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The Zen Way to Martial Arts is a phenomenal work. It explained how martial arts were not about competition, but a way of life, the journey to self mastery. It emphasized the importance of breathing, meditation, living/being in the present moment, and letting go of attachments.

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About The Zen Way to Martial Arts. At last: a book on the martial arts from a true Zen master. Taisen Deshimaru was born in Japan of an old samurai family, and he recieved from the Great Master Kodo Sawaki the Transmission of Mind to Mind when Sawaki died. In

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1967, Deshimaru-Roshi went to France and taught as a missionary general of the Sato Zen School until his death in 1982.

The Zen Way to Martial Arts by Taisen Deshimaru ... Taisen Deshimaru (1914 – 1982) was a Japanese Sōtō Zen Buddhist teacher, who played a major role in spreading the influence of Zen in the West. The Zen Way to the Martial Arts aims to “ provide practical wisdom for all students of the martial arts – kendo, aikido, iaido, judo or archery ” . It ’ s a fairly short book (120 pages), but very rich in ideas, metaphors and stories.

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The Samurai achieved perfection in martial arts such as kenjutsu, kyujutsu, and jujutsu through the practice of Zazen. The practice of Zen was ideal for the Samurai 's way of life as it put emphasis on self-composure, vigilance, and tranquility in the face of death. Due to

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this, Zazen is called the religion of the Samurai.

Zen & Martial Arts – Zenlightenment

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The Martial Way | Bud

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