



Musashi's Book of Five Rings: The Definitive Interpertation of Miyomoto Musashi's Classic Book of Strategy

Stephen F. Kaufman

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This classic work interprets Miyamoto Musashi's famous *Book of Five Rings* 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 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.

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