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He is the author of numerous books including Autumn Lightning: The Education of an American Samurai, Sword & Brush: The Spirit of the Martial Arts, Clouds in the West: Lessons from the Martial Arts of Japan, and The Connoisseur's Guide to Sushi.--This text refers to the paperback edition.

Autumn Lightning: The Education of an American Samurai ...

Autumn Lightning: The Education of an American Samurai. Dave Lowry juxtaposes his singular experience as an adept student of kenjutsu (the art of swordsmanship) under a Japanese teacher in St. Louis with a riveting account of the samurai tradition in Japan.

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Autumn Lightning: The Education of
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at AbeBooks.co.uk - ISBN 10:

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The Education of an ...

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
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martial arts. He is the author of
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Length: 208 pages: Subjects

Autumn Lightning: The Education of
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of Leeds - Education

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.

Dave Lowry juxtaposes his singular
experience as an adept student of
kenjutsu (the art of swordsmanship)
under a Japanese teacher in St. Louis
with a riveting account of the samurai
tradition in 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

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relevance to modern times. The result is a fascinating, singular autobiography. 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.

This beautifully illustrated book is part samurai history and legend and part autobiography.

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 the complete path of karate including practice, philosophy, and culture. He covers myriad

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subjects of interest to karate

practitioners of all ages and levels, including:

- The relationship between students and teachers
- Cultivating the 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 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 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,

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Beginning students in Japanese martial arts, such as karate, judo, aikido, iaido, kyudo, and kendo, learn that when 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 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, illuminates the history and meaning behind the rituals, training costumes, objects, and relationships that have such profound

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significance in Japanese martial arts, including • the dojo space itself • the teacher-student 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, 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.

This moment of perfect clarity that is the force behind all the traditional Japanese arts—from archery to flower arranging—is celebrated here in Dave Lowry's exploration of the common principles shared by calligraphy and

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the martial arts. Forty-two examples of Lowry's calligraphy, accompanied by 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 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 same profound elemental spirit.

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

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A master who has practiced and taught budo for 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 relationship between the student and teacher, and what 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 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 movement, focusing under stress, stances and preparatory

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actions before engaging with an opponent, and recognizing a good teacher from a bad one.

Part memoir, part martial arts history, part travelogue, Persimmon Wind reveals a Japan unlikely to be witnessed by the average Westerner. Drawing on his deep knowledge of the martial arts, Lowry acts as an interpreter of sorts, deftly describing the myriad ways in which Japan's subtle, yet rich customs and rituals inform the seemingly mundane practices of life. With his journey providing the framework, Lowry interweaves musings from his daily encounters with reflections on local history and the philosophies and origins of one of Japan's oldest martial traditions, exploring what is essential to the purposeful life as

Read Free Autumn Lightning The Education Of An American Samurai unveiled in the lessons of swordsmanship.

Focusing his expertise on the techniques and history of the bokken—the wooden training sword used by both ancient samurai and today ' s swordsmen—the author maintains that training with the bokken is important on two levels for the modern practitioner: to build the physical stamina, rhythms, and adroit body movements of traditional swordsmanship and to achieve something of the animating spirit of the traditional swordsman. This history of the bokken combines the author's concise, eloquent writing style with more than 100 photographs to provide the reader with the traditional and modern perspectives of this vital, historically

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Moving Toward Stillness: Lessons in Daily Life from the Martial Ways of Japan is a distillation of the most important lessons learned from a lifetime devoted to martial arts training. Drawing from his highly regarded magazine columns in Black Belt magazine, author 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 they remain relevant to us, in the modern West. Among the 45 chapters of this martial arts philosophy book you'll find lessons addressing

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everything from such well-known martial concepts as "one encounter, one chance" to the 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 Swimming 'Round the Stone Simple Things Even if I Die Not Knowing, But Doing and many more

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