

英文アブストラクト (書籍 Book)

| | |
|-----------------------------|--|
| 登録者氏名・所属・職名 | 湯川進太郎・人間系・准教授 |
| 著者 Authors | 湯川進太郎 |
| 所属 Affiliation | 人間系 |
| 書籍名 Book Title | 空手と禅 全 228 ページ ISBN-13: 978-4862208224 |
| 発行年月 Year & Month | 2014 年 2 月 |
| 出版社名・住所 Publisher & City | BAB ジャパン 〒151-0073 東京都渋谷区笹塚 1-30-11 中村ビル |
| 英文概要 Abstract | <p>This book unravels what <i>budo</i> is in an essential sense, what differences <i>budo</i> has from martial arts, and what differences <i>budo</i>, martial arts, and sports have from each other, by using the constructs of “mindfulness” or “zen” as key-words. The conclusion of this book is simple. That is, the practice of <i>budo</i> is itself mindfulness meditation, and therefore <i>budo</i> is called moving <i>zen</i>. If the practice has no essence of <i>zen</i>, it would be just a training of martial arts. If the practice is done for aiming at the win in tournaments (games), it would be just a training of sports. This book explains this fact in due order.</p> <p>This book consists of three parts. The first part has three chapters (chapter 1 to 3) to make you understand mindfulness as the key construct. In this part, readers will realize the habit of human consciousness and experience it through some simple practices introduced in each chapter. Next, in the second part (chapter 4 to 7), they will be directed to know the core or essence of the activity of <i>budo</i> in terms of mindfulness. Lastly, the third part explains various aspects about the physical activities of <i>budo</i> through especially “<i>karate</i>,” and states that <i>karate</i> is a very helpful exercise for developing mindfulness.</p> <p><i>Budo</i>, which is a culture passed down from the ancient Japan or spread in Eastern traditional culture, is a superior program for cultivating our mind and body in terms of mindfulness. That is an</p> |

| | |
|---|--|
| | <p>educational system to let you experience and practice the mind-body integration, which makes mind and body together from the viewpoint of monism. This book is for one of the application of “somatic (body, embodied) psychology,” which is theoretical and practical approach to understand the oneness of mind and body.</p> |
| <p>共著者の同意について Consent of co-author(s)</p> | <p><input type="checkbox"/> つくばリポジトリへのデータ提出について共著者の承諾済 Data submission to University of Tsukuba Repository has been approved by the co-author(s).</p> |