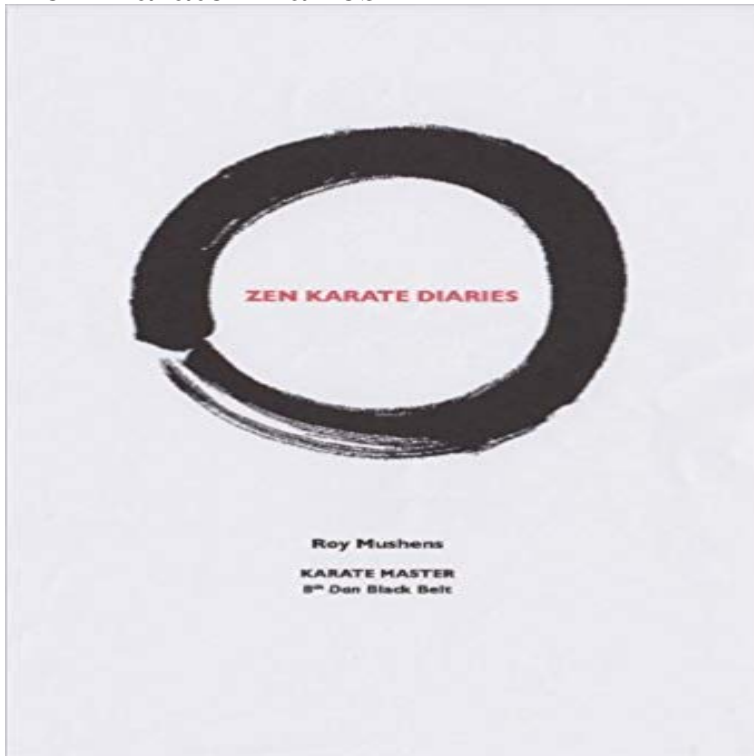


Zen Karate Diaries



Zen Karate Diaries is a novel written by Roy Mushens, an 8th Dan Black Belt Karate Master and Sensei. The story covers his life growing up in a tough neighbourhood in London, through dedicated Karate training he has become a true Karate Master and Sensei (Teacher). He has taught Karate in London for forty years. Growing up in a tough neighbourhood in the 1950s and 1960s, he took up Karate to defend himself against the bullying gangs. His passion for Karate led him to a spiritual discovery he never dreamt of. His journey from hand-to-hand fighting to finding Zen, is funny, startlingly frank, poignant and shocking at times. As a young lad, Roy Mushens dreamt of becoming invincible. He began Judo when he was nine and Karate training at fourteen.

He survived the Karate clubs of the 1970s, became a 1st Dan Black Belt by the time he was just eighteen, experienced Chi, ran two Karate clubs at nineteen, did milk rounds to weather the 1970s recession, married his teenage sweetheart, smashed bricks, wood planks and bottle necks with his bare hands, reached one million punches on the makiware and built his own dojo in his back garden. As a Sensei, he continues to inspire students to follow the path of Zen Karate.

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