



Secrets of the Samurai: The Martial Arts of Feudal Japan

Oscar Ratti, Adele Westbrook

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In plentiful detail from a huge range of historical sources, *Secrets of the Samurai* plots the development, principles and effects of the samurai culture of feudal Japan. Authors Oscar Ratti and Adele Westbrook have furnished details on the weapons, techniques, strategies and principles of the samurai's martial art, rescuing this vanishing lore for modern readers who may wish to incorporate it into their own martial arts training. Yet this best-selling book is predominantly a panoramic survey of the tumultuous early struggles of warlords contending for political ascendancy, shiftless samurai who terrorized the countryside, and those formidable warriors who protected the goods, well-being and values of their neighbors.

A definitive study, *Secrets of the Samurai* will fascinate anyone interested in this ancient tradition.

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