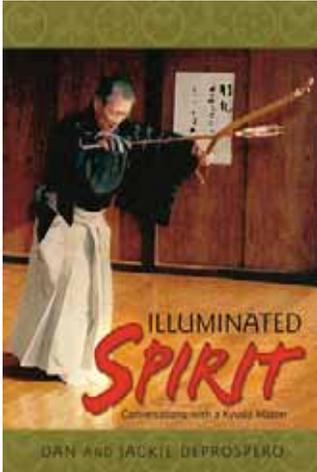


Title Information

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Illuminated Spirit: Conversations with a Kyudo Master

Author: Dan & Jackie DeProspero

ISBN: 978-1-890536-11-4

Publisher: Koryu Books LCCN: 2007939109

First print run: 2000

Format: trade paperback Pages: 144

Trim: 6" x 9"

Price: \$19.95

Pub date: 12/15/07

Case count: 80

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Description

Illuminated Spirit presents the everyday wisdom of Onuma Hideharu, fifteenth headmaster of the Heki-ryu Sekka-ha tradition of classical Japanese archery and modern kyudo *hanshi*, 9th dan. His words are remarkable for their truth and simplicity, and are as easily applied to daily life as to the discipline of Japanese archery.

The DeProsperos, long-time personal students of Onuma Sensei, pay tribute to his memory with this clear and unadorned distillation of his essential teachings. A frank and accessible account of a spiritual journey, *Illuminated Spirit* is an indispensable guide not only for those looking to understand more fully the relationship between a martial arts master and his students, but also for anyone who feels the need to explore in more depth the concepts of truth, goodness and beauty as embodied in a uniquely Japanese discipline.

About the Authors

Dan and Jackie DeProspero lived and studied with Hideharu Onuma for nearly a decade until his death in 1990. Jackie was promoted to 5th dan in 1986. Dan received his *renshi* (instructor's license) in 1988 and 6th dan in 1989.

The DeProsperos live and teach kyudo near Raleigh, North Carolina. They are also the co-authors of *Kyudo: The Essence and Practice of Japanese Archery*. Their website is www.kyudo.com.

Promotional Points

Authentic first-hand account of the relationship between student and traditional Japanese martial arts master.

Simple, common-sense approach to the spiritual side of the Japanese martial arts. Will appeal to martial artists, as well as students of other Japanese traditional arts.

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Excerpts

“The truth is that humans—men and women of all cultural backgrounds—are more alike than they care to admit. If humankind concentrated more on seeking out those similarities there might be a lot less division in the world.”

“Do you ever pay attention to the trees and flowers around you; do you notice the color of the sky or feel the softness of the breeze? These things are simple and ordinary, but if you miss them you are missing the better part of life.”

“You can wait until it is time for you to die to know the joy of life, or you can take hold of it now and enjoy the rest of your life.”

“Self-discovery does not mean looking for characteristics peculiar to you alone; that certainly would be self-centered. True self-discovery means to search for characteristics that connect us to all other human beings.”

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