



Kokoro no Katachi --- The Image of the Heart

Akira Hino

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Originally written in Japanese and published in Japan in 2002, "Kokoro no Katachi - The Image of the Heart" has been offering a unique perspective on the Japanese martial arts (Budo or Bugei) and their cultural significance to many readers. "What is true Budo?" "What does the journey to become a master of Budo entail?" Driven by those burning questions, the author Mr. Hino examines and illuminates the wisdom of legendary masters, especially the world's most well-known grand master of Japanese martial arts Masaaki Hatsumi (1931-). His personal encounter and interview with Mr. Hatsumi makes the essence of ancient martial arts real and alive in present times. With a new epilogue added, the book is now available in English as a complete edition.

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