kase sensei's authentic teaching revealed for the first time.



Velibor Dimitrijevic, TANDEN

- In the philosophy of Japanese martial arts based on the doctrine of Budo, Tanden is the name given to a centre in the lower abdomen which is considered the source of Ki energy and the place where all physical, mental and spiritual activities originate.
- Tanden is the core in the practice of the Kase Ha Budo Karate-Do.
- In his second book, the author addresses the metaphysical aspects and principles on which the practice of the Kase Ha style is based, in an argumentative and analytical way.
- The book explains origins of energy centres in the human body with particular reference to the Tanden in the martial arts of Sumo, Kyudo, Kendo, Aikido and of course Kase Ha Budo Karate-Do.
- It also addresses mind development and control along with the implementation of abdominal, Ibuki breathing which, in synergy with the reactive force from the ground transferred through the dynamic stance, are the main aspects of Kase sensei's teaching and things to which great attention must be paid.
- In addition to numerous diagrams that show the functional anatomy in blocking and punching, scientific facts concerning human anatomy, in particular the muscular and nervous system are presented, which clearly show the true relationship between physical and metaphysical aspects of practice.
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