

# Bubishi: The Classic Manual of Combat

Bubishi, also known as Bubishi-do or Bo-hijutsu, is a legendary manual of combat techniques and philosophies that has shaped the development of many martial arts, including karate, kung fu, and other Asian fighting systems. Its origins are shrouded in mystery, but it is believed to have been compiled in Okinawa during the 16th or 17th century.



## Bubishi: The Classic Manual of Combat by Patrick McCarthy

★★★★☆ 4.6 out of 5

Language : English  
File size : 7260 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 332 pages



The Bubishi is not a systematic treatise on any specific martial art, but rather a collection of disparate teachings, techniques, and insights from various sources. It includes sections on unarmed combat, grappling, weapons techniques, breathing exercises, and philosophical teachings.

## Contents of the Bubishi

The Bubishi is divided into 12 chapters, each of which covers a different aspect of combat:

1. **The Mind:** This chapter discusses the importance of mental preparation and attitude in martial arts.

2. **The Body:** This chapter covers physical training methods, including exercises for strength, speed, and flexibility.
3. **Techniques:** This chapter provides detailed instructions for a wide range of martial arts techniques, including punches, kicks, throws, and grappling.
4. **Weapons:** This chapter describes the use of various weapons, including swords, spears, and staffs.
5. **Strategy:** This chapter discusses the principles of combat strategy and tactics.
6. **Philosophy:** This chapter explores the philosophical teachings of martial arts, including the concepts of honor, loyalty, and self-sacrifice.

In addition to these main chapters, the Bubishi also includes a number of appendices, which provide additional information on specific topics, such as Chinese herbal medicine and acupuncture.

## **Origins of the Bubishi**

The origins of the Bubishi are unclear, but there are a number of theories about how it came to be compiled. One theory is that it was written by a Chinese martial artist who traveled to Okinawa and taught his techniques to local practitioners.

Another theory is that the Bubishi was compiled by Okinawan martial artists themselves, based on their own experiences and techniques. It is also possible that the Bubishi is a combination of both Chinese and Okinawan influences.

Whoever compiled the Bubishi, it is clear that they had a deep understanding of martial arts and philosophy. The Bubishi is a unique and valuable resource that provides a glimpse into the history and development of martial arts.

## **Significance of the Bubishi**

The Bubishi has had a profound impact on the development of martial arts. It has been used as a training manual by countless martial artists, and its teachings have been incorporated into many different martial arts systems.

The Bubishi is also a valuable historical document that provides insights into the culture and traditions of Okinawa. It is a testament to the skill and wisdom of the Okinawan people, and it continues to inspire martial artists today.

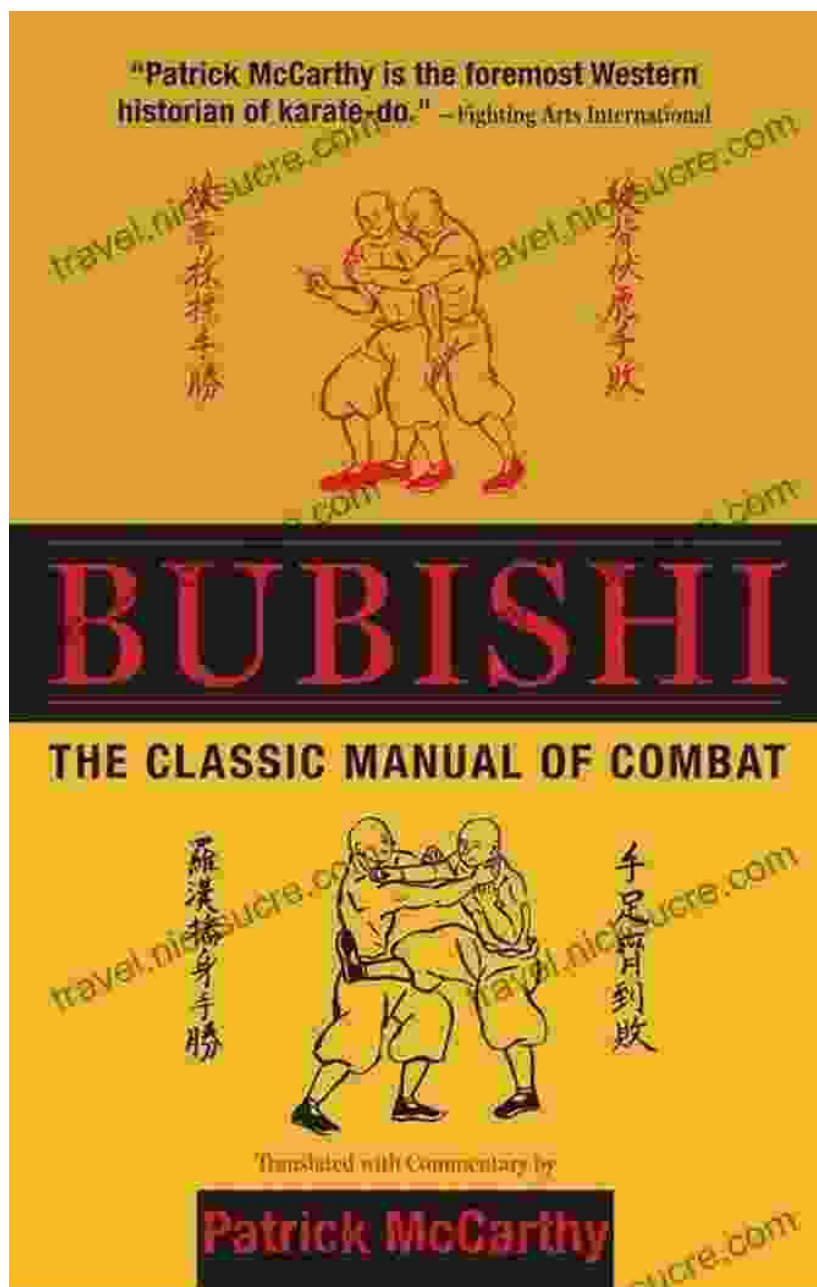
Bubishi is a classic manual of combat that has played a significant role in the development of martial arts around the world. Its teachings are timeless, and they continue to inspire and guide martial artists today.

Whether you are a seasoned martial artist or just beginning your journey, the Bubishi is a valuable resource that can help you deepen your understanding of the art and philosophy of combat.

## **Additional Resources**

- Bubishi: The Classic Manual of Combat by Patrick McCarthy
- Bubishi: A Translation and Commentary by Peter H. Hokumura
- Bubishi: The Classic Manual of Combat by Okinawa Karate Information Center

## Image Alt Attributes



"Patrick McCarthy is the foremost Western historian of karate-do."

*Fighting Arts International*

