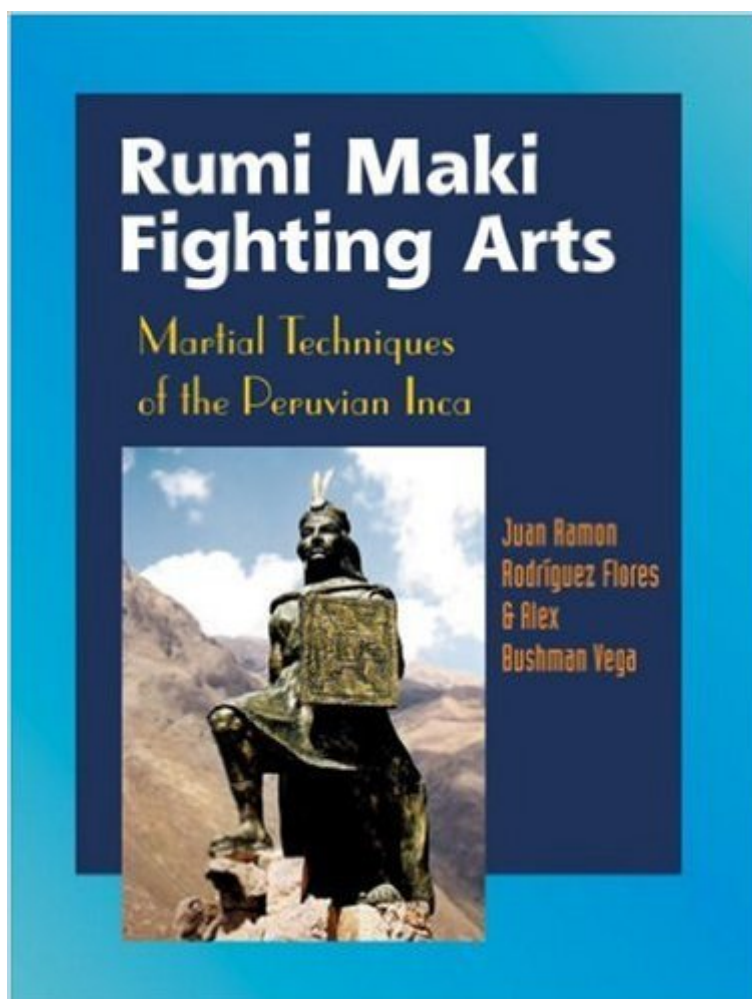


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Rumi Maki Fighting Arts: Martial Techniques Of The Peruvian Inca



Synopsis

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.

Book Information

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Customer Reviews

I have to admit I got this book just out of curiosity, I have seen many Asian Martial Arts and wanted to see how this Peruvian art compared. I was expecting something totally different, maybe some crazy, drunken, monkey art, but it's not that different from other fighting arts. It has some western boxing like stances, karate like blocking, savate like kicking, and some china like grappling. I guess fighting arts, from around the world, look more alike rather than differ that much from each other. Max respect for their ancient warrior initiation ritual, I'd rather have my nuts cut off than have to go through that type of abuse. I'm not Peruvian, but knowing the history of Rumi Maki would be a great source of pride for any one of that nationality. I really like the conditioning drills, even though they look

over simplistic. I got my heart rate up in a short amount of time without ever leaving my own back yard. The stick dropping drill is a definite keeper and the bouncing of the floor drill was a lot harder than it looked. I couldn't do more than five or six reps without having to sit up and rest and I'm in Okay shape. Overall I'm please with what I got.

Finally i have this book. After having it delivered (by mistake) to another address, the seller re ship it to me. I'm glad because the book is essential in everybody's collection who loves ancient history of the many diferent cultures of America. The book is nicely printed, and the images and text are accurated and easy to understand. This is going to be one of my favorite books!!!!

I have not directly experienced this Rumi Maki Inca Art. But, from what I do know of various Arts -- especially Savate and Arnis -- inclines me to admire Rumi Maki [as appearing in this book] for having fine virtues of both Savate and Arnis. The footwork and fistwork of Rumi Maki are fluid and sharp very like both Savate and Arnis. In addtion, Rumi Maki [of this book] appears to make great usage of posture and movement much like older Western Boxing Bare-Knuckle Fisticuffs -- as the book remarks upon too. Precise-and-compact co-ordinated footwork and fistwork makes all these Arts effective. Yet, Rumi Maki has more features and virtues than just some kind of "Inca Kickboxing" -- there are clinching and grappling counters and attacks as well as other aspects uniquely Inca Rumi Maki +++

Thank You !!!

Bei der Bewertung zu diesem Buch hatte ich einige Schwierigkeiten. Åoeber die KampfknÅ nste der lateinamerikanischen "Ureinwohner" ist so gut wie nichts bekannt. Zwar gibt es einige Traditionen, wie das Tinku oder das Takanakuy, doch ob man diese als Kampfkunst bezeichnen mÅ¶chte, muss jeder selber entscheiden. Jedenfalls habe ich beim peruanischen Takanakuy wenig Techniken des Rumi Maki sehen kÅ¶nnen, was ja ebenfalls aus Peru stammt.Eine Tradition erlischt, sobald sie nicht mehr gepflegt wird. Daher ist das Rumi Maki nicht als traditionelle Kampfkunst zu verstehen. Andererseits kann man auch neue Traditionen begrÅ¶nden.Ich habe das Buch mit vier Sternen bewertet, weil es nicht schlecht ist. Weder wurde es schlecht geschrieben, noch sind es die enthaltenen Techniken. Als Lehrbuch einer auf alten Techniken beruhenden neu entstandenen Kampfkunst, kann ich diese Wertung durchaus vertreten.

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