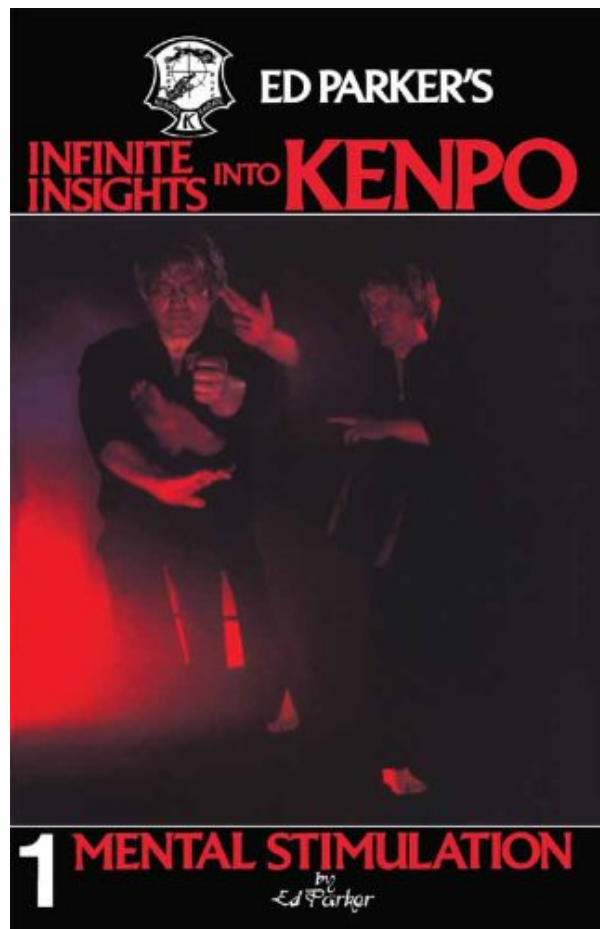
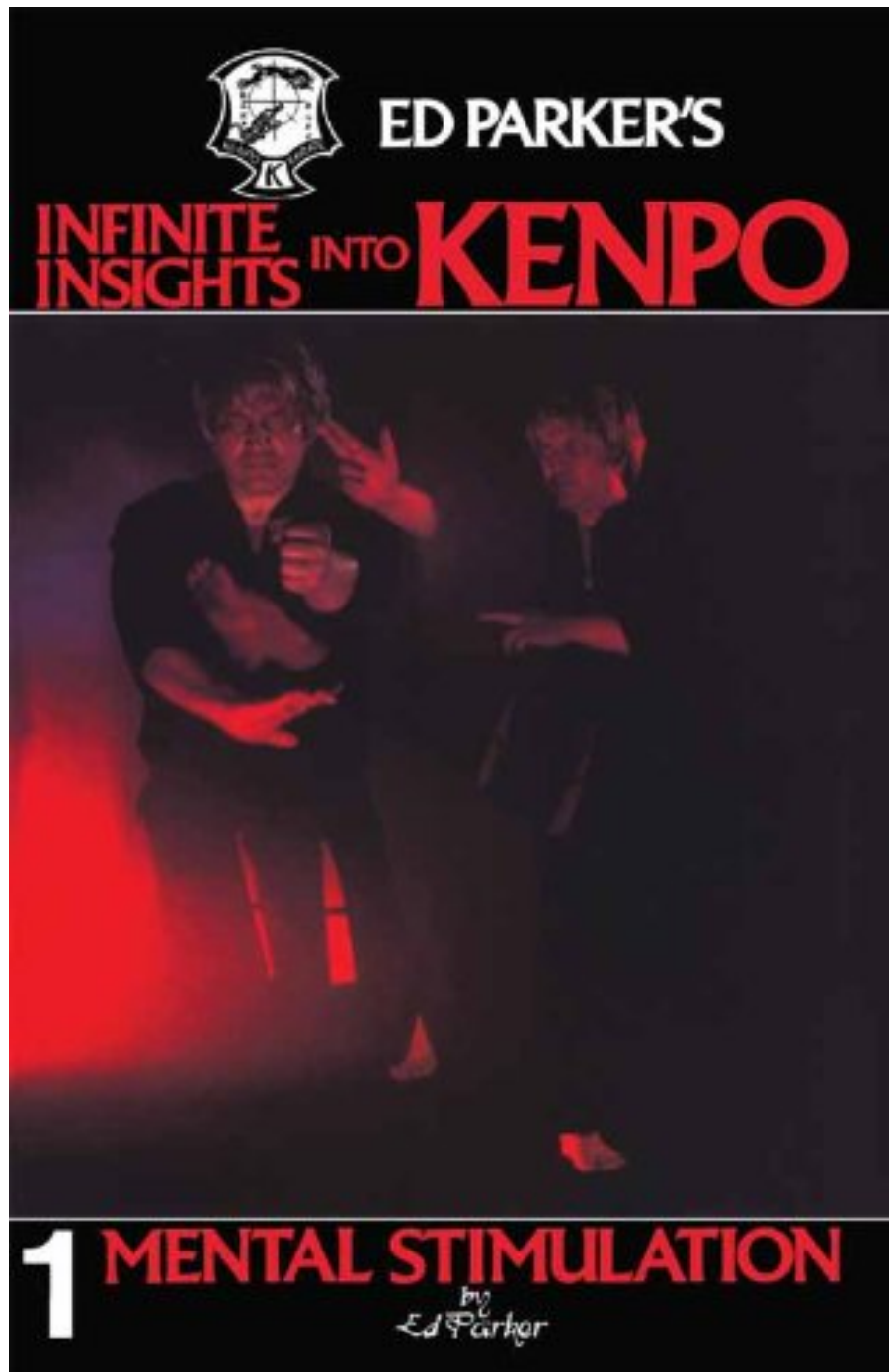


