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Randy F. Nelson is a student of tae kwon do and the author of numerous books, including The Martial Arts Index, and is currently Professor of English at Davidson College in North Carolina.

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martial arts is contained in the common idiom of "Yin-Yang", meaning "hard" and "soft". The negative (Yin) element is the hard Kung fu, and the positive (Yang) element is the soft Kung fu.

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### **The Martial Arts: An Annotated Bibliography By Randy F. Nelson**

knowledgeable Martial Artists. Born in 1917, he began studying Martial Arts at the age of 6. His training includes Karate-Do, Judo, Shorinji-Ryu, Kempo, Tai Chi, Ba Gwa, and Boxing under many notable teachers. His vast experience in the Martial Arts has been made available to others through his writings and teachings.

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