



OSCAR RATTI and  
ADELE WESTBROOK

# SECRETS OF THE SAMURAI

The Martial Arts  
of Feudal Japan

TUTTLE

# Secrets Of The Samurai A Survey Of The Martial Arts Of Feudal Japan

**Kenneth Henshall**



## **Secrets Of The Samurai A Survey Of The Martial Arts Of Feudal Japan:**

**Secrets of the Samurai** Oscar Ratti,Adele Westbrook,2011-12-20 Secrets of the Samurai is the definitive study of the martial arts of feudal Japan explaining in detail the weapons techniques strategies and principles of combat that made the Japanese warrior a formidable foe The work begins with a panoramic survey of the tumultuous early struggles of warlords contending for political ascendancy and then 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 energies into a single force Secrets of the Samurai is an essential text for anyone with an interest in Japanese combat techniques weaponry or military history This edition also contains a new foreword by Adele Westbrook and numerous previously unpublished illustrations by Oscar Ratti Chapters include The Bushi The Heimin The Centers of Martial Instruction Armed Bujutsu Unarmed Bujutsu Control and Power Strategic Principles Morality of Bujutsu

**Secrets of the Samurai** Oscar Ratti,Adele Westbrook,1999

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**Foundations of Korean Martial Arts: Masters, Manuals and Combative Techniques** Michael DeMarco, M.A., et

al.,2017-01-29 Most of what are referred to as Korean martial art styles are actually derived from Japanese Okinawan karate systems or find their roots in Chinese boxing The Korean peninsula has existed as a fragile territory between China and Japan and thus shared many cultural elements from their neighbors To what degree has the Japanese and Chinese arts influenced those practiced in Korea over the centuries Can we distinguish any original Korean martial art style Chapters in this anthology are derived from the Journal of Asian Martial Arts specifically in response to such questions as asked above The authors provide great detail on the military martial manuals that recorded both battlefield arts and personal combative arts and use these sources to give a picture of the martial traditions practiced in Korea for hundreds of years In chapter one Stanley Henning provides an excellent overview of martial arts in Korea since the earliest dynasties These include bare hand arts as well as those with weaponry His overview illuminates the time and place of highly influential military manuals as discussed in the chapter by Manuel Adrogu John Della Pia s two chapters focus on a particular manual the Muye Dobo Tongji 1790 providing details of open hand and weapons training in particular with the unique Korean native sword Two chapters provide the theory and practice of qigong methods for health and martial effectiveness Dr Patrick Massey et al offer results on the use of breathing methods affecting lung capacity Sean Bradley s chapter goes deeply into the medical theories that parallel the practice of Sinmoo Hapkido s qigong methods The final two chapters focus on practical fighting applications from Hapkido Marc Tedeschi s chapter provides sound advice for self defense against multiple opponents In addition to detailing principles that give any defender a helpful advantage Tedeschi shows nineteen examples of techniques against two three and four opponents that include pressure point striking throws arm bars locks and a variety of kicks In the closing chapter Sean Bradley discusses a few of his favorite techniques where he learned them and why they are memorable Rich in historical details and practical advice this anthology will prove to be a prized reference work to all interested in the Korean martial traditions

**Teaching and Learning Japanese Martial Arts: Scholarly Perspectives, Vol. 2** Michael

DeMarco,2017-03-21 In contrast to the overabundance of writings about martial arts that are often promotional and misinformative there are rare works by scholars that are praiseworthy for their sincere unbiased approach to writing This is the very definition of scholarly This two volume anthology brings together the best scholarly works published in the Journal of Asian Martial Arts on the topic of teaching and learning Japanese martial arts In this second volume you ll find eight chapters that dive deep into Japanese martial traditions combining aspects of history and culture that explain how teaching methods developed and evolved Chapter one asks What defines and gives meaning to the practice of karate The Dr Wingate looks to the ideology of karate as presented in the writings of founder Ginchin Funakoshi and traditional Japanese martial arts as ways of self cultivation This ideology is often greatly different from the ideology held by modern practitioners This chapter explores the differences Next Dr Donohue comments on the ideological complex surrounding training in the Japanese martial traditions These systems while remaining relatively uniform through time have in fact been subject to considerable

