

Afrikan Martial Arts Discovering The Warrior Within

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Afrikan Martial Arts Discovering The

For the first time ever, a book has been written that reveals the concepts, strategies and self-defense applications of the African martial arts. AFRICAN MARTIAL ARTS: Discovering the Warrior Within takes the reader to the African bush, where they are then taught to examine martial arts through the "tribal eye" for greater insight into the African Warrior Traditions.

Afrikan Martial Arts: Discovering the Warrior Within ...

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Afrikan Martial Arts: Discovering the Warrior Within by ...

Afrikan Martial Arts: Discovering the Warrior Within. by Balogun O. Abeegunde. Format: Paperback Change. Write a review. See All Buying Options. Add to Wish List Top positive review. See all 7 positive reviews > Leonel Rincon. 5.0 out of 5 stars Amazing ...

Amazon.com: Customer reviews: Afrikan Martial Arts ...

"Afrikan Martial Arts: Discovering the Warrior Within" is the first book on Afrikan martial arts written by a lifelong practitioner and master of the techniques, principles and history. This book reveals the true history of Afrikan AND Asian martial arts!

AFRIKAN MARTIAL ARTS: Discovering the Warrior Within Video ...

The Afrikan martial arts recognize that there are only fifteen angles an opponent can attack from, so instead of being concerned with the infinite variations of attacks, the Afrikan martial arts deal with finite angles. The Afrikan martial arts further simplify combat by teaching that every block is a strike and every strike is a block. Thus, when an Afrikan martial artist learns an offensive technique, he has, in effect learned a defensive technique. WASTE NO PART OF THE ANIMAL The Afrikan ...

Afrikan Martial Arts Institute - people-army

Master Instructor and Author of Afrikan Martial Arts Discovering The Warrior Within deals with the Afrikan principal "The Wind Has One Name".

Technique Of The Week #9 Part 2

The long-awaited sequel to Afrikan Martial Arts: Discovering the Warrior Within! The Afrikan Warriors' Bible expands on the first book, teaching the reader advanced techniques and principles that aid in the awakening and discovery of their Warrior within. The Afrikan Warriors' Bible applies the FTP/RBG Codes of Conduct to the lives and methods of REAL Afrikan Warriors...

The Afrikan Warriors' Bible is here! | Chronicles of Harriet

Balogun is the author of the bestselling Afrikan Martial Arts: Discovering the Warrior Within and screenwriter / producer / director of the films, A Single Link, Rite of Passage: Initiation and Rite of Passage: The Dentist of Westminster. He is one of the leading authorities on Steamfunk – a philosophy or style of writing that combines the ...

BE COOL! Afrofuturism and the Ancient Afrikan Martial Arts ...

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9780977009237: Afrikan Martial Arts: Discovering the ...

Afrikan Martial Arts Institute, Atlanta, Georgia. 2.9K likes. Learn indigenous, Afrikan Martial Arts and practical self-defense at one of the most celebrated survival, safety and martial arts schools...

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Balogun Ojetade is the author of the bestselling non-fiction books Afrikan Martial Arts: Discovering the Warrior Within, The Afrikan Warriors Bible, Surviving the Urban Apocalypse, The Urban Self Defense Manual, The Young Afrikan Warriors' Guide to Defeating Bullies & Trolls and Never Unarmed: The Afrikan Warriors' Guide to Improvised Weapons.

Never Unarmed: The Afrikan Warriors' Guide to Improvised ...

The presence of black people living in Bristol can be traced back over many centuries. Many came here in the 18th century because of the transatlantic slave trade .

African-Caribbean people in Bristol - Discovering Bristol

According to Balogun Abeegunde in his book Afrikan Martial Arts, "In 776 B.C., the Greeks began the practice of wrestling in honor of the African god Amon, whom the Greeks called Zeus. All scholars of Greco-Roman wrestling attribute the origins of the art to illustrations discovered on the walls of tombs at a site in ancient Egypt called Beni Hasan."

HIDDEN HISTORY - Martial Arts | babatajinanji

Posts about Indiana written by hilaryparkinson. Congratulations to LisaLou! Your caption tugged the entrepreneurial heartstrings of guest judge Suzanne Isaacs, who makes sure all the great images we use are available to the public in ARC.

Indiana - Pieces of History

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An Afrikan Warrior's Reading List - Blafrokan

Join Master Instructor - and author of the ground-breaking book "Afrikan Martial Arts: Discovering the Warrior Within" - Balogun Ojetade - and Full Instructor /... International Representative, Akinbobola Danny Donaldson, in learning the Traditional Afrikan Martial Arts System™ of Egbe Ogun, a holistic system of techniques and principles from Wolof Laamb, Yoruba Ijakadi and Mandinka Kilijawaaro.

Afrikan Martial Arts Institute - About | Facebook

Balogun. Balogun is the author of the bestselling Afrikan Martial Arts: Discovering the Warrior Within and screenwriter / producer / director of the films, A Single Link, Rite of Passage: Initiation and Rite of Passage: The Dentist of Westminster.

Balogun - Gravatar Profile

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