



The Zen of Kenpo: Meaningful Quotes from the Teachings of Ed Parker

Ed Parker

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The "Zen of Kenpo" is an insightful and interesting volume of analytical, tactical, and philosophical quotes from the teachings and writings of the Senior Grandmaster of American Kenpo, Ed Parker Sr. Having learned early in life the folly of not recording his thoughts on paper or audio tape. Whether at home, at a restaurant, in a hotel or traveling on an airplane, he continually recorded more and more of his thoughts and ideas. Mr. Parker's insights and ideas cover a broad range of subjects relating to the Martial Arts--Combat Wisdom, Patience, Philosophy and Zen. Intended to supplement his previous works, he hoped to give interested parties a deeper understanding of the intricacies of Kenpo--not only as an art, but also as a way of life. Mr. Parker observed and came to understand that like analogies and short stories, the imagery evoked through sayings, breathes life into technical descriptions and principles of KENPO. Feeling that this volume of his quotes would encourage open minded students to view technical descriptions and principles of Kenpo in the light of their own experiences, he felt his sayings would add to a person's overall depth of knowledge.

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