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In all Zen traditions, meditation is the backbone of the practice. Students sit with a tall spine, hands loosely interlocked and eyes half-closed. At Chosei Zen in Madison, Wisconsin, though, new ...

~~'All in' Buddhist practice combines meditation and martial arts~~

Maynooth University lecturer Dr Lu Zhouxiang explains how martial arts have been a bridge from China to other countries around the world.

~~Column: The history, politics and identity of Chinese martial arts~~

The counselor should have a broad range of counseling methods available to him.

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He would be wise to study boxing manuals for additional suggestions. Enrolling in a martial arts class would also be a ...

~~Conducting the wall to wall counseling session~~

Pierre, Montreal's three-time UFC champion turned Marvel Universe actor. In mixed martial arts (MMA), we don't have an association to protect fighters like players in basketball, hockey or baseball do ...

~~The UFC Won't Pay You Fairly Unless You Make Them~~

It was a shocking change from the egalitarian meritocracy of the military, so to stay balanced I volunteered with the ROTC, taught them mixed martial arts and small unit tactics. "The students ...

~~How This Army Veteran Turned His Hobby Into a \$20 Million Business~~

Why get into martial arts? Self-defence and spiritual development! These are attributes that other sports rarely cultivate. Who is it for? From five-95, a vast catalogue of different disciplines ...

~~How to get into martial arts: kickboxing, judo, taekwondo, karate, ju-jitsu and more~~

Michael Flynn will scrape in his plunge toward political extremism. But does his latest headline-grabber cross the line into criminality? Can he somehow be punished for advocating a coup? This is ...

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~~How the Military Should Deal With Its Michael Flynn Problem~~

~~F. Lee Bailey, the prominent defense attorney who represented many high-profile clients, including O.J. Simpson, died Thursday at age 87. His death was confirmed to CNN by Jennifer Sisson, a ...~~

~~Famed trial lawyer F. Lee Bailey, whose clients included O.J. Simpson, dies at 87~~

~~In the 1980s, Poland was under the grip of martial law as the Communist government of General Wojciech Jaruzelski attempted to repress the independent Solidarity trade union. In Western Europe ...~~

~~Retrotechtacular: How Solidarity Hacked Polish TV~~

~~FBI Agent Robin Dreeke on How to Size People Up Behavioral analysis expert Robin Dreeke discusses the key takeaways of his book 'Sizing People Up: A Veteran FBI Agent's User Manual for Behavior ...~~

~~Inside Nic Cage's Crazy Sci-Fi Martial Arts Cult Classic~~

~~The functions of the DPP are to:81 Institute and undertake criminal proceedings against any person before any court other than a court martial Take over and continue such criminal proceedings as have ...~~

~~4Â Prosecutorial services~~

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In such cases, the standards listed in the UCMJ are implemented according to procedures outlined in another document, the Manual for Courts-Martial (MCM). Essentially, the MCM provides a ...

~~Changing the Way the Military Handles Sexual Assault~~

In such cases, the standards listed in the UCMJ are implemented according to procedures outlined in another document, the Manual for Courts-Martial (MCM). Essentially, the MCM provides a framework ...

~~Pandemic of Sexual Assault in the Military?~~

Raised to be a righteous martial artist, Yuan kicks off the story proper by finding a cave containing a skeleton, a treasure map, and a manual teaching him the Golden Snake style. Obeying a ...

~~The Sword Stained with Royal Blood~~

Joel Edgerton and Tom Hardy portray estranged brothers whose long-simmering grudges come to the surface when they find themselves competing in the same mixed martial arts tournament. Edgerton ...

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It's manual labor," said the abbot of Chosei ... stamp from others in the Rinzaï tradition is the integration of the martial arts and the fine arts — self-defense skills,

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archery and Japanes ...

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