



The Journey Man: A Comprehensive Guide To the Martial Arts

Bob Sykes

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The Journey Man' gives a biographical insight into the journey of one man through the martial arts. This 192 full colour paperback - including step by step fighting techniques and strategy methods - examines the trends and transformations of the modern martial arts scene as witnessed by Bob Sykes, editor of the country's best selling martial arts magazine 'Martial Arts Illustrated'. From Bruce Lee to the current phenomenon of marital arts, Bob Sykes has seen it all and experienced it on a physical level to the highest standards. This is arguably one of the most informative and inspiring martial arts books to be released in recent times by the man who knows the 'inside story' of the nations leading martial arts exponents. This is a must have book for any martial arts and self defence enthusiasts regardless of style or system they practice.

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