philosophical interpretation and emphasis Why many practice martial artists has little to do with the essential nature of these arts Dr Grossman presents a thesis in his chapter that we can arrive at a deeper understanding of any martial arts using aikido as an example if we consider it to be a symbolic form of communication as well as a martial art and utilize the science of semiotics to translate the message encoded in the body language of aikido techniques A photographic technical section illustrates this process The next chapter by Sakuyama Yoshinaga discusses the potential growth for learning in children How can adults provide the best learning environment The author believes that inspiration comes through subtle emotions of the human heart influencing others The theory is found in ancient samurai traditions and applied by the author in teaching Shorinji Kempo Chapter five by Dr Dykhuizen point out how Asian martial arts are being practiced in cultures other than those within which they originated Specific information concerning how practitioners from different cultures understand them becomes increasingly useful to martial artists and martial arts scholars This chapter summarizes findings of an investigation among aikido practitioners The Japanese Imperial family is said to have been given three symbols of authority by the gods a mirror a jewel and a sword Dr Donohue uses this symbolic structure to discuss varying perspectives on the Japanese martial arts Each aid in our understanding and appreciation of the multifaceted dimensions of the martial arts In his chapter Dr Edinborough examines how Japanese martial arts specifically the approach developed by Inaba Minoru can be functionally understood as a form of art Through referring to the aesthetic theories the article examines budo as a means of organizing experience recognizable alongside painting dance theater and literature The final chapter by Marvin Labbate looks close at the training hall Dressed in a uniform students line up in a ready position come to attention sit meditate and bow This ritualized pattern is performed at the beginning during and at the end of each class but what does it mean In this chapter each element of the ritualized pattern will be discussed to provide a clear understanding of its original intent If you are interested in Japanese martial traditions you will find much in these eight chapters that clarify why the arts are taught according to a longstanding tradition and also why there have been evolutionary changes in the instructional methods There is sound logic for the old traditions as well as for the changes The scholarly research presented in this anthology will improve a teacher s way of instructing and help a student understand what to expect out of his or her studies

**Fight Sports and**

**American Masculinity** Christopher David Thrasher, 2015-06-14 Throughout America s past some men have feared the descent of their gender into effeminacy and turned their eyes to the ring in hopes of salvation This work explains how the dominant fight sports in the United States have changed over time in response to broad shifts in American culture and ideals of manhood and presents a narrative of American history as seen from the bars gyms stadiums and living rooms of the heartland Ordinary Americans were the agents who supported and participated in fight sports and determined its vision of masculinity This work counters the economic determinism prevalent in studies of American fight sports which overemphasize profit as the driving force in the popularization of these sports The author also disputes previous scholarship s domestic focus

