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Budo Mind and Body, should be included in any martial artist library list. Though not a how to book in the true sense, it is however one designed to aid in selecting a discipline. The book outlines what it means to be a man of budō other than the ones who wear patches, titles and can tell you how great they are. Practicing true budō is not in defeating your opponent as yourself.

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From its roots in Bushido and Zen, Suino discusses how budō training can assist the beginning, intermediate, or advanced student to achieve his or her physical, mental, and spiritual goals. Chosen as .Essential Gear. by Black Belt Magazine (August 2006), this manual has become a martial artist's bible for many practitioners of the arts.

Budo Mind and Body - Nick Suino

Article (PDF Available) ... Budo Mind and Body: Training Secrets of the Japanese Martial Arts. By Nicklaus Suino. Boston: Weatherhill, 2006. 160 pages, 14 x 18.5 cm. Illustrations ...

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of the conscious mind as a state of the unity of mind, body and spirit as one [Light, Kentel 2013]. Physical training and the human spirit In addition to drawing on the relevant literature this article is informed by my own engagement in Japanese martial arts (budo) because it provides me a practical sense [see, Bourdieu 1977] of budo and

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