



*Sword & Spirit: Classical Warrior Traditions of Japan, volume 2*  
**"The true warrior spirit survives. Aficionados of the martial arts will certainly appreciate this second volume... Skoss' attitude as a serious practitioner and scholar is reflected in her attention to detail: clean editing, a competent index that doubles as a glossary, and inclusion of the most thoughtful writers in the discipline today."**

*The Japan Times*, March 30, 1999

Take a look at the martial arts section in your local library or bookstore and you'll find a huge selection of titles, ranging from the ridiculous to the sublime. What you won't find is much in the way of accurate information on the authentic fighting traditions of the Japanese samurai. *Sword & Spirit*, the second volume in the Classical Warrior Traditions of Japan series, fills that gap. The eight essays in this volume include a translation of advice from a warrior to his son; the teachings of a modern instructor of the classical traditions; evaluations of the classical martial arts as combat systems; an outline of the meaning of *kata* in training; an interview with a master of *shurikenjutsu*; photos and descriptions of a select group of classical martial arts traditions; and an introduction to a long neglected primary source on the ways of the Japanese warrior.

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Editor: Diane Skoss

Publisher: Koryu Books

Price: \$19.95

ISBN: 1-890536-05-9

Format: Tradepaper

Pages: 192, 6" x 9"

Shipping: In US: \$6.00 for first copy; \$1.50 each additional. Canada & Mexico:

\$9.00 first copy; \$2.25 each additional. International: \$19.50 first copy; \$4.88

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