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BODY MUSIC: DIARY OF A BLACK BELT IN ASIA (PAPERBACK)

Alexander Loudon

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Set against the backdrop of Korea and Japan during the FIFA World Cup, the Asian Games, a devastating typhoon, and political turmoil, "Body Music" chronicles the journey of North American martial arts expert Alexander Loudon as she follows her dream--to study martial arts in Asia. She came to study the internationally respected sport of Judo in its heartland, the land of Olympic champions. What she found, through discipline, commitment, dedication, and a fortuitous encounter with the Grand Master of Judo, was the chance of a lifetime. With everything on the line, her entry into the all-male, Korean-only national competition to earn black belt certification brought a history-making opportunity, and enormous challenges. "Body Music" shares this incredible journey, taking the reader inside a fascinating culture, in a series of adventures no tourist can get. An inspiring tale of courage, obstacles, and triumph, it details Loudon's struggle between the need to win and finding personal spiritual balance. This book is for the die-hard martial artist, the sports fan, the wandering soul and the armchair traveler alike... "The perfect Hollywood ending...Asian style..." Go to www.alexanderloudon.com for free book excerpts and for more information on this author.

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