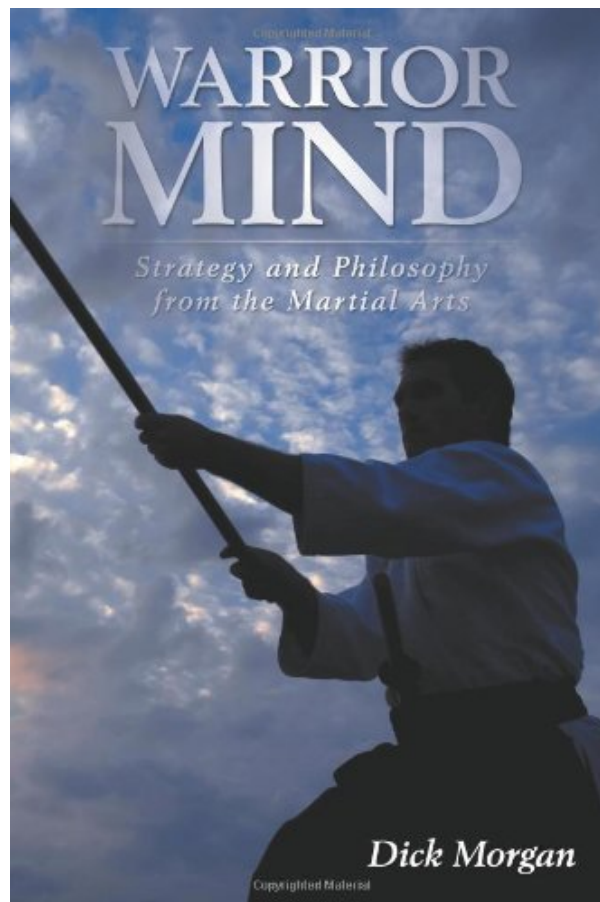
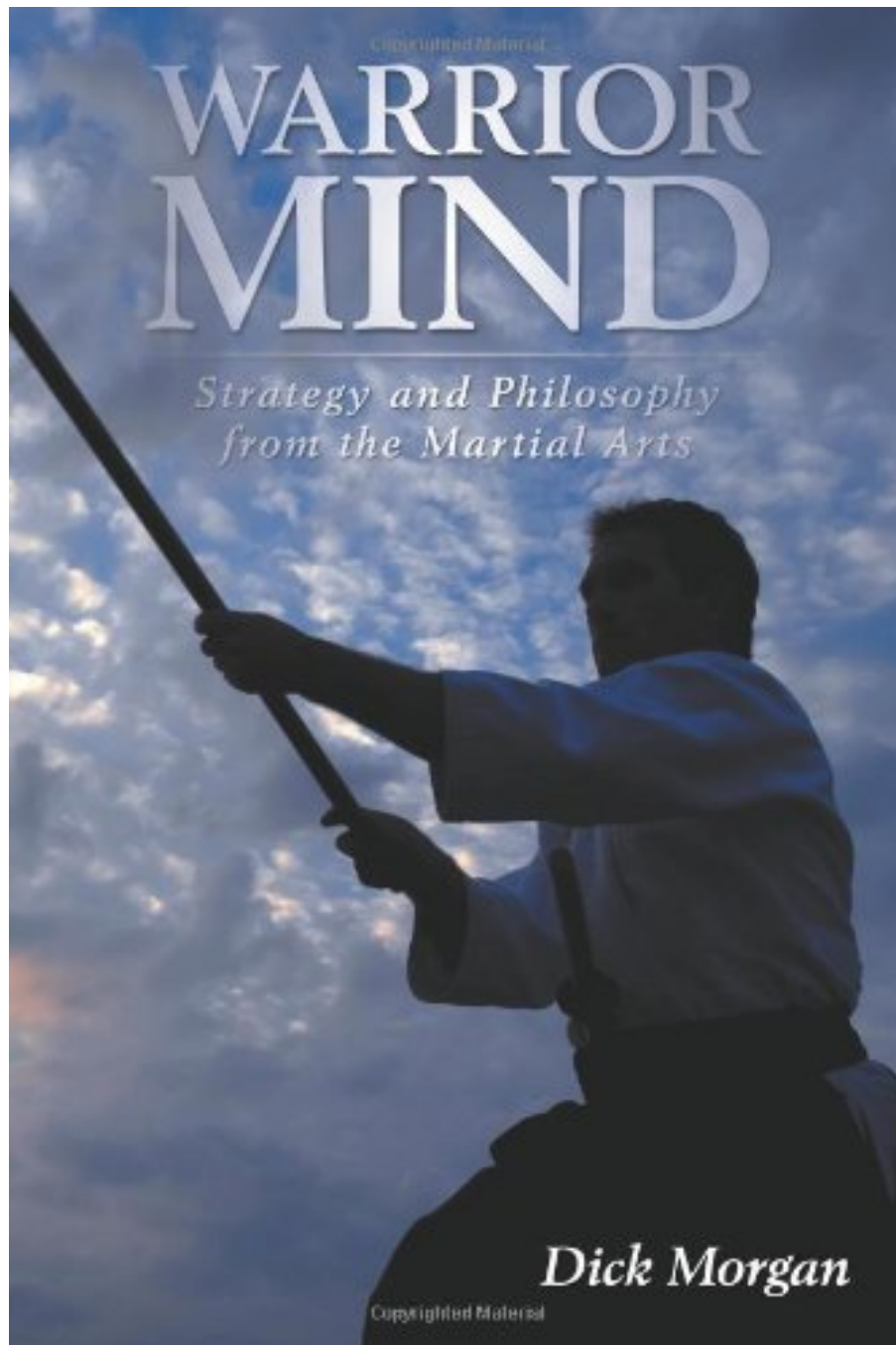


