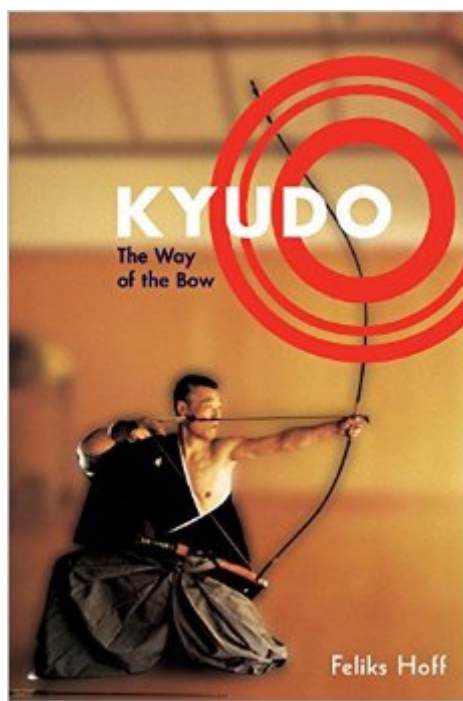


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# Kyudo: The Way Of The Bow



## 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

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## 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

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