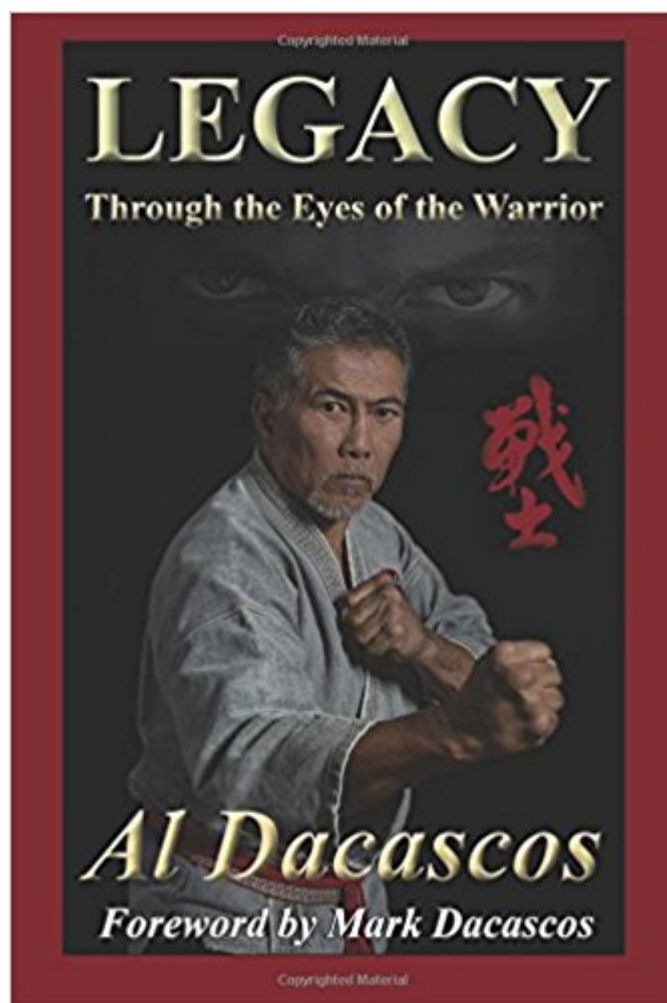


The book was found

Legacy: Through The Eyes Of The Warrior



Synopsis

LEGACY: Through the Eyes of the Warrior is the autobiography of Sifu Al Dacascos, a martial arts legend. This highly anticipated, compelling book takes the reader on an amazing journey through the action-packed life of one of martial arts most respected masters, Sifu Al Dacascos. Sifu Al's journey will have you hooked from the very first chapter, as he takes you on a trip through his fascinating and intriguing life. This is one autobiography that you will not want to put down - it is A TRUE PAGE-TURNER! It is an inspirational story of a boy from the Hawaiian territory that became a world-renowned martial artist, teacher, and highly respected philosopher. Throughout this triumphant story, you will find yourself laughing aloud, struggling to hold back tears, and totally engrossed by this remarkable tale. This is a highly motivational story of rags to riches, success and heartaches, love and danger, and spiritual victory. Most of all, it is the inspirational story of a man that even in his darkest hours, refused to give up and successfully conquered his demons. This is A MUST READ for every martial artist and a book that everyone will enjoy and find personally inspiring and motivating.

Book Information

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Average Customer Review: 4.8 out of 5 stars See all reviews (14 customer reviews)

Best Sellers Rank: #256,329 in Books (See Top 100 in Books) #43 in Books > Biographies & Memoirs > Sports & Outdoors > Boxing, Wrestling & MMA > Martial Arts #612 in Books > Sports & Outdoors > Individual Sports > Martial Arts #3826 in Books > Health, Fitness & Dieting > Exercise & Fitness

Customer Reviews

Al Dacascos' book, *Legacy*, is a welcome addition to an all-too-thin bookshelf of biographies of Hawaiian martial artists. I met Al, when I pastored a Presbyterian Church in Portland, Oregon. I had, at that time, little or no idea who he was or his contributions to the contemporary arts that formed in Hawaii after the Second World War. As an American Kenpo black belt I probably should have

known, but it is what it is. I noticed his friendship with Wally Jay, who Stan Miller, a local Small Circle Jujitsu teacher, and I had sponsored to hold a workshop at the church where I had a small Kenpo Karate club. The event was broadly attended and Dacascos and I partnered throughout the afternoon. "Sifu Al," as his students call him, was surprisingly modest about his contributions to the Kenpo-Kajukenbo arts when I asked. I was surprised to hear that he'd known "Chow who taught Parker who taught Hebler who taught me," as my certificates used to say. And pleased to learn that he'd been one of the progenitors of the arts known as Kajukenbo. Be well, my friend. And know how thankful we are that you've set some of your memories and experiences down on paper. Well done, sir.

I can really appreciate the amount of personal information that the author shares to help us understand his journey in the martial arts. This book is a real eye opener for people who have dedicated their lives to training and studying the martial arts and how it affects their daily lives.

Got the book on Monday and finished it Thursday. Definitely a page turner. I see the when, why, and the how, in the kajukenbo family, more clearly reading by reading Legacy. Great man and teacher.

Fantastic! Read half the book the 1st day had to force myself to put it down and go to bed. Amazing gifted martial artist, who openly talks about the good and bad. Thank you

the book is a look from his view, sifu al can call it "i did it my way" i love it 5 stars

A hard to put down book that I read over the weekend. Sifu Al tells his life story including the mistakes and failures as well as his success. At his age and accomplishment level he has nothing he needs to prove. He tells of growing up in Hawaii, his exposure to various martial arts and how they blended together to create not only WHKD but his life. I had the privilege of attending the celebrity martial arts roast of Sifu Al in Los Angeles last Fall. He is a polite, well spoken great man with a sense of humor. I was welcomed into this group of legends and even got to train with them in a park near where Bruce Lee once taught. A highly recommended book for anyone to get a glimpse into a life and world few ever see of experience. Great job Sifu Al from Coach Rick.

I couldn't put the book down. I read it in 2 days! Al put together a great book filled with stories of his

triumphs and failures. It had me laughing and crying and kept me completely engaged.

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