

# **The Martial Arts, The Essence: Didactic Poems, Gymnastics, Nine Patterns, And Seated Meditation = De Martiale Kunsten, De Essentie : Leerdichten, ... En Zittende Meditatie (Dutch Edition) By Mark Sterke**

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John Hennessy is a martial artist and has been an instructor for over twenty years. He teaches private students in the arts of Kung Fu, Karate, Tai Chi and Jeet Kune Do.

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**What is the essence of martial arts, the final**

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