Thomas Cleary's translation of Code of the Samurai introduced the social, political, and organizational principles of samurai culture, including loyalty to family, a sense of service and duty, and the rules for dealing with allies and enemies.

In Soul of the Samurai, Cleary delves into the key influence of Zen on the samurais combat style, from its emphasis on detachment-meaning a willingness to sacrifice life (including ones own)-to the attempt to clear the mind and be in the moment, which freed the swordsmans mind from distractions and allowed him to act in an instant.

Including translations of Yagyu Munenoris Book of the Sword, and Takuan Sohos Inscrutable Subtlety of Immovable Wisdom and The Peerless Sword, the teachings in Soul of the Samurai represent the recording and codification of these beliefs in the seventeenth century.

My Personal Review:
I received this book as a present for my husband around Christmas. It not only arrived fast, but also in great shape. This book is an excellent gift for someone who loves Martial Arts.

For More 5 Star Customer Reviews and Lowest Price:
Soul of the Samurai (Tuttle Martial Arts) by Thomas Cleary - 5 Star Customer Reviews and Lowest Price!