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These teachings formed the framework for his deeply spiritual approach to sword fighting; Munenori saw in the practice of the sword a way to transform the student into a total human being. The Life-Giving Sword is Munenori's manifesto on his approach. His central themes are the "Life-Giving Sword"--the idea of controlling one's opponent by spiritual readiness to fight rather than by actual fighting--and "No Sword," which is the idea that the mind must be free of everything, even the sword ...

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The actual Life Giving Sword is about 70-pages long and is mostly a philosophical zen treaty with application for any martial art, but geared to the Way of the sword. Also included are 28 prints from the Illustrated Catalog of the Shinkage-ryu, which offers brief descriptions of the techniques and includes the "Tengu Series".

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Books similar to The Life-Giving Sword: Secret Teachings from the House of the Shogun. This is a translation of an important classic on Zen swordfighting. Yagyu Munenori was so widely renowned that he was appointed official sword instructor to two Tokugawa shoguns. (The position was alw....

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quotes.) pg.45: If you exhaustively repeat the various practices, and accumulate merit in your discipline in practice...

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