



Traditions: Essays on the Japanese Martial Arts and Ways (Tuttle Martial Arts)

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. The techniques, methods, and rituals of the budo can provide invaluable lessons for today's martial artists—and serve as guides to a well-lived life.

In *Traditions*, Davy Lowry discusses unique aspects of the budo ranging from *hachō*, or deliberate asymmetry, to *uke-waza*, the art of "receiving" an attack. The spirit of *ryōmi*, the process of self-evaluation and improvement, is illustrated through the story of Kaofujita, a master swordsman who never stopped practicing the first movement he learned. You'll also learn the importance of *yūyo*, the distance where an attacker must focus his strike, from the story of Jubei, whose mastery of *yūyo* saved him in a life-and-death encounter, and the significance of *shikaku*—, the dead zone, on maintaining balance in combat and in life.

With its focus on traditional martial arts, and fascinating stories that illustrate key martial arts principles and philosophy, *Traditions* will be required reading for serious martial artists.



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