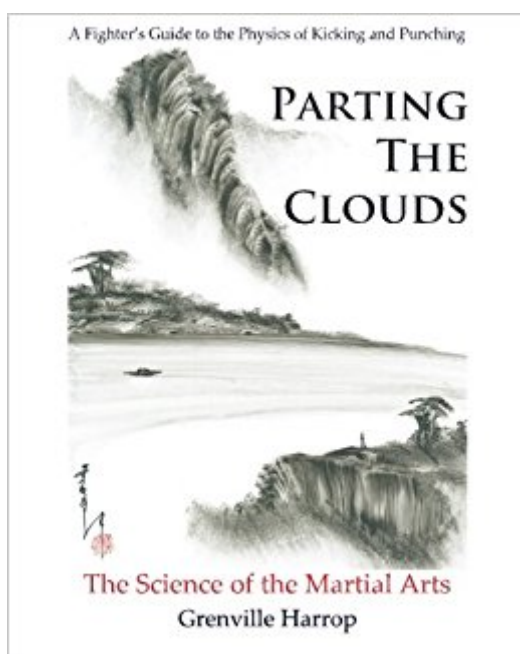


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Parting The Clouds - The Science Of The Martial Arts: A Fighter's Guide To The Physics Of Punching And Kicking For Karate, Taekwondo, Kung Fu And The Mixed Martial Arts



Synopsis

This is a book that's long overdue: One that provides information that has never before been published, compiled or analyzed in a way that's designed to help fighters. This is a guide to the science of kicking and punching that can settle the debates about which techniques are the most effective and why. It will help a fighter to fight, an instructor to teach and martial artists to advance by working things out for themselves. There is no magic involved in the martial arts. The force and power that is displayed by an expert fighter is the consequence of rigorous training in the accurate application of physical laws. Understanding how to use these laws of physics to create massive impact forces will provide a personal insight into the practice of correct technique and form. This unique piece of work will act as a technical reference that provides the facts and figures that fighters seek, including records of the maximum force and speed achieved by some of the best present day warriors, helping to answer many of the most difficult questions in the martial arts.

Book Information

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Customer Reviews

Grenville Harrop is a Master of Science and Fourth-Dan Shotokan Karate-ka who is privileged to have spent over thirty years training and teaching with many of the world's best instructors and fighters.

This book isn't overhyped; it is that good. I found it to round out my knowledge base by providing the math. The author takes the approach of a traditional martial artist retroactively validating the martial

arts by giving the supporting math and available studies behind what they do. Interestingly in other Arts (using SGM Parker's American Kenpo as example) the concepts and principles he finds with math and attempts to explain are already defined and spelled out in layman's terms as it's basis, but in the aforesaid concepts and principles, the math is left out. So it all fits together like a puzzle, each coming from an opposite direction; one as base and one as validation. In summary, this is an excellent book both for validation and perhaps improvement on what you may be doing, but it isn't a complete picture. I highly recommend the Encyclopedia of Kenpo (and additionally Infinite Insights Into Kenpo, vol. 1-5) which can be found on [Amazon](#), to fully round out the picture. Parting the Clouds provides the validating math, and the Encyclopedia of Kenpo provides the names and descriptions of principles he has found with that math but lacks the definition for. A must have for the serious martial artist.

Parting the Clouds by Mr. Grenville Harrop is great addition to the discussion of science and the martial arts. He writes from the perspective of someone who is not just interested in both, but well versed in them as well. As a physics professor at the university level, I found his description of the physics principles to be extremely well done. Many (most?) of the books on this subject either have watered down the science to the extent that it is unrecognizable, or where the science is simply wrong. However, because his science is thorough and accurate, those readers who do not have a foundation in basic physics may likely struggle through portions of the book. Mr Harrop does try to warn the reader in a number of these places, and occasionally even suggests that they skip a given section. Even for those readers there is plenty of valuable information in this book. The book does suffer from a noticeable number of typos and grammatical errors. Though I did not find them to be distracting or to make the concepts unclear. Overall, I would recommend this book to anyone who is interested in the physical principles involved in the martial arts, and how to understand them well enough to maximize your strikes in many different situations. Even if you find that you need to skip some of the sections detailing the physics theory, the remaining material will still be beneficial.

You can tell this guy is an engineer! He has really broken down the martial arts into a scientific manual. I did learn from this book but some of it was beyond me. that's why 4 stars. Like reading a textbook, but good knowledge.

A good book analyzing forces in fighting in general. But there is too much basic physics stuff that is too much illustrated in the first few chapters. Maybe because I learned those things in high school I

found them quite repetitive.

This book is a must for anyone who's made The Martial Arts their life's vocation. I feel that we owe a huge debt of gratitude to Mr. Harrop for having created such an informative and helpful book. Trust me when I write that this is one book to have on your list of great books on The Martial Arts. Thank you very much Mr. Harrop for your intelligence, wisdom, humility & for sharing them with us.

Book well prepared which unites the physical and martial arts, all very well explained and detailed. The author is so thorough that explains the formula and its possible outcomes according to the technique used, since punches, elbows, base styles and they are functional. Excellent recommend.

If you are serious about martial arts, this book needs to be on your shelf! It is the real physics of any Martial art. As the author is a Shotokan karateka techniques used are Japanese Karate for the most part

physically much larger than I expected. Good read though. highly recommended.

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