

Traditions



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著者:Dave Lowry

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The goals of the budo -- the martial arts and ways of Japan lie in refining the body and spirit. These goals are not always the obvious ones -- and are learned only through the guidance and direction of great teachers. The techniques, methods, and rituals of the sensei can serve as guides to a well-lived life -- and provide invaluable lessons for today's martial artists. This collection of essays includes discussions of: The spirit of ryomi, the process of self-evaluation and improvement -- as illustrated in the story of Kaofujita, a master swordsman who never stopped practicing the first movement he learned. The importance of yuyo -- the distance where an attacker must focus his strike -- from the story of Jubei, where his mastery and control of yuyo determined his victory. The significance of ma -- the space in time between successive attacks or between a defense and a counter -- through the story of Yamada Shinryukan, whose exploitation of ma led him to his death. With its focus on traditional martial arts, and fascinating stories that illustrate key martial arts principles, *Traditions* will be required reading for serious martial artists.

作者介绍:

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