WARRIOR MIND: STRATEGY AND PHILOSOPHY FROM THE MARTIAL ARTS BY DICK MORGAN



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About the Author

Dick Morgan has been continuously involved in martial arts practice for the past 44 years. For the last 34 years, he has been practicing Korean Hapkido, under Grandmaster James R. Garrison, Vice President of the World Oriental Martial Arts Federation. He holds both a Master's Certificate and 7th degree black belt in that art. He also holds black belt rank in Tae Kwon Do, Jujitsu, Aikido, and Chinese Kenpo. He has been teaching martial arts for over 35 years, and has been teaching at his own club, Warrior Mind Dojang, for over ten years. Mr. Morgan has had four feature length articles published in Tae Kwon Do Times Magazine. The World Oriental Martial Arts Federation quarterly newsletter has published his philosophy column, Zanshin, continuously since 1992. Zanshin is now published on-line. His writing experience includes fiction. He was awarded an NEA grant for short fiction in 1982, and won first prize in the Kay Snow (Willamette Writers) writing contest in 1983. His short story collection, Sailing Away, was published by Lost Horse Press in June, 2000.

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Warrior Mind is a guide to understanding and developing the warrior's essential mind-set. Warrior mind has three components. The first is inner strength; the development of unassailable integrity, clear intent, and unwavering tenacity. The second is a thorough understanding of the principles of strategy; correct movement and balance, proper angles, proper timing, and proper entry. The third is acquiring body intelligence- a spontaneous flow of movement in response to an attack without having to think about it. Eventually, thought and movement become one expression. Warrior Mind is also a guide to a strong and proactive approach to life itself. The principles that strengthen the warrior mind-set also empower and enrich one's life whether or not one is involved in a martial study. In fact, the goal of developing warrior mind is to become so internally strong that we discourage and minimize the violence around us. Ultimately, achieving warrior mind is a spiritual journey.

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5 of 5 people found the following review helpful.

Develop your Warrior Mind

By Alain B. Burrese

I'd had "Warrior Mind: Strategy and Philosophy from the Martial Arts" by Dick Morgan on my to get and read list for quite a while when I happened to find an autographed copy at a book store in Spokane, Washington. So I added the book to my autographed collection and have just finished reading it. I am very

glad I did. I really enjoyed reading "Warrior Mind" and found that I agreed with much of what Morgan wrote, and that his philosophies regarding the martial arts are very similar, if not the same, as many of mine. This book reinforced some of my own beliefs, and provided new and different perspectives on others which helped enlighten my thinking in regards to my own training and teaching. I think this is a very good read for any martial artist who wants to go beyond the physical techniques of training and develop oneself in all areas, physical, mental, spiritual if you will, and experience all martial arts are able to provide.

