



Miyamoto Musashi: His Life and Writings

By Kenji Tokitsu

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Miyamoto Musashi, who lived in Japan in the fifteenth century, was a renowned samurai warrior. He has become a martial arts icon, known not just as an undefeated dueler, but also as a master of battlefield strategy. Kenji Tokitsu turns a critical eye on Musashi's life and writings, separating fact from fiction, and giving a clear picture of the man behind the myth.

Musashi's best-known work, *The Book of Five Rings*, provides timeless insight into the nature of conflict. Tokitsu translates and provides extensive commentary on that popular work, as well as three other short texts on strategy that were written before it, and a longer, later work entitled "The Way to Be Followed Alone." Tokitsu is a thoughtful and informed guide, putting the historical and philosophical aspects of the text into context, and illuminating the etymological nuances of particular Japanese words and phrases. As a modern martial artist and a scholar, Tokitsu provides a view of Musashi's life and ideas that is accessible and relevant to today's readers and martial arts students.

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Miyamoto Musashi: His Life and Writings By Kenji Tokitsu Bibliography

- Sales Rank: #431456 in Books
- Brand: Brand: Weatherhill
- Published on: 2006-06-20
- Released on: 2006-06-20
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 1.36" w x 6.00" l, 1.61 pounds
- Binding: Paperback
- 528 pages



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Editorial Review

Review

"*Miyamoto Musashi* is a close look at the legendary swordsman and his treatises on swordsmanship and strategy by a Japanese martial artist. Deeply informed, and with direct and extensive knowledge of martial arts, the book, to my knowledge, has no parallel in Japan—or elsewhere."—Hiroaki Sato, author of *Legends of the Samurai*

About the Author

Kenji Tokitsu was born in Japan and began studying martial arts when he was a child. He has taught karate in Paris since 1971. In 1984 he founded the Shaolin-mon school, where he teaches a synthesis of the original combat arts of Japan and China. In 2001 he established the Tokitsuryu Academy to teach and promote his method. For more information, visit www.tokitsu.com. Tokitsu also holds doctorates in sociology and in Japanese language and civilization. He is the author of numerous books.

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