



Body Music: Diary of a Black Belt in Asia

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 brough a history-making opportunity, and enormous challenges. 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. See author's website at www.alexanderloudon.com and email for free excerpts.

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