

Zen in the Martial Arts By Joe Hyams However if you can persevere through to the end I am sure you too will be blessed with many answers to questions you may have asked or been asked on your own personal journey. One of the better books i've read that links martial arts to the deeper message behind them.

Truth be told I wasn't sure about this book going into it and how practical it would be but it is! Very practical albeit the softer aspect of the martial arts. If you don't mind reading a book written by somebody raised on the martial arts in the 70s/80s (the pre MMA Bruce Lee era) then I definitely recommend adding this book to your martial arts library and reading it and reflecting on the advices within!! Here's some quotes from the book which stuck out for me: A dojo [practice hall] is a miniature cosmos where we make contact with ourselves our fears anxieties reactions and habits. you will read it over and over again and always find some magic inside these lessons even when you pick it up years later if still studying and training any martial art! You won't be disappointed. If you look deep enough there is something for everyone to learn about their own pursuit of their chosen discipline and philosophy if their own cup isn't overflowing! The authors experience and personal interpretations learnt from these legendary masters Portrays his true love for martial arts. I am not sure that these answers provide any shortcuts for any serious martial artist making their own path and journey through life but there is certainly wisdom and knowledge being freely given in this book. I found a collection of gentle illustrative and entertaining stories each only a couple of pages that each convey worthy lessons of how a student of the martial arts might experience zen both by study and accident. It puts the lessons within the reach and experience of almost any student of the martial arts (or indeed other disciplines and his tennis game and business experience are also used as examples!).

But the reading is a little hard at times as it is written in a very dry first person perspective, 978-0553275599 'Zen In Martial Arts' is a short but insightful book that looks at the lessons one may learn from martial arts and how to apply them to everyday life. Even if you're not a martial artist there is much to learn and benefit from in this book, Hyams writing style is very easy to read and accessible and the short chapters make this perfect to dip into or to read in one sitting as I did. This also has some nice photography at the start of each chapter. It is an arena of confined conflict where we confront an opponent who is not an opponent but rather a partner engaged in helping us understand ourselves fully. A man who has attained mastery of an art reveals it in his every action: (Samurai Maxim) You must learn to allow patience and stillness to take over from anxiety and frantic activity for the sake of doing something. (Chinese Adage) 978-0553275599 This is Just the best timeless martial arts book on the market I have read. There is something very special written here by Joe Hyams for he was clearly attached to the source of its essence with his passion and open minded study. Enjoy 978-0553275599 This book plots the journey and life a martial artist that comes to many answers and conclusions late in his training, I enjoyed the book and found it a great resource for my own training and journey well worth a read: Feel free to check out my blog which can be found on my profile page: 978-0553275599 Being a student of a martial art that incorporates zen into regular training I was intrigued as to what this might offer, They have been pleased to find that their own experiences are similar to the author's and realise that zen is already a part of their study and development. Controlled breathing restores calm confidence and strength. Control your emotion or it will control you. The photos chosen display that connection. This isn't prescriptive but is intending to be illuminating. I've recommended this to a few of my senior students. 978-0553275599 \$10.67 shipping Zen in the Martial Arts

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