

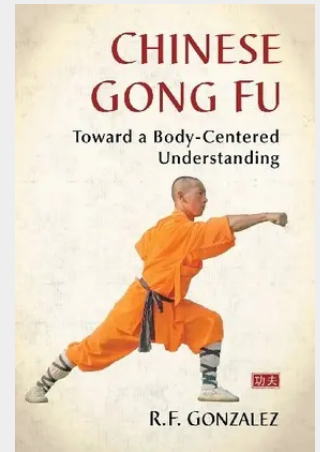
College writing instructor R.F. Gonzalez, Ph.D., has been involved in the martial arts for several decades. He lives in Irving California, and his website is www.rfgonzalez.com.

Chinese Gong Fu

Toward a Body-Centered Understanding

Gong fu, the indigenous martial art of China, was exported into American popular culture through numerous "kung fu" movies in the 20th century. Perhaps the most renowned of the martial arts in the U.S., gong fu remains often misunderstood, perhaps because of its esoteric practices that include aspects of Daoism, Confucianism, Buddhism and other syncretic elements. Using the science of embodiment—the study of the interaction between body, mind, cognition, behavior and environment—practitioner and teacher R.F. Gonzalez explores the relationships among practitioner, praxis, spirituality, philosophy and the body in gong fu. Drawing on familiar routines, films, artifacts and art, the author connects the reader to ancient Chinese culture, philosophy, myth, shamanism and ritual.

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26,40 €

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Lieferfrist: bis zu 10 Tage

Artikelnummer: 9781476662213

Medium: Buch

ISBN: 978-1-4766-6221-3

Verlag: McFarland

Erscheinungstermin: 03.10.2019

Sprache(n): Englisch

Auflage: Erscheinungsjahr 2019

Produktform: Kartoniert

Gewicht: 346 g

Seiten: 148

Format (B x H): 152 x 229 mm

