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Herding the Ox

By John J. Donohue

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1 of 1 review helpful I started martial arts IOGKF at the late age of 59 Karate is most certainly not about kicking and punching By Sb Herman After 40 years practice in a very successful career in financial planning I retired and at age 59 started my climb up the mountain of Karate I was most fortunate in securing arguably the world s best sensei to guide me with private lessons and daily training supplemented with exte This book uses the Ten Oxherding Pictures of Zen as a springboard to discuss the spiritual and ethical dimensions of martial arts training By combining historical vignettes about some of Japan s greatest warriors with thought provoking analysis it illuminates the relationship between Zen concepts and real life experience in the martial arts Written by a martial artist who is also a professional educator Herding the Ox takes the reader on an entertaining and enlight Donohue illustrates his philosophical points by using extensive examples from kendo judo and karate Though use of more sport oriented are forms sometimes seems to weaken his points the majority of Donohue s readers are more likely to be familiar with these

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