



San Jieh Dao

Bahram Khozairy

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San Jieh Dao: The Fundamentals blends science and philosophy into a fusion that portrays a comprehensive martial art that is a response and alternative to the New Age martial art of Jeet Kune Do. With expertise built through training and skill, author Bahram Khozairy delineates and expounds upon his unique, practical, and complete approach to martial arts. In this volume, he lays the foundation for the understanding fundamental to the rest of the art. And unlike many instructors who base their art on esoteric New Age spiritualism, Bahram Khozairy builds his art upon the truths of the Bible, giving Christian martial arts enthusiasts an art that they can commit to and believe in. Readers will find San Jieh Dao: The Fundamentals to be both intellectually compelling and combatively balanced as it explains the philosophy and reasoning behind the key concepts of San Jieh Dao.



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