



Ed Parker's Infinite Insights Into Kenpo: Mental & Physical Constituents

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Sr. Grandmaster of Kenpo Karate Ed Parker Sr.'s Volume IV of "Infinite Insights into Kenpo" is an adventure in the world of often taken for granted, and overlooked, mental and physical constituents. With an emphasis on the imperative need for a marriage of mind and body for success in combat, he discusses the need for physical skills to become conditioned responses. Mr. Parker expounds on numerous concepts ranging from mental attributes, breathing, target areas and zone theories, to how principles and concepts work chronologically. With an admonition by the Master to read each chapter carefully, he reminds students that it is the application of the total, tailored to the individual, that optimizes opportunity. This Volume is a must for the serious student of the Martial Arts. The almost mystic "Universal Pattern" is finally revealed some twenty-four years after it's initial publication. It resembles "God's blueprint for the Universe". Mr. Parker views it from unusual angles and differing dimensions. Preparing true disciples for further light and knowledge, Mr. Parker indicated that Volume V expounds in more detail on the principles and concepts contained in specifically selected, anatomically illustrated case studies of motion.

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