



Iron Body Ninja: The Secrets of Superior Strength

Ashida Kim

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Iron Body Ninja: The Secrets of Superior Strength Ashida Kim

In Ashida Kim's new book, the author draws on ancient wisdom, Chinese medicine, and his expertise in numerous martial arts traditions to show students of ninjitsu the path to achieving superior strength of body, mind, and will. Readers will learn meditation techniques and exercises aimed at attaining optimum performance of all the body's organs, limbs, and systems. Photos throughout.

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