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Sharp Spear, Crystal Mirror: Martial Arts in Womens Lives (Paperback)

By Stephanie Hoppe

Inner Traditions Bear and Company, United States, 2000. Paperback. Condition: New. Language: English . Brand New Book. Sharp Spear, Crystal Mirror explores in depth how, why, and to what effect considerable numbers of women are dedicating themselves to the martial arts. The twenty-four women interviewed here discuss the physical and spiritual challenges of martial arts training and how it helps to bring meaning and purpose to their lives. Their disciplines include T ai Chi Ch uan, Aikido, Capoeira, Wing Chun, Judo, Kajukenbo, Jujutsu, Tae Kwon Do, Karate, and Kung Fu, and their backgrounds are equally diverse. Some were accomplished athletes before beginning, while others had never been comfortable with their physical bodies until discovering the martial arts. All have received deep spiritual nourishment through their practice, integrating and healing their bodies and minds as well as enriching community bonds. Those interested in women s studies will find a wonderful sample of contemporary American women who speak articulately about the forces that have shaped their lives.



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