Morgan's primary art is Hapkido, but he's also studies other arts and his experiences with Hapkido and some Aikido are the ones that are shared the most, except for a little about his earlier training in the harder martial arts such as tae kwon do and kenpo. The art is not as important with this book, because as the title suggests, this book is about your mind, strategy and philosophy. That's why this book will be beneficial for anyone of any style, because the mind, strategy and philosophies shared here transcend style and can be adopted by anyone.

The book shares a lot about Morgan's personal journey in the martial arts, especially what he has learned training with his instructors Grandmaster James R. Garrison and Grandmaster Kim, Sangcook. Many lessons from these two are shared as Morgan learned them.

Some of the topics Morgan writes about include finding true strength from within, the mind and body being one, breath control and awareness, directing one's energy, not resisting but blending, honoring your spirit, and much more.

One mark of a book that I really believe in is that I go to class and share things from the book with my students. I found myself doing this a number of times as I read it. So yes, the book helped shape some of my thinking and teaching, and I thank Dick Morgan for that. I'm always striving to be a better martial artist, better instructor, better warrior, and better person, and this book provides lessons to help with all of these areas.

If you are a serious student of martial arts and want to develop your mind as you develop your body, read "Warrior Mind" and study strategy and philosophy along with your physical techniques. Do so and you'll develop all areas and be a true martial artist in body, mind, and spirit.

Reviewed by Alain Burrese, J.D., author of the Lock On Joint Locking Essentials series.

4 of 4 people found the following review helpful.

Wisdom for the Warrior

By Bohdi Sanders, Ph.D.

Warrior Mind is a book that is good reading for all martial artists. This book contains a lot of wisdom that both beginning, as well as experienced martial artists will find both interesting and useful. Even if you find that you already know many of the strategies or philosophies covered in this book, you will find that Warrior Mind may bring things to mind which you have either forgotten about or have let slide over the years. Dick Morgan obviously knows his subject and has many years of experience in the martial arts that enables him to provide the reader with many personal examples which support the information that he writes about in Warrior Mind. It is obvious that we share much of the same philosophy concerning what a true warrior should be and how the true warrior should think.

Warrior Mind provides the reader with a great overview of the mind of a true warrior, providing the reader with specifics as to how the warrior should think, what the warrior's work ethic should be like (as far as his training goes), the warrior's ethics and honor, and delves into martial arts techniques gained from his many

years of experience training in Hapkido, Tae Kwon Do, Jujitsu, and Chinese Kenpo. Not only is Warrior Mind a general overview of Mr. Morgan's own personal experience and wisdom gained from his many years of training in the martial arts, but he also refers to many other martial arts books throughout his book. I found Warrior Mind to be both enjoyable and full of wisdom. Mr. Morgan's book has a lot of information and wisdom to offer martial artist who are open to what he is trying to convey to his readers.

One thing that should be noted about this book is that even though it contains 420 pages, this is a bit misleading. This text is double spaced throughout the entire book, which makes it seem like a much larger prose than it actually is. Warrior Mind, if it had been printed in the same format as most books, is actually about the size of a book with 220 pages. Also, you will find some minor editing mistakes throughout, but do not let either of these two things distract you from what really matters - the abundance of wisdom contained in this book. While it may take a few pages to get used to reading a book which is printed in this format, it is the content which ultimately matters, and the content is solid, useful, interesting, and entertaining. I thoroughly enjoyed reading Mr. Morgan's book and have no reservations about recommending Warrior Mind to any martial artist. This is another book that would be a great addition to your martial arts library and which conveys the real meaning behind what it means to be a true martial artist, as well as a true human being. I give it 5 stars.

Bohdi Sanders, author of the award-winning bestseller, [...]

1 of 1 people found the following review helpful.

A Guide for Everyday Life

By Brantleej

"Warrior Mind" represents a great cross section of martial arts and life experiences. The reader is introduced to the depth of spiritual and physical training involved in the martial arts and through Mr. Morgan's experiences.

We reference the book regularly in our Hapkido and Taekwondo practice; in fact, each of our students has a copy of the book from which they can study and deepen their personal practice. Some parents have also read the book, and they've expressed that what they have read and witnessed through their children is more than just physical exercise. The book helps non-practitioners understand more about the practice, where it comes from, and how the practice builds internal strength, a humble attitude and strategies to overcome challenges and obstacles in life.

"Warrior Mind" is not just a book on martial arts; it's a guide for everyday life.

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