



# **Masters of Perception: Sensory-Motor Integration in the Internal Martial Arts (Warriors of Stillness Trilogy)**

*Jan Diepersloot*

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Divided into four parts, this book describes the developmental stages of the internal martial artist. The first requirement lies in the constant cultivation and maintenance of proper posture and breathing habits, both in the stillness of sitting and standing and in the movement of the body. The next stage develops “jin,” or “fajin,” a unique power characteristic of internal martial arts that is examined through the fundamental, physiological, anatomical, and mechanical bases and parameters. Also important is the “yi,” which refers to the mental faculty tasked with controlling our movements and actions in the world, and “shen,” the peak or transcendent experience of awareness. This is the final volume of the Warriors of Stillness trilogy.

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