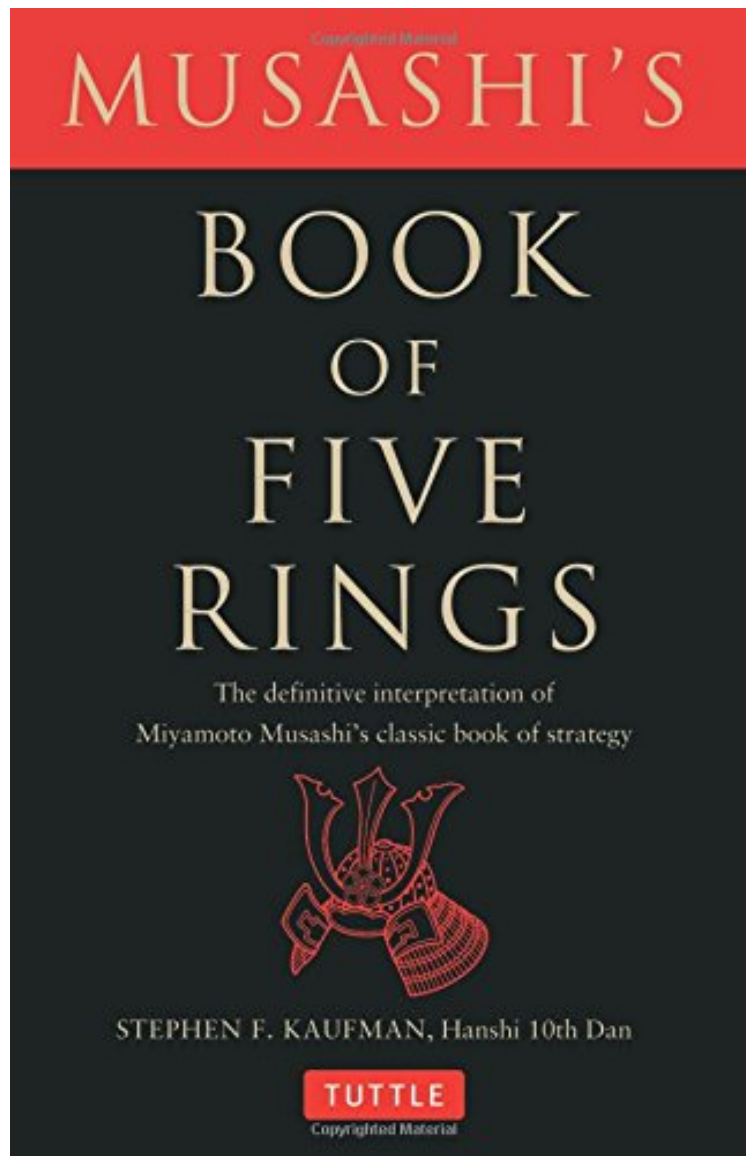


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Musashi's Book of Five Rings: The Definitive Interpretation of Miyamoto Musashi's Classic Book of Strategy

Stephen F. Kaufman, Miyamoto Musashi
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This classic interperatation of Miyamoto Musashi's famous Book of Five Rings is intended specifically for the martial artist—as Miyamoto Musashi originally intended. It explains the underlying truths necessary for a full understanding of Musashi's message for warriors. The result is an enthralling book on martial strategy that combines the instincts of the warrior with the philosophies of Zen Buddhism, Shintoism, Confucianism and Taoism. It is a crucial book for every martial artist to read and understand.Like the original, this classic book of strategy is divided into five sections. The Book of Earth lays the groundwork for anyone wishing to understand Musashi's teachings; the Book of Water explains the warrior's approach to strategy; the Book of Fire teaches fundamental fighting techniques based on the Earth and Water principles; the Book of Wind describes differences between Musashi's own martial style and the styles of other fighting schools; while the Book of No-thing describes the "way of nature" as understood through an "unthinking" existing preconception.Famed martial artist and bestselling author Stephen Kaufman has translated this classic without the usual academic or commercial bias, driving straight into the heart of Musashi's martial teachings and interpreting them for his fellow martial artists. The result is an enthralling combination of warrior wisdom and philosophical truths that Musashi offered to other warriors who wished to master the martial way of bushido.

"Finally, someone has interpreted this classic book specifically for the martial artist as it was originally intended." —Inside Kung-Fu"...Kaufman does an excellent job of translating the text." —Dr. Henry Smith, Professor Emeritus, Dept. of East Asian Languages Cultures, Columbia University"There was a time when I was reading this book before all my major competition. It focused my mind on the conceptual behind skill development and application. If you have the ability to understand concepts and apply them to your interests, this book is for you." —BJJ Canvas"Kaufman does a superb job of translating ancient Japanese to modern English while still maintaining the original mindset and teachings." —Shihan Dana Abbott"Kaufman's interpretation is the only translation / interpretation that I have been able to use 'in the field' specifically to enhance the 'frame of mind' of the athletes I coach before the ultimate testing ground; competition." —Haydn Ellis, Sydney, Australia"One of the most knowledgeable men I've ever spoken with. He's like a university professor with a New York edge." — Master Mark Liverio, Founder of Willow-Oak Martial Arts, FL"Kaufman Hanshi has gone beyond the simple idea of translating the books, and instead works as interpreter, speaking specifically to the martial artists out there." —Martial Thoughts blogAbout the AuthorStephen F. Kaufman, Hanshi, 10th Dan, is the holder of the highest title and rank attainable in the martial arts. His martial system, Hebi-ryu ("School of the Snake"), is recognized as one of the most effective martial methods in the world. A career spanning close to 60 years began in Okinawa in the 1950's. He's acknowledged as the "founding father" of American karate and has received countless awards and honors, including an induction into the World Karate Union Hall of Fame as Author of the Year in 2011.Kaufman has authored and interpreted many martial arts titles including The Art of War by Sun Tzu, The Way of the Modern Warrior, and The Shogun's Scroll, all available from Tuttle Publishing.