with an appreciation of how American fight sports are connected to the rest of the world      **Japan's Complete Fighting System Shin Kage Ryu** Robin L. Rielly, 2011-12-20 Master the extremely effective but relatively unknown Shin Kage Ryu jiu jitsu with this illustrated martial arts book Shin Kage Ryu jiu jitsu has existed as a fighting system for over two hundred years and the literal meaning of the three characters is spirit shadow way Originating in Japan and influenced by Okinawan fighting systems the art has evolved into one that incorporates karate like kicks punches and strikes as well as the throwing grappling and joint techniques of judo Thus Shin Kage Ryu is a complete fighting system one that combines the best elements of karate with those of jujutsu The unique mix of disciplines in Shin Kage Ryu makes it possible to fight with an opponent in an upright position and if necessary take him to the ground and score a victory by grappling or choking Students are also taught extensive attack and defense techniques with both the sword and knife      *Aikido: O-Sensei's Sublime Synthesis, Vol. 1* Michael DeMarco, M.A., 2016-01-25 How can we fully understand aikido or any other martial art for that matter when we have only been exposed to part of it While learning about the art we can easily make assumptions and be tricked by false impressions In most cases even instructors do not have enough background to grasp the entirety of the art and are happy to work with part of it The content in this special two volume anthology details the many facets of aikido as it was formulated by Morihei Ueshiba 1883 1969 O Sensei the great teacher Each chapter contributes to a piece of the aikido puzzle by providing historical details insightful technical drills bare handed and with weapons and components that have flavored this art with a spiritual essence From the Ueshiba wellspring flows a number of streams political splinter groups offering their own take on what aikido should be and how it should be practiced Each branch may stand on its own but a good number of scholars and practitioners prefer a more encompassing representation of what O Sensei taught So chapters in these volumes help put Humpty Dumpty back together again Volume I includes ten chapters and volume II another fourteen The authors twenty three in all present superb credentials as scholars and practitioners of aikido On the academic side you ll find chapters that detail aikido s philosophy from ethical relationships and practical theory to the subtle spiritual dimension A few authors highlight the circumstances regarding the transmission of aikido from teacher to student Some authors show how culture influences the perception and understanding of aikido when it travels outside Japan Aikido is often practiced as a system of body movement encompassing a philosophy of peace and harmony Others may focus on learning the art for its effective methods of self defense Composed of material previously published in the Journal of Asian Martial Arts this two volume anthology is heavy on the technical aspects of aikido that both teachers and students would benefit by reading Training methods are discussed in detail supported by hundreds of illustrations of attack and defense Whatever your primary interest is in aikido Aikido O Sensei s Sublime Synthesis will prove to be a great reference for the scholar and practitioner We hope this convenient collection of quality material dealing with Morihei Ueshiba s martial discipline will benefit your research and inspire the practice of this elegant art      **Okinawan Martial Traditions: Te, Tode, Karate, Karatedo, Kobudo - Vol. 1.1**

Michael DeMarco, M.A., et al., 2016-12-06 What would you like to obtain from your research and practice of an Okinawan martial art For an academic it would be to obtain historical and cultural facts and details For a practitioner it would be to gain expertise in the combative skills If you re interested in both this first of a three volume anthology paperback is assembled for your convenience to facilitate your endeavors These volumes assemble a wealth of material originally published during the two decades when the Journal of Asian Martial Arts was in print Hundreds of pages and photographs present the richness of Okinawan martial traditions from the original combatives to those influenced by Chinese and mainland Japanese martial art styles The variety of topics shown in the table of contents indicate the depth and breath in the chapters along with the authors who are well known for their meticulous research and practical skills in specific arts These three volumes dive deep into the history and culture of Okinawan martial arts You ll find coverage of the actual artifacts the material culture related to weaponry and training methods Instructions from the masters details both open hand techniques as well as with weapons The chapters offer insights into the lives of many masters over the past few centuries giving the raison d tre for these unique fighting arts their reason for being Many streams of arts have contributed to the martial traditions found on the small island Naha te Shuri te Fukien White Crane Shorin Goju Motobu Shotokan Isshin Kyokushin Pwong Gai Noon Shito Uechi and the list continues Along with the various styles come the associated training methods such as conditioning exercises with weights and creatively designed apparatus such as the punching post makiwara or stone lever and stone padlockshaped weights Some become battle hardened by active and passive breaking of objects tameshiwari including wooden boards baseball bats rocks and ice The extensive use of weaponry is found in many Okinawan styles often associated with their farming and fishing occupations Such a blend of history and culture make the Okinawan fighting traditions a fascinating field of study Besides being such vital sources of information these three volumes will prove enjoyable reading and permanent at hand reference sources in your library Japanese History & Culture from Ancient to Modern Times John W. Dower, 1986 French Kiss Eric Van Lustbader, 2017-07-18 The search for a mysterious artifact leads to a trek across the globe in this thriller from the New York Times bestselling author of the Bourne novels In the French countryside a man is brutally murdered In a Connecticut church a priest is sacrificed All in pursuit of an artifact rumored to possess mystical powers The three bladed weapon known as the Prey Dauw will make its owner the most feared man in the world powerful enough to control all of Asia and its drug trade But there is still one piece left to find New York lawyer Chris Haye and NYPD lieutenant Seve Guarda are drawn into the bloody search when they learn their brothers have been killed Their quest for vengeance takes them from Manhattan to France to the depths of Southeast Asia But the man behind their brothers savage murders will stop at nothing to gain the ultimate prize From the acclaimed author of the Nicholas Linnear series and many other bestsellers as well as the novels that continue the story of Robert Ludlum s Jason Bourne character French Kiss is packed with suspense that is sustained to the final page Los Angeles Times *Legacies of the Sword* Karl F.

