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The Education Of

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Dave at

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Dave Lowry is an accomplished martial artist, calligrapher, and writer. He is the restaurant critic for St. Louis Magazine and writes regularly for a number of magazines on a wide variety of subjects, many of them related to

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9780834823310:

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Dave Lowry
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"Education is not
the filling of a pail,
but the lighting of a
fire." A famous
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said it. ... Online

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This is

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Education is not
preparation for life;
education is life

itself. — John

Dewey, 1859-1952,
philosopher,

psychologist,

education reformer

Education is the

key to unlock the

golden door of

freedom.

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Dave Lowry

juxtaposes his

Singular experience

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Japan. Intertwining tales of the masters with reflections on his own apprenticeship in the samurai's arts, he reveals in their time-honored methods a way of life with profound relevance to modern times. The result is a fascinating,

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Singular
autobiography.

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Lowry captures the
sense of wonder

and mystery that
makes martial arts
compelling to so
many practitioners.
Even those who do
not practice martial
arts will delight in
this unusual
coming-of-age
story.

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The study of budo, or the Japanese martial arts for self-cultivation, is a lifelong path toward perfection of character. Here, Dave Lowry, a sword master who has practiced and taught budo for

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Over forty years, addresses the myriad issues, vagaries, and inconsistencies that arise for students of karate-do, judo, kendo, kenjutsu, aikido, and iaido as their training develops. He examines such questions as: □
What is the

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relationship The
between the
Education Of
student and
An American
teacher, and what
Samurai
should one expect
from the other? □

What does rank
really mean? □ How
do you correctly
and sensitively
practice with
someone less
experienced than
you? □ What does

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practice look like as one ages? □ Why do budo arts put such an emphasis on etiquette? □ And many others Lowry also gives practical advice for beginning and advanced students on improving structural integrity in posture and

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movement, focusing under stress, stances and preparatory actions before engaging with an opponent, and recognizing a good teacher from a bad one.

This moment of perfect clarity that is the force behind all the traditional

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Japanese arts—from archery to flower arranging—is celebrated here in Dave Lowry's exploration of the common principles shared by calligraphy and the martial arts. Forty-two examples of Lowry's calligraphy, accompanied by

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his essays, show how the way of the brush reflects the strategic principles of the way of the sword. Each calligraphy represents a term from the martial arts—such as do, the way, or wa, harmony. The accompanying text amplifies our

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Understanding of the term, what it meant to Japanese warriors, and what it means to practitioners of calligraphy and the martial arts today. What becomes clear is that these two seemingly unrelated disciplines actually partake of the

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same profound
elemental spirit.

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Karate is not just a sport or a hobby—it's a lifetime study toward perfection of character. Here, Dave Lowry, one of the best-known writers on the Japanese martial arts, illuminates

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the complete path of karate including practice, philosophy, and culture. He covers myriad subjects of interest to karate practitioners of all ages and levels, including:

- The relationship between students and teachers
- Cultivating the

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correct attitude
during practice □

The differences
between karate in
the East and West

□ Whether a karate
student really
needs to study in
Japan to perfect
the art □ The

meaning of rank
and the black belt

□ Detailed
descriptions of

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kicks, punches, evasions, and techniques and the philosophical concepts that they manifest □ What practice means and looks like as one ages □ How the practice of karate aims toward cultivating character and spiritual

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development After
forty years
studying karate
and the budo arts,
Lowry is an
informative and
reliable guide,
highlighting
aspects of the
karate path that
will surprise,
entertain, and
enlighten.

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In 1968, Dave Lowry embarked on an unusual journey, apprenticing himself to a master swordsman of the ancient Shinkage-ryu. In Lowry's first book, *Autumn Lightning*, he began his tale of a teenaged Midwestern boy

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and his Japanese sensei. His account of the struggle to learn the art of swordsmanship and to understand the unique culture that engendered it continues in Persimmon Wind. When his teacher returned home to Japan, Lowry remained in the

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U.S.; more than a decade later, he undertook a long-postponed pilgrimage to Japan. Persimmon Wind is the story of his reunion with his teacher and his exploration of the sites and stories that are at the heart of the Shinkage-ryu. Persimmon

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Wind reveals a Japan unlikely to be witnessed by the average Westerner.

Drawing on his deep knowledge of Japanese martial culture, Lowry acts as an interpreter of sorts, deftly describing the myriad ways in which Japan's subtle, yet rich,

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customs and rituals inform and enrich the seemingly mundane practices of everyday life. At the same time, he explores what is truly essential to the purposeful life, as unveiled in the lessons of swordsmanship.

A collection of

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essays by David Lowry that highlights the history and significance of the rituals, training costumes, objects, and relationships involved in Japanese martial arts.

Moving Toward
Stillness: Lessons

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Lightning The Education Of
in Daily Life From
the Martial Ways of
Japan is a
An American
distillation of the
Summer
most important
lessons learned
from a lifetime
devoted to martial
arts training.

Drawing from his
highly regarded
magazine columns
in Black Belt
magazine, author

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Dave Lowry sets out lessons that not only guide us to a deeper understanding of the social values and moral imperatives that are the ancient heart of budo, but speak to us also of the universal nature of those values and of how

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they remain
relevant to us, in
the modern West.

Among the 45

chapters of this

martial arts

philosophy book

you'll find lessons

addressing

everything from

such well-known

martial concepts as

"one encounter,

one chance" to the

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art of being alone,
from strategy for
the modern-day
battlefield to the
luxury of anger,
from subduing the
self and bending
like the bamboo to
maintaining an
unwavering calm in
the face of death.
Essays include: The
Way of the Master
Excess Baggage

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Swimming 'Round
the Stone Simple
Things Even if I Die
Not Knowing, But
Doing and many
more

Beginning students
in Japanese martial
arts, such as
karate, judo,
aikido, iaido,
kyudo, and kendo,
learn that when

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they are in the dojo (the practice space), they must don their practice garb with ritual precision, address their teacher and senior students in a specific way, and follow certain unwritten but deeply held codes of behavior. But very soon they

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begin to wonder about the meaning behind the traditions, gear, and relationships in the dojo. In this collection of lively, detailed essays, Dave Lowry, one of the most well-known and respected swordsmen in the United States,

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illuminates the history and meaning behind the rituals, training costumes, objects, and relationships that have such profound significance in Japanese martial arts, including □ the dojo space itself □ the teacher-student

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relationship □ the
act of bowing □
what to
expect—and what
will be expected of
you—when you
visit a dojo □ the
training weapons □
the hakama
(ceremonial skirt)
and dogi (practice
uniform) □ the
Shinto shrine
Authoritative,

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insightful, and packed with fascinating stories from his own experience, In the Dojo provides a wealth of information that beginning students will pore over and advanced students will treasure.

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WEST is a thought-provoking look at the essence of traditional Asian martial arts--and how it has been adapted, misunderstood, sometimes perverted, and sometimes enhanced in the West.

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