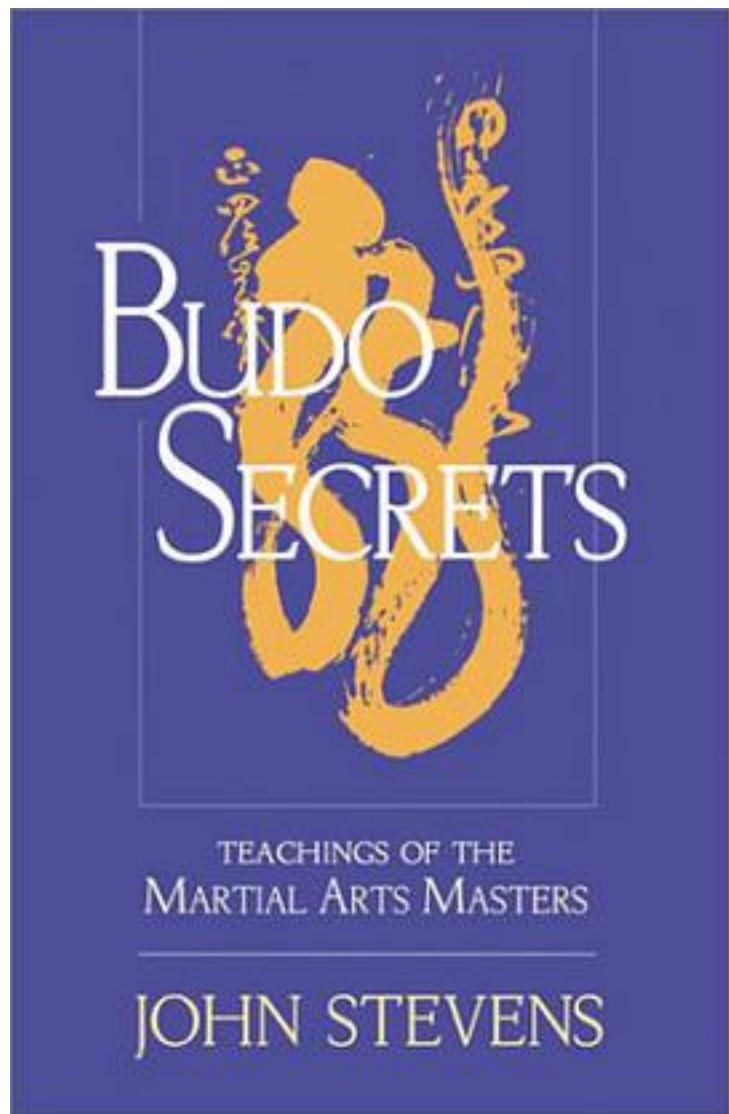


Budo Secrets



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出版者:Random House Inc

出版时间:2002-11

装帧:Pap

isbn:9781570629150

In budo—which can be translated as "the way of brave and enlightened activity"—martial arts and spirituality merge at the highest level of skill. *Budo Secrets* contains the essential teachings of budo's greatest masters of Kendo, Karate, Judo, Aikido, and other disciplines. Timely and instructive, these writings are not just for martial artists—they're for anyone who wants to live life more courageously, with a greater sense of personal confidence and self-control, and with a deeper understanding of others.

John Stevens has gathered an eclectic and historically rich collection of teachings that include principles and practice guidelines from training manuals and transmission scrolls, excerpts of texts on budo philosophy, and instructional tales gathered from a number of sources. Since many of the martial arts masters were also fine painters and calligraphers and used brush and ink as a teaching medium, Stevens has included their artwork throughout with explanation and commentary.

作者介绍:

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