

Secrets of the Samurai



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著者:Ratti, Oscar/ Westbrook, Adele

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Newly redesigned, Secrets of the Samurai is the definitive study of the martial arts of feudal Japan. Beginning with a panoramic survey of the tumultuous early struggles of warlords contending for political ascendancy, this classic text outlines the relentless progression of the military class toward absolute power. In addition to illustrating actual methods of combat, the authors discuss in detail the crucial training necessary to develop a warrior's inner power and to concentrate all his or her energies on a single force. "Secrets of the Samurai" is essential for those interested in Japanese combat techniques, weaponry or military tradition.

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