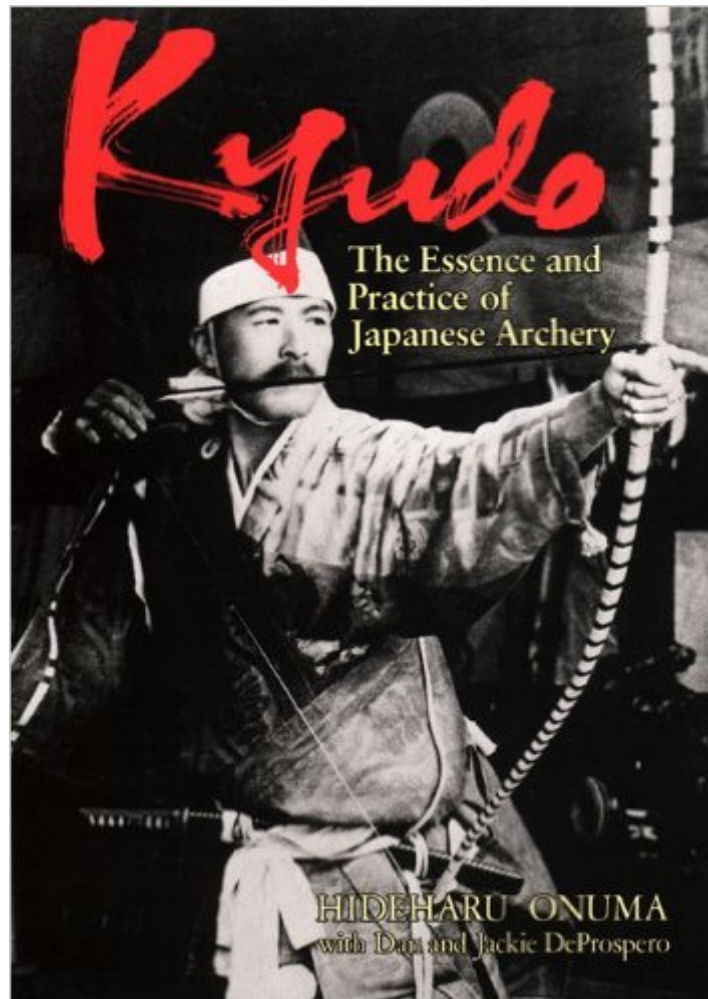


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# Kyudo: The Essence And Practice Of Japanese Archery



## Synopsis

Kyudo-the Way of the Bow-is the oldest of Japan's traditional martial arts and the one most closely associated with bushido, the Way of the Warrior. After the Second World War Eugen Herrigel introduced the concept of kyudo to the West in his classic Zen in the Art of Japanese Archery. But until now, no Japanese kyudo master has published a book on his art in English. In *Kyudo: The Essence and Practice of Japanese Archery*, Hideharu Onuma and his American co-authors, Dan and Jackie DeProspero, explain in detail both the spiritual and practical aspects of kyudo. Written with both novices and advanced students in mind, the book is presented in simple, straightforward language and features hundreds of detailed illustrations, supplemented by rare photographs of Master Onuma, clearly demonstrating the fundamental techniques and daily practice of this form of "standing Zen." Including chapters on equipment and kyudojo construction, *Kyudo: The Essence and Practice of Japanese Archery* is the most comprehensive reference work on the subject available. Special sections on problem solving and shitsu (errors) also make it a unique teaching and learning resource, and the concluding shiteimondo (teacher-student dialogue) provides unparalleled insights into the thoughts and teachings of a true master of the martial arts.

## Book Information

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## Customer Reviews

The "*Kyudo: The Essence and Practice of Japanese Archery*" is one of those rare books that discuss a martial art that is truly useful in all aspects of the subject matter. Kyudo is relatively obscure in the US, likely because of the few qualified teachers and locations to obtain competent instruction. The bows, arrows, and associated personal equipment is expensive; you cannot really

apply other potentially related skills to the art; and it is, technically, rather complicated. A lot of "moving parts", so to speak. Many years ago a friend gave me a Japanese Yumi bow. For years after that, until the heat and humidity of where I live finally led to its demise, I would take it out once every couple weeks and "shoot some arrows". Notwithstanding the "form" and the "art", neat bow! Tricky to shoot accurately, and you have to have really long arrows to achieve the proper draw length. Well... I replaced the old Yumi with a new, fiberglass version. Having a somewhat extensive relationship with the "martial arts" during the last 40 years, and now being retired, I decided to learn everything I could about Japanese archery, and gain some proficiency. I can say that properly used, with the proper gloves and arrows, the Yumi is extremely accurate, and while seldom used for hunting, etc., the bow can easily outperform the traditional English Longbow, and give a modern compound bow a "run for its money" under many conditions (and I have both types...). The "Yumi" has been around for 1500+ years, and other than construction techniques is the same bow used by the Samurai during the classic periods in Japanese history. After replacing the old Yumi, I decided to "get serious".

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