Friday, Seki Humitake, 1997-07-01 Western scholars and educators are generally far less familiar with the samurai in his original and ostensibly primary role as warrior and masters of arms than in his other functions as landowner feudal lord literature or philosopher Yet any attempt to comprehend fully the samurai without considering his military abilities and training bugei is futile With verve and wit Karl Friday combines the results of nearly two decades of fieldwork and archival research to examine samurai martial culture from a broad perspective as a historical phenomenon as a worldview and as a system of physical spiritual and moral education *Spiritual Dimensions of the Martial Arts* Michael

Maliszewski, 2012-10-09 *Spiritual Dimensions of the Martial Arts* is a study of the meditative and religious elements that form the core of the great martial arts traditions Unsurpassed in scope and detail this martial arts book covers the spiritual beliefs and the practices of the fighting arts of India China Korea Japan Indonesia the Philippines Thailand Brazil and the United States Subjects discussed include Bruce Lee's unique views on spirituality and meditation Rituals used to induce altered states of consciousness in Indonesian Pencak Silat The unusual relationship of Korea's Hwarang warriors to Mahayana Buddhism The importance of Buddhist ritual in Muay Thai Spiritual practices in the Filipino martial arts The significance of Zen and esoteric Buddhism to the Samurai The relationship of Indian martial arts to Yoga The impact of Daoist concepts on the Chinese martial arts Psychological development and martial arts training [The Palgrave Handbook of Spirituality and Business](#) L. Bouckaert, L. Zsolnai, 2011-08-16 A summary of the most important issues approaches and models in the field of spirituality in business economics and society The Handbook of Spirituality and Business presents a comprehensive pluralistic view covering all the major religious and spiritual traditions **Zen Stories of the Samurai** Neal

Dunnigan, 2005-01-01 Intriguing encounters between Zen practitioners and samurai warriors are recaptured in this breviloquent collection of short stories drawn from the literature of feudal Japan These encounters deal with the nature of immediacy and its role in understanding the essence of human existence For the martial artist faced with a conflict the Zen state of mind without distractions and illusions can determine the difference between life and death The warrior experience as revealed in these traditional stories is retold in a style that is relevant and graspable to the contemporary American martial artist No particular religious background is required to appreciate these stories but rather a curiosity about what allows people to achieve extraordinary performance when faced with life and death circumstances Zen ink paintings by John Hrabushi offer a meditative and intellectual cross training throughout the collection Foreword by noted Aikido Shihan

