



# The Essence of Budo: A Practitioner's Guide to Understanding the Japanese Martial Ways

*Dave Lowry*

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## **The Essence of Budo: A Practitioner's Guide to Understanding the Japanese Martial Ways** Dave Lowry

The study of budo, or Japanese martial arts for self-cultivation, is a lifelong path toward achieving perfect balance in body, mind, and spirit. Here, Dave Lowry, who has pursued that path for over forty years, addresses the myriad issues, vagaries, and inconsistencies that arise for students of karate-do, judo, kendo, aikido, iaido and other Japanese martial arts—classical and modern—as their training develops, including:

- What students and teachers should expect from each other
- The meaning of rank
- The importance of cardiovascular fitness in the martial arts
- How to correctly and sensitively practice with someone less experienced than yourself
- How to practice as you age
- The responsibilities that come with seniority and increasing skill
- The importance of etiquette and decorum in budo
- How to train with children

Lowry also gives practical advice on improving structural integrity in posture and movement; focusing under stress; stances and preparatory actions before engaging with an opponent; and telling a good teacher from a bad one. Both beginning and advanced students of Japanese martial arts will appreciate Lowry's take on the real issues and experiences that they encounter in practice.

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