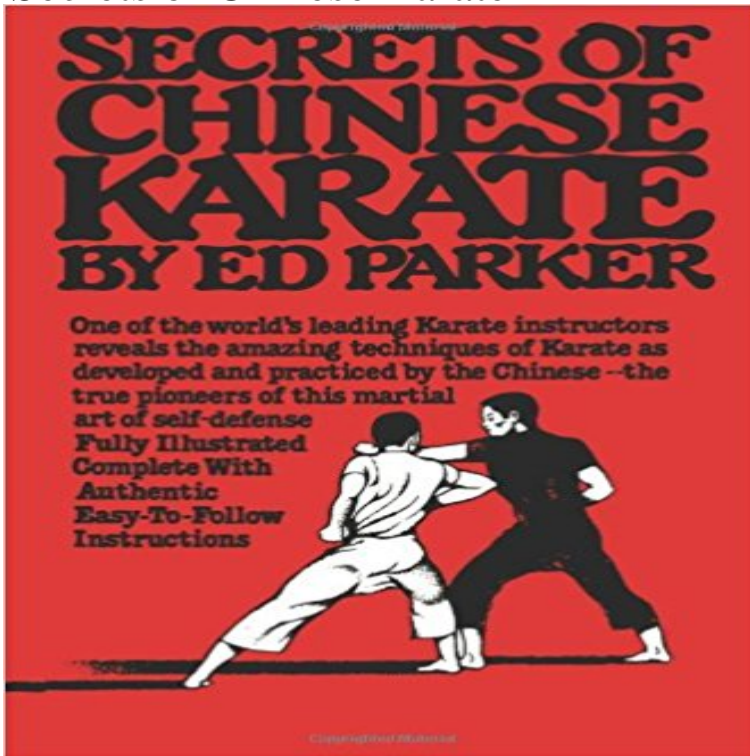


# Secrets of Chinese Karate



The Secrets of Chinese Karate was written in the early 60s by Senior Grandmaster Ed Parker Sr. Mr. Parker reveals the amazing techniques of Karate as developed and practiced by the Chinese - the true pioneers of the martial art of self-defense. Mr. Parker elaborated on the theories of various styles that occurred prior to the time of Shao-lin and how they were based on imitating the movements of animals such as, the deer, tiger, bear, monkey and bird. It was surmised that the various animals chosen, depicted different characteristics. For instance, the leopards movements were used to develop speed as well as strength. Tiger movements were formed to develop the bones, dragon movements to develop alertness and snake movements to develop temperament and endurance. Through the years of experimentation, the Chinese discovered two types of strength-inner and outer strength. Inner strength-denoting hidden power. One such form of inner power was Dim Mak, the study and art of Touching nerve points which involved a detailed analysis of nerve points as well as developing the skills of the herbalist-a form that was only taught to the most patient peaceful exponents. Natural weapons used anciently by the Chinese were listed in charts and highlighted in terms of possible historical applications. The formation of natural weapons, as used by the Chinese shows the versatility with which body parts can function effectively in combat along with diverse methods of execution. Instruction is offered on the ranges within which an exponent could utilize such weapons with minimum force to maximum effect. In conclusion Mr. Parker included various tests, formalities, rituals, and ancient Chinese customs of related interest.

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