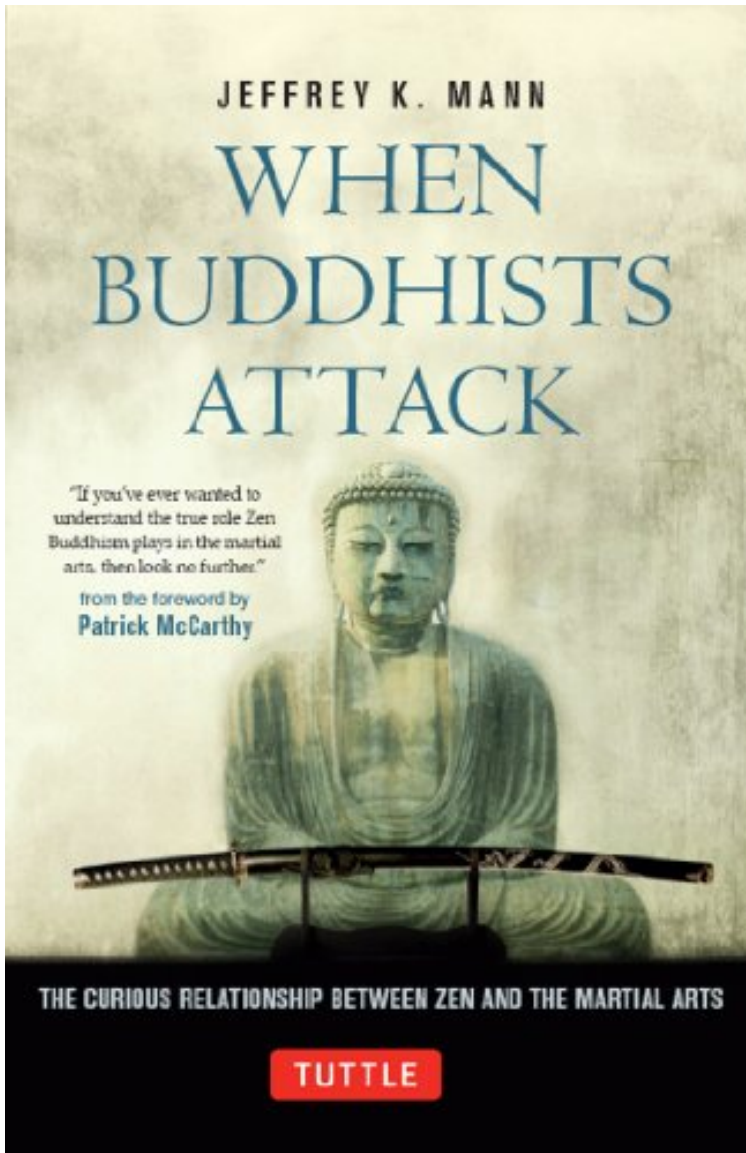


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When Buddhists Attack: The Curious Relationship Between Zen and the Martial Arts



Par Jeffrey Mann
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Description :

Prsentation de l'diteurUncover the historical truth about Buddhist warrior monks with this informative and enlightening book. Film, television and popular fiction have long exploited the image of the serene Buddhist monk who is master of the deadly craft of hand-to-hand combat. While these media overly romanticize the relationship between a philosophy of non-violence and the art of fighting, When Buddhists Attack: The Curious Relationship Between Zen and the Martial Arts shows this link to be nevertheless real, even natural.Exploring the origins of Buddhism and the ethos of the Japanese samurai, university professor and

martial arts practitioner Jeffrey Mann traces the close connection between the Buddhist way of compassion and the way of the warrior. This zen book serves as a basic introduction to the history, philosophy, and current practice of Zen as it relates to the Japanese martial arts. It examines the elements of Zen that have found a place in budothemartial waysuch as zazen, mushin, zanshin and fudoshin, then goes on to discuss the ethics and practice of budo as modern sport. Offering insights into how qualities integral to the true martial artist are interwoven with this ancient religious philosophy, this Buddhism book will help practitioners reconnect to an authentic spiritual discipline of the martial arts.

