



Rumi Maki Fighting Arts: Martial Techniques of the Peruvian Inca

Juan Ramon Flores, Alex Bushman Vega

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An unprecedented voyage into the world of Peru's indigenous warrior culture, Rumi Maki offers a fascinating look at this exotic martial art as preserved by a practicing master. The book begins with an in-depth look at the history of the sacred Incan fighting arts, dispelling many of the myths surrounding them. The authors then present a detailed look at Rumi Maki's five-level structure, with step-by-step instructions and demonstrations of the techniques from each level. The Incas' unique approach to physical and mental conditioning, philosophy, spirituality, weaponry, and military structure are also presented for the first time. Hundreds of photographs and illustrations help further document the Incas' martial legacy. Of great interest to all martial arts enthusiasts, the book's absorbing description of early Peruvian civilization attracts readers interested in the cultural and spiritual history of the Andean people.



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