



One Arrow, One Life: Zen, Archery, Enlightenment

Kenneth Kushner

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One Arrow, One Life is a classic treatise on kyudo, the art of traditional Japanese archery, and its relation to the ideals and practice of Zen Buddhism.

With a solid introduction to the form and practice of Zen meditation, as well as a thorough description of the Eight Stages of Kyudo, *One Arrow, One Life* captures the subtleties of the complementary nature of thought and action, movement and stillness. Demonstrating the importance of bringing movement, posture and breathing into harmony, *One Arrow, One Life* interweaves Zen philosophy with daily experience and techniques, teachers, and the dojo, to give a name and face to kyudo. Beginning with its discussion of the breathing, posture, and concentration that is fundamental to both disciplines, then quickly moving on to the subtleties of advanced practice, author, Ken Kushner ties everything together into a personal testimony of the pervasiveness of Zen in everyday life.

Illustrator, Jackson Morisawa's line drawings bring the art of kyudo to life. For those interested in Zen and moving meditation, kyudo practitioners of all levels, as well as students of the Way of martial arts, this volume is an indispensable guidebook.

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