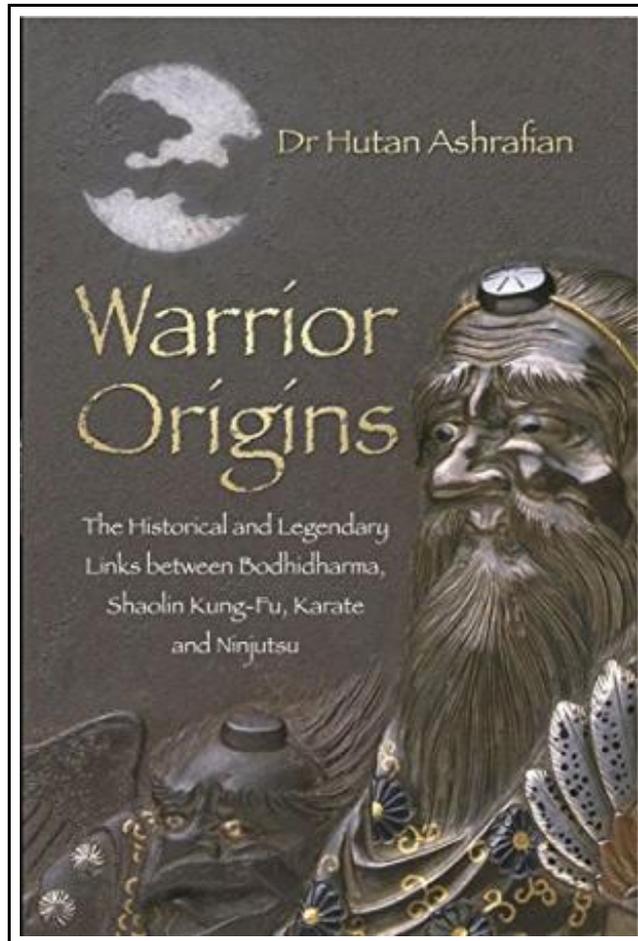


## Warrior Origins: The Historical and Legendary Links Between Bodhidharma, Shaolin Kung-Fu, Karate and Ninjutsu



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The History Press Ltd. Paperback. Book Condition: new. BRAND NEW, **Warrior Origins: The Historical and Legendary Links Between Bodhidharma, Shaolin Kung-Fu, Karate and Ninjutsu**, Hutan Ashrafian, **WARRIOR ORIGINS** is an account of the history and legends of the world's prominent martial arts and how they share a common heritage. It chronicles the origins of the Shaolin warrior monks, Shaolin Kung-Fu and their celebrated founder, Bodhidharma, who is also considered the first patriarch of Zen (Chan) Buddhism. The book considers Bodhidharma's origins in the context of ancient Persia and its royal houses and continues with the rise of Karate from ancient Okinawan roots to Japan and then into a global sport. It connects the record of Ninja and Ninjutsu and the influence of some of its latter luminaries, including Seiko Fujita, whilst also revealing new evidence on renowned martial artists such as Bruce Lee. This work takes a dramatically original approach to the heart of the martial arts and their founders. Author Dr Hutan Ashrafian, who holds black belt grades in several martial art styles, including a 5th Dan in Okinawan Goju-Ryu Karate and championship medals in Karate and Judo at World and European Masters level, delineates the inheritance of these arts using innovative evolutionary approaches to find previously unidentified links between them. **Warrior Origins** traces the pattern from Bodhidharma to the remarkable diversity of modern martial arts.

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