Revue de presse "This rich and accessible introduction explores one of the more complex aspects of Buddhist culture." Publishers Weekly "The great Zen master Hakuin contended that a samurai could accomplish in a few days of Zen practice what would take a monk a hundred days. His reasoning was that monks generally assume they have years to devote to Zen, while warriors are well aware of impending death, so warriors will throw themselves into practice with a far greater sense of urgency than monks. That being said, the relationship between martial arts and Zen has been greatly exaggerated, especially in the West. In *When Buddhists Attack*, Jeffrey K. Mann unpacks the facts and fiction." Shambhala Sun "When Buddhists Attack is an excellent examination of the relationship between one of the world's most popular ideologies, and martial arts. McCarthy and Mann have crafted an engaging, accessible, and yet still thoroughly scholarly work." Humarashid.com "What does a religion known for teaching non-violence have to do with martial arts disciplines designed to cripple or kill? A great deal, it turns out. By offering insights into how the qualities of a true martial artist are linked with ancient religious philosophy, Mann hopes to help other practitioners reconnect to an authentic spiritual discipline of the martial arts." Newswise.com "From *When Buddhists Attack: The Curious Relationship Between Zen and the Martial Arts* I learned how the connection between the two arts formed, but that its intimacy has perhaps been exaggerated in literature and public perception. There were and are many martial artists who never practiced Zen and have no place for it in their art. Mann's book was useful for me to understand where Zen really stands in the practice of martial art (or not), and how the practice of a physical skill can actually lead to a greater spiritual enlightenment." 21Dragons.com "If you've ever wanted to understand the true role Zen Buddhism plays in the martial arts, then look no further." Patrick McCarthy, from the foreword "Mann's book illustrates the intertwining of martial arts and Zen. Mann deftly braids the physical and the spiritual into a strong rope for the serious student to ascend. This book has simplicity and yet heft it is brilliant." Kris Wilder, author of *The Way of Kata* and *The Little Black Book of Violence* "This book clearly shows us how the Japanese Budo spirit is related to religion. Specifically, the author explains the concept of mushin very well, a principle to which we Japanese attribute much importance in overcoming various difficulties." Katsumi Shimane, Ph.D. Professor of Sociology Senshu University 3rd Dan Karatedo, Jodo "I would like to congratulate the author on this book, which is based on both experience and research. I recommend it to all traditional martial artists and anyone interested in Japanese culture." Tetsuji Nakamura, 6th Dan, International Okinawan Goju-Ryu Karate-Do Federation Vice Chief Instructor "an interesting and very informative overview of Zen Buddhism and its relation to martial arts. Dr. Mann's perspective as an academic and passionate practitioner of martial arts gives the work a personal tone and energy It will appeal to avid practitioners of martial arts as well as to anyone interested in the development of Buddhism and its relation to Japanese culture." Charlene P. E. Burns, Ph.D. Professor, Dept. of Philosophy Religious Studies University of Wisconsin-Eau Claire Presentation de l'diteur Uncover the historical truth about Buddhist warrior monks with this informative and enlightening book. Film, television and popular fiction have long exploited the image of the serene Buddhist monk who is master of the deadly craft of hand-to-hand combat. While these media overly romanticize the relationship between a philosophy of non-violence and the art of fighting, *When Buddhists Attack: The Curious Relationship Between Zen and the Martial Arts* shows this link to be nevertheless real, even natural. Exploring the origins of Buddhism and the ethos of the Japanese samurai, university professor and martial arts practitioner Jeffrey Mann traces the close connection between the Buddhist way of compassion and the way of the warrior. This zen book serves as a basic introduction to the history, philosophy, and current practice of Zen as it relates to the Japanese martial arts. It examines the elements of Zen that have found a place in budothemartial waysuch as zazen, mushin, zanshin and fudoshin, then goes on to discuss the ethics and practice of budo as modern sport. Offering insights into how qualities integral to the true martial artist are interwoven with this ancient religious philosophy, this Buddhism book will help practitioners reconnect to an authentic spiritual discipline of the martial arts.