



Kurikara: The Sword and the Serpent: The Eightfold Way of the Japanese Sword (Paperback)

By John Maki Evans

North Atlantic Books, U.S., United States, 2010. Paperback. Book Condition: New. 234 x 178 mm. Language: English . Brand New Book. In Mikkyo --Japanese esoteric Buddhism--the dragon Kurikara symbolizes the internal energy developed through sword practice. Kurikara is a manifestation of the fierce bodhisattva Fudo Myo O, the patron of ascetics and warriors in Japan, who uses his sword to destroy delusions and sever attachments. Fudo's sword represents the gaining of discriminative power and decisiveness--the ability to cut through illusion and attachment. This leads to the development of an inner energy that allows one to burn up all obstacles to spiritual freedom. Kurikara: The Sword and the Serpent sets out the eight basic principles of swordsmanship common to all Japanese sword schools, emphasizing the cultivation of power and mental focus. Accomplished martial artist John Evans provides practical examples from his experience with the sword arts as well as Mikkyo and shugendo (mountain asceticism). The first foreign student to train with Nakamura Taisaburo sensei--widely acknowledged as the master of the sword art battodo --Evans clearly explains how skill such as Nakamura sensei's can be systematically developed through tanren, exercises that meld inner and outer power. Filled with fascinating anecdotes from...

DOWNLOAD



READ ONLINE
[1.63 MB]

Reviews

The most effective publication i ever go through. It really is written in simple phrases and not hard to understand. I am just easily will get a satisfaction of looking at a written publication.

-- Ila Pfeffer IV

Completely essential go through pdf. It really is simplistic but excitement within the fifty percent in the ebook. Your lifestyle period will be change when you full reading this pdf.

-- Shaun Bernier II

Related eBooks



A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.The ultimate learn-by-doing approachWritten for beginners, useful for experienced developers who want to sharpen their skills and don t mind...



Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English] (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



The Frog Tells Her Side of the Story: Hey God, I m Having an Awful Vacation in Egypt Thanks to Moses! (Hardback)

Broadman Holman Publishers, United States, 2013. Hardback. Book Condition: New. Cory Jones (illustrator). 231 x 178 mm. Language: English . Brand New Book. Oh sure, we ll all heard the story of Moses and the ten plagues of Egypt a hundred times....



I Am Reading: Nurturing Young Children s Meaning Making and Joyful Engagement with Any Book (Paperback)

Heinemann Educational Books, United States, 2015. Paperback. Book Condition: New. 234 x 185 mm. Language: English . Brand New Book. It s vital that we support young children s reading in ways that nurture healthy reading identities, that foster an attraction to...



Programming in D: Tutorial and Reference (Paperback)

Ali Cehreli, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.The main aim of this book is to teach D to readers who are new to computer programming. Although having experience...



Oxford Very First Dictionary (Paperback)

Oxford University Press, United Kingdom, 2012. Paperback. Book Condition: New. Georgie Birkett (illustrator). 234 x 182 mm. Language: English . Brand New Book. A fully illustrated alphabetical first dictionary for 4-5 year-olds. A fresh new look for the Oxford Very First Dictionary...