# ED PARKER'S INFINITE INSIGHTS INTO KENPO: MENTAL STIMULATION BY ED PARKER



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### About the Author

The late Sr. Kenpo Grandmaster Ed Parker Sr. known as the Father of American Kenpo Karate and founder of the International Karate Championships in Long Beach, California. He introduced Bruce Lee to the Martial Arts world. Close friend and bodyguard to Elvis Presley. Author, actor, movie stunt coordinator, businessman, publisher, graduate of Kamehameha High School and Brigham Young University. Served in the United States Coast Guard. Founder of the International Kenpo Karate Association with affiliates worldwide. Native born Hawaiian and honored in the Hawaii Sports Hall of Fame. Loving husband, father and grandfather.

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# **ED PARKER'S INFINITE INSIGHTS INTO KENPO: MENTAL STIMULATION BY ED PARKER PDF**

With the accumulation of over thirty years of practical Martial Arts experience the Sr. Grandmaster of American Kenpo Karate Ed Parker Sr. decided to document and share his findings in a monumental series of books. Writing with the intent to expound upon the merits of his American KENPO Martial Arts system, he wrote of it's many facets as, "a discipline, a way of life, a philosophy, and an art and a science." With each book intended to offer a unique and exciting adventure into KENPO knowledge, he called the series of five volumes " Infinite Insights Into Kenpo."

Early in 1982, Mr. Parker completed and published the first book in the "Infinite Insights Into Kenpo" series, titled "Mental Stimulation". He wrote, "I was sensitive to the need of innovations during my early years of training. Analyzing the methods of fighting in Hawaii, the place of my birth and early rearing, verified the unquestionable need for an updated approach to the Martial Arts." Mr. Parker broke the bonds of tradition and experimented with more logical and practical means of combating modern day methods of fighting. What emerged was, in his own words, "my own interpretation of the Art." It was this perspective that he introduced in this initial volume and developed and expanded upon through his subsequent works.

