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Clical Budo Martial Arts Ways

It ' s in this stadium that karate is set to debut this summer as an Olympic sport. In early August, 80 finalists, half men and half women, will face off in two competitions in kata, ritualized solo ...

The Centuries-Old Sport of Karate Finally Gets Its Due at the Olympics

Meet Peter Chin, the brains behind Shiroku Productions, but today we uncover a rather uncommon side of him — his

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love for Kendo.

Uncovering The Uncommon: Peter Chin And His Love For Kendo

A Friday morning beach training session of Jewish and Arab martial arts instructors may sound risky, but meant only sand, sea, sweat, fresh air, and goodwill ...

Is co-existence in Israel a myth? Co-thriving is not!

The Japanese martial ways (budo) are multifaceted ... non-Japanese enthusiasts practicing buido than Japanese. To avoid confusion, a distinction needs to be made between premodern and modern Japanese ...

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Kendo: Culture of the Sword

According to Kaiser Family Foundation (KFF), about 4 in 10 adults in the U.S. have reported symptoms of anxiety or depressive disorder during the global pandemic. This rapid decline in mental health ...

Close Quarters Combat Expert Says the Right Mindset Is the Key To Survive in an Emerging Post-Pandemic World

Want to lose weight and get a lean body after 60? Here are the best ways to do so, courtesy of fitness experts who are over 60.

Lean-Body Secrets from Exercise Experts Over 60

Loose clothing, bare feet and a willingness to embrace

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Japanese fighting traditions is all that is needed for your participation Kendo literally means "The way ... budo Taijutsu and Shizen Den Ryu ...

Martial arts

The work is obviously paying off, too, as Pascual was clinical in her treatment of ... Kong-based journalist who specialises in mixed martial arts. He covers the UFC, One Championship and Asian ...

Hong Kong MMA star Ramona Pascual takes win in Mexico and sets her sights on more fights

CAPE TOWN - The original bad boy of the mixed martial arts returns to action tomorrow ... However, prior to that, Leon

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put on a clinical display and was clearly dominating that fight.

The original bad boy of the mixed martial arts Nate Diaz returns to action at UFC263

Unfortunately, every year a large number of athletes suffer from head trauma, not least in physical team sports such as football, rugby, martial arts and ice hockey ... in the same way as you put ice ...

Sponsored: Protolabs helps speed up development of a vital medical cooling unit

These examples represent a fundamental struggle between athletes and those who cover them -- interviews contested

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in a press room that feel more like a mixed-martial arts octagon than Oprah ' s couch.

Column: Ditch the 'clown questions' and do better at press conferences

He is 5-0 in his professional mixed martial arts career to date, with all five wins coming by way of submission ... gets anywhere near the neck, he is clinical, with few opponents able to ...

Deep Dive: Amarsanaa Tsogookhuu Vs. Ben Wilhelm

The classes may explore ways to problem solve ... For one young man, it was a mixed martial arts program where the instructors were also clinicians. “ It gave him an outlet to

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sort of get ...

More Kids In Juvenile Courts Are There For Violent Crimes. Anger Management Classes Can Help Low-Level Offenders, But Others Need More Intervention

Still in many ways more enigmatic and inscrutable for ...

Other rough televised sports like mixed martial arts, American football, professional hockey and rugby feature dramatic collisions among ...

Stateside: Showdown In Switzerland But The Real Challenge Is Elsewhere

More than 2,100 City Weekly readers voted for this year's top doctors, dentists, therapists, gyms, martial arts trainers

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and more ... living a healthier—and more fit—life. It's an ideal way to honor ...

Best of Utah Body and Mind 2021

But the way Manuka honey produces these antimicrobial ... stand-up paddling, fitness, martial arts, home decor, and much more. Her work has appeared in mindbodygreen, Pregnancy & Newborn, Modern ...

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