Lorraine DiAnne [Medieval Warrior Cultures of Europe and Japan: Body, Mind, Sword](#) Michael DeMarco, 2015-11-17 There are similarities and differences between the European and Japanese medieval warrior traditions that reflect the social evolutions within those cultures Over the years publishing the Journal of Asian Martial Arts we published articles that presented the main themes found in this unique area of comparative studies The most important of these writings are assembled in this anthology for your convenience Chapters 1 and 2 are by Dr Willy Pieter a leading scholar with a thorough



grasp of European and Japanese martial art traditions His first chapter examines the feudal system and how aspects of social organization helped form the warrior ethic resulting in a mix of scientific and intuitive elements In the second chapter Dr Pieter illustrates how the perception of the human body and mind are culturally different in the East and West Westerners have a long tradition of dualism which separates the body and mind while the Eastern approach has been wholistic The author discusses scientific and medical histories for insight particularly Chinese and European influences on Japan In the third chapter John Michael Greer presents the esoteric side of a European sword tradition as found in the writings of Dutch fencing master Gerard Thibault ca 1574 1627 He notes that Asian and Western combat systems have been understood in sharply different ways over the last century or so Asian combatives came to be associated with Eastern spiritual traditions and seemed to be very different than any Western combative system However this short chapter shows that there is actually much in common In the final chapter Matthew Galas compares and contrasts the sword arts in Germany with the classical Japanese martial traditions The period covered by this inquiry reaches from approximately 1350 until 1600 The focus is on general principles and combat philosophy The study reveals that German sword techniques were as effective as their counterparts in feudal Japan The content in this anthology is useful for anyone interested in either or both European and Japanese martial art traditions exemplified during their medieval periods Enjoy reading this special anthology dedicated to two leading warrior traditions

*Karate Training* Robin L. Rieley, 2012-02-21 This martial arts guide could actually be considered two books in one a thorough history of Japanese karate do and a profusely illustrated instruction manual for students of the martial art who have advanced beyond the beginning stages Part One Concerned about the misinterpretation of Japanese culture in general and karate in particular by many Western practitioners of karate the author sets out in Part One of his book to trace the history of karate from its probable origins in India or perhaps Greece and its transmission in successively more developed forms to China Okinawa and then Japan In Part Two In this practical martial arts training manual the author first demonstrates important points of etiquette to be used in the karate dojo He follows with well illustrated instructions of kumite sparring drills including those involving two practitioners and those such as the doubleline drill and the circle drill which give practice in facing a number of opponents Descriptions of many of these are not readily found in other English language publications He then presents nine kata introductory the advanced kata Sochin and Nijushiho

**Historical Dictionary of Japan to 1945** Kenneth Henshall, 2013-11-07 The Historical Dictionary of Japan to 1945 spans the entire period from the earliest evidence of human habitation in Japan through to the end of the Pacific War It includes substantial topics such as cultural and literary history with entries ranging from aesthetics to various genres of writing Other branches of history also feature such as economic history industrial history political history and so forth And of course there are the makers of Japanese history ranging from emperors and shoguns to politicians and extremists as well as foreign arrivals The early history of Japan is told through a detailed chronology an introductory essay appendixes an

extensive bibliography and over 800 cross referenced dictionary entries on important people organizations activities and events The Historical Dictionary of Japan to 1945 will appeal to both academics and the general public who have an interest in Japan particularly those who want reliable information quickly and easily

**On the Warrior's Path, Second Edition**  
Daniele Bolelli, 2008-07-08 An entertaining and insightful history of martial arts and the role of the warrior drawing on pop culture philosophy mythology religion and spirituality The urge to forge one's character by fighting in daily life as well as on the mat appeals to something deep within us More than a collection of fighting techniques martial arts constitute a path to developing body spirit and awareness On the Warrior's Path connects the martial arts with this larger perspective merging subtle philosophies with no holds barred competition Nietzsche with Bruce Lee radical Taoism and Buddhism with the Star Wars Trilogy traditional martial arts with basketball and American Indian culture At the center of all these phenomena is the warrior Though this archetype seems to manifest contradictory values author Daniele Bolelli describes the heart of this tension how the training of martial technique leads to a renunciation of violence and how overcoming fear leads to a unique freedom Aimed at students at any level or tradition of martial arts but also accessible to the armchair warrior On the Warrior's Path brings fresh insights to why martial arts remains an enduring and widespread art and discipline Two new chapters in this second edition focus on spirituality in the martial arts and the author's personal journey in the field

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