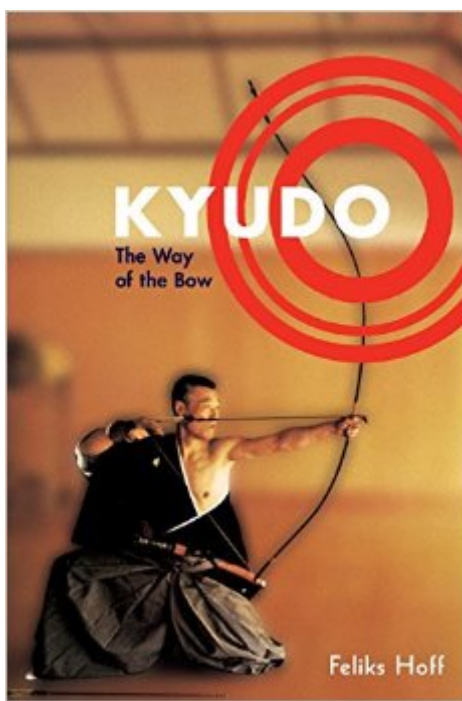


The book was found

Kyudo: The Way Of The Bow



Synopsis

Kyudo: The Way of the Bow is the authoritative guide to the technique and philosophy of the ancient art of Japanese archery. Originally a samurai discipline, kyudo integrates technical skill with the development of a completely focused and disciplined mind. Influenced by Shintoism and Zen, kyudo is a path of self-development and meditation that requires the archer to cultivate precision, a clear mind, and freedom from fear. This detailed, clearly written guide is an indispensable reference for kyudo students and an excellent sourcebook for anyone interested in the history of archery or warfare. The author, Feliks Hoff, a kyudo practitioner for over thirty years, gives a historical and philosophical view of the art and offers practical exercises for cultivating the proper mindset for each shot; detailed instruction on proper form and technique; an overview of the etiquette, dress, and ceremonial aspects of kyudo; and a survey of the various types of equipment used. Hoff presents the basic techniques of the Heki school of kyudo in step-by-step photographs. He also provides exercises for aiming and target shooting and lists common mistakes in form, technique, and concentration along with pointers on how to correct them. For more advanced students, Hoff includes a list of examination requirements and offers advice on teaching beginners.

Book Information

Paperback: 272 pages

Publisher: Shambhala; 1 edition (May 14, 2002)

Language: English

ISBN-10: 1570628521

ISBN-13: 978-1570628528

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (9 customer reviews)

Best Sellers Rank: #996,215 in Books (See Top 100 in Books) #153 in [Books > Sports & Outdoors > Individual Sports > Archery](#) #800 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Philosophy](#) #2428 in [Books > Sports & Outdoors > Individual Sports > Martial Arts](#)

Customer Reviews

This book is very technical in its dealing with the ancient art of Japanese archery. It goes over the equipment, techniques, and etiquette for kyudo. I recommend this for those who are going to start studying archery or those who are already studying it. However, I don't recommend this for casual

reading. If you are interested in reading about martial arts for pleasure, I recommend that you pass on this book. If you need a reference to help you with your kyudo technique, this is great.

This book goes far enough into the practice to invite the novice archer to follow ancient paths and methods. For the experienced, zen archer, it is like visiting Pi Mei on his mountaintop redoubt, for tea and silent mornings on the range.

very educational for a beginner. price was very good and book was in good condition..will pass it on to my other members

Packed with valuable info and tons on guidelines!A+

An excellent book, highly recommend

[Download to continue reading...](#)

Bow Hunting For Beginners: The Complete Guide To Mastering Bow Hunting - 7 Amazing Bow Hunting Tips For Long Range Accuracy! (Crossbow Hunting, Deer Hunting) Kyudo: The Way of the Bow The Bow Builder's Book: European Bow Building from the Stone Age to Today Kyudo: The Essence and Practice of Japanese Archery Rainbow Warriors and the Golden Bow: Yoga Adventure for Children (Rainbow Warriors Yoga Series) TOP 500 Pizza & Pasta Recipes Cookbook (Vegetarian, Low-Carb, Vegan, Raw, Paleo, Farfalle (Bow Ties), Tagliatelle, Lasagna, Spaghetti, Stuffed Pasta, Simple Ingredients) The Composite Bow (Weapon) Lector de Scholastic nivel 1: Noodles: No me gusta mi moñ o: (Spanish language edition of Scholastic Reader Level 1: Noodles: I Hate My Bow) (Spanish Edition) LISA KLEYPAS: SERIES READING ORDER & INDIVIDUAL BOOK CHECKLIST.: SERIES LIST INCLUDES: GAMBLERS, BOW STREET, WALLFLOWERS, HATHAWAYS, CAPITOL THEATRE & ... Reading Order & Checklists Series 18) Petersen's Bowhunting Setting Up the Perfect Hunting Bow Book Arab Archery, An Arabic Manuscript Of About A.D. 1500: A Book On The Excellence Of The Bow And Arrow And The Description Thereof Secrets of the English War Bow Deer & Deer Hunting's Guide to Better Bow-Hunting Archery for Beginners: Master the Archery Bow Technique for Hunting and Target Practice Bow Hunting: Whitetail Tactics Turkish Archery and the Composite Bow: A Review of an Old Chapter in the Chronicles of Archery and a Modern Interpretation Learn Python the Hard Way: A Very Simple Introduction to the Terrifyingly Beautiful World of Computers and Code (3rd Edition) (Zed Shaw's Hard Way Series) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the

wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) The Definitive Guide To the Best Way to Turn Your Nook HD+ Into a Full Android Tablet (The Best Way To Transform Your Nook Into a Full Android Tablet Book 1) The Definitive Guide To the Best Way to Turn Your Nook HD Into a Full Android Tablet (The Best Way To Transform Your Nook Into a Full Android Tablet Book 2)

[Dmca](#)