



Manuale di Etica Marziale (Sport.doc) (Italian Edition)

Joe Santangelo

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Sport da combattimento e vita. Ma c'è di più. Che si tratti di lavoro o tecniche di lotta, sfide quotidiane o veri match agonistici ci si ritrova sempre di fronte avversari, quantomeno ostacoli. Muovendo dai principi basilari dello Shindô, filosofia da cui traggono origine le più comuni tattiche di combattimento, questo volume mira a proporsi come un utile strumento didattico e concettuale. Attraverso l'analisi e la ricostruzione anche pratica di tale filosofia, l'autore pone le fondamenta per un'attitudine etica, una corretta prospettiva per affrontare se stessi e fronteggiarsi in ogni contesto competitivo. La scoperta di quelle strategie esistenziali che permettono all'uomo e al discente di arti marziali di coniugare in simbiosi concetti e azioni volgendo verso obiettivi positivi e di vittoria. Perché ogni combattimento ha inizio prima e dentro. Nei nostri pensieri di paura e di successo. Il gesto, l'esecuzione sono solamente il concreto di queste immagini mentali, la loro parte più visibile e immediata.

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