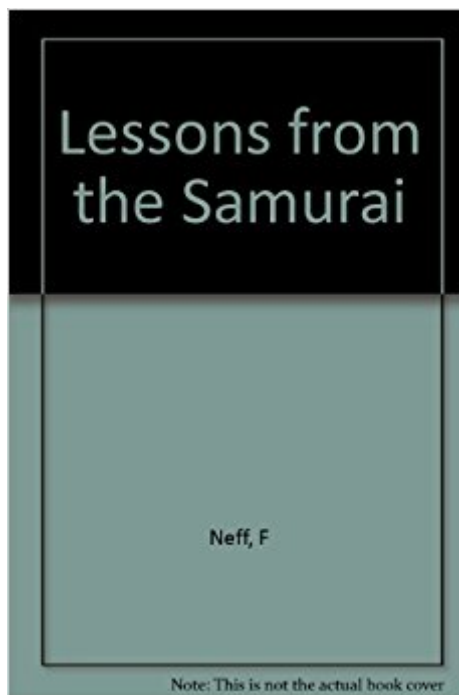




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# Lessons From The Samurai: Ancient Self-Defense Strategies And Techniques



## Synopsis

This book discusses the Japanese Samurai Warrior's history, philosophy, physical conditioning and fighting methods. Fighting techniques include ones used in ju-jutsu, yawara, and kempo. Some of the topics covered are history, philosophy, common questions, conditioning the body for battle, meditation, foundation for defense, movement, dodging, the art of atemi, training suggestions, falling techniques, punches, strikes, foot techniques, blocks, combination of fighting techniques, the art of throwing, escapes, counter move and containment strategy. This book teaches how to plan your defense. The reader learns how to confuse the opponent, turn the tables on an attacker and handle different types of fighters..

## Book Information

Paperback: 110 pages

Publisher: First Avenue Editions (November 1988)

Language: English

ISBN-10: 0822595311

ISBN-13: 978-0822595311

Product Dimensions: 0.2 x 6.8 x 8.8 inches

Shipping Weight: 5.6 ounces

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #5,377,819 in Books (See Top 100 in Books) #28 in [Books > Teens > Sports & Outdoors > Martial Arts](#)

## Customer Reviews

The black-and-white pictures are clear and easy to follow, and the instructions are well organized. Neff covers problems often left unresolved by other karate manuals.... Has particularly good information on throws and the history of the Samurai. -- School Libre Journal

Fred Neff started his training in Asian fighting arts at the age of eight. In 1974, Mr. Neff received a rank of fifth degree black belt in karate. In the same year he was made master of the art of kempo at a formal ceremony. He is also proficient in judo, ju-jutsu and certain methods of chuan-fa. Mr. Neff's study of East Asian culture has taken him to Hong Kong, Japan, The People's Republic of China and Singapore. For many years, Mr. Neff has used his knowledge to educate others. He has taught karate at the University of Minnesota, the University of Wisconsin, and Inver Hills Community College. He has also organized and supervised self defense classes for special education

programs, public schools, private institutions, and city recreation departments. Included in his teaching program have been classes for law enforcement officers. He has received many rewards for his accomplishments and community involvement, including the City of St. Paul Citizen of the Month Award in 1975, WCCO Radio Good Neighbor Award in 1985, and the Presidential Medal of Merit in 1990. He is the author of 19 books including Everybody's Self-Defense, Lessons From The Western Warriors, Lessons From the Eastern Warriors, Lessons From The Fighting Commandos, Lessons From The Samurai, Lessons From The Art Of Kempo, Lessons From The Japanese Masters, Basic Karate, Self-Protection Guidebook For Girls and Women and Keeping Fit.

Lessons from the Samurai depicts the methods and philosophy of ancient Japanese warriors. The author, Fred Neff's, book uses clear descriptions and pictures to teach Samurai fighting techniques and tactics. The book, however, provides far more than just fighting methodology, it supplies an ancient philosophy that still has relevance for today when properly understood and used. Fred Neff explains significant principles of philosophy from the Samurai such as mushin, makoto, isshin, suki, and kufu that when properly applied make a strong fighter. The author goes further by showing other uses for these same principles in other aspects of a person's life. Explaining how these principles can be useful for self-improvement is fascinating and rewarding enough, to warrant reading the book. Fred Neff also explains the Bushido Code referred to as the "way of the warrior," which includes loyalty, justice, courage, benevolence, and politeness. These are values that still are needed and are very important in balancing the power derived from having learned fighting techniques. Fred Neff the author of the book's background shows his support for Bushido principles as reflected in the service he has provided to the community which was the basis for awards to him like The City of St. Paul Citizen of the Month, commendation from the Sibley County Attorney's Office, the WCCO Radio Award, and Presidential Medal Of Merit. Balancing the presentation of fighting moves with humane philosophy provides for a balanced approach to martial arts training, which may be one of the reasons supporting Fred Neff's authoring sixteen books on self-defense related themes. These books were published by Lerner Publications, who printed many different books by Fred Neff because of their positive reception. Lessons from the Japanese Masters does justice to the topic of the Samurai while showing sensitivity for the need to make the information relevant for today's needs. Lessons from the Samurai is a book that I can strongly recommend.

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