Mr. Parker introduced an unparalleled number of combative predicaments, indicating the need for several viewpoints. Thee mystic "Universal Pattern", introduced to the public for the first time some twenty years earlier, was put into context. In an effort to develop and articulate definable qualities in the Martial Arts, he sought to set the backdrop for the unknown to become known, the intangible to become tangible and for the mysticism to disappear.

- Sales Rank: #665518 in eBooks
- Published on: 2012-05-29
- Released on: 2012-05-29
- Format: Kindle eBook

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## Most helpful customer reviews

10 of 10 people found the following review helpful.

A Mentally Stimulating Introduction to Parker's American Kenpo

By C. J. Hardman

The first in a five volume series, this book contains Ed Parker's Autobiography as well as a detailed history of Kenpo as Parker understood it. Parker explains how he learned kenpo in Hawaii from William Chow,

began teaching it in the United States, started the Kenpo Karate Association of America (KKAA), which became the International Kenpo Karate Association (IKKA). Explained are all of the symbols of American Kenpo, including the original International Kenpo Karate Association patch, Parker's original Universal Symbol.

This volume goes beyond most basic introductory books in that it includes a significant amount of detail. For instance, in chapter 3 when Parker explains the three divisions of the art of Kenpo, including Basics, Self Defense, and Freestyle, he breaks each one of these three divisions into all of its possible components. Basics includes techniques, combinations, and kata, or forms, physical and mental conditioning, etc. Parker explains each specific term, why it is important and how it applies. Additionally there is a glossary in the back of the book which covers all of the kenpo specific terms used in the book. If you need to refresh on the difference between Paragraphs of Motion versus Phonetics of Motion, you need only flip to the back of the book.

My complaints about this book are few--namely, lack of an index, and the glaring omission of the Family Tree Chart, which was mentioned specifically, but never included in the book. Other than that, I highly recommend this book to practitioners of American Kenpo specifically, as well as practitioners of any of the "traditional" striking arts. Ed Parker was a thinking martial artist who put his ideas concerning martial arts practice down in a specific way so that others could understand and build on his work. Whether one practices his style of kenpo or not, the principles are worth considering and this book is worth reading.

Chapters in Volume One: Mental Stimulation include:

1. Introduction
2. History of American Kenpo
3. Three Divisions of the art (Basics, Self-Defense, Freestyle)
4. Relationship of Martial arts Systems
5. The Art as Related to Daily Living
6. Ingredients, Stages, and Plateaus of Learning
7. Philosophical Attainment
8. My Philosophy of the Martial Arts
9. Formalities and Rituals (verbal respect, Physical gestures of respect--Parker himself demonstrates the Kenpo Salute)
10. Belt Ranking System
11. Preparatory Considerations (Acceptance, Environmental Awareness, Range, Position, Maneuvers, Targets, Natural Weapons, Natural Defenses)
12. Stories of Related Value (Time and Place, Modern Day Ethics)
- 13 The Ten Commandments of Prevention

## 14 Conclusion

### Glossary of Terminology

14 of 17 people found the following review helpful.

Black Belt Perspective

By A Customer

This is one of the cornerstones that all Kenpo instructors should be very well versed in. Being well versed in this is what will make the differentiation between a good black belt and a true Kenpo black belt. In addition, this was a tough book to find before I found it here.

12 of 15 people found the following review helpful.

beginner's mind

By Ben Carbery

Well, I am certainly no expert however I feel the sheer fact Mr Parker was able to write the extraordinary accompanying texts to his art deserves 5 stars. Having experienced a taste of Mr Parker's genius in my dojo through the skilled teachings of my instructor, I am doubly happy that there is a textual reference to backup and enforce the knowledge imparted to me. Any true science is benefited by a reference, although there can be no substitute for a skilled instructor. Hopefully this and the other books will act as a compass to keep me pointed in the right direction in years to come.

See all 36 customer reviews...

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