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About The Zen Way to Martial Arts. At last: a book on the martial arts from a true Zen master. Taisen Deshimaru was born in Japan of an old samurai family, and he received from the Great Master Kodo Sawaki the Transmission of Mind to Mind when Sawaki died. In 1967, Deshimaru-Roshi went to France and taught as a missionary general of the Sato Zen School until his death in 1982.

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Taisen Deshimaru (1914 – 1982) was a Japanese S?t? Zen Buddhist teacher, who played a major role in spreading the influence of Zen in the West. The Zen Way to the Martial Arts aims to “provide practical wisdom for all students of the martial arts – kendo, aikido, iaido, judo or archery”. It’s a fairly short book (120 pages), but very rich in ideas, metaphors and stories.

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The Samurai achieved perfection in martial arts such as kenjutsu,

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kyujutsu, and jujutsu through the practice of Zazen. The practice of Zen was ideal for the Samurai's way of life as it put emphasis on self-composure, vigilance, and tranquility in the face of death. Due to this, Zazen is called the religion of the Samurai.

## Zen & Martial Arts – Zenlightenment

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