



Seeking The Way - My Life in the Martial Arts

George Alexander

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George Alexander's self-portrait of his experiences and life in the martial arts is an unrivaled work. This candid autobiography is a riveting account of his martial adventures and is both informative & entertaining. Known as an early "Pioneer" of Karate, he takes the reader from dojos in Japan & Okinawa to jungle fighting in Vietnam to Shaolin monasteries in China and beyond. His adventures in an overall context are an account of how the Asian martial arts craze that affected him so deeply started in America and ultimately spread worldwide. In this revealing & enlightening presentation, he gives a critical and insightful account of how modern martial arts disciplines & martial sports have become a truly unique international subculture. This autobiography is filled with rich experiences & gives us an account of history as he has seen it and lived it. His life from jungle fighter to world champion and historian is the history of modern martial arts in America, the world and more.

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