



Kalarippayat: India's Ancient Martial Art

D.H. Luijendijk

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Although most of India's martial arts have been lost, the southwestern state of Kerala maintains a rich martial tradition in the ancient art of Kalarippayat, a complete system that incorporates empty-handed fighting, weaponcraft and a sophisticated method of massage and healing. After 10 years of intensive study, D.H. Lujendijk is one of a handful of Westerners to reach the instructor level in this obscure art. In this book, he reveals the hidden treasures of this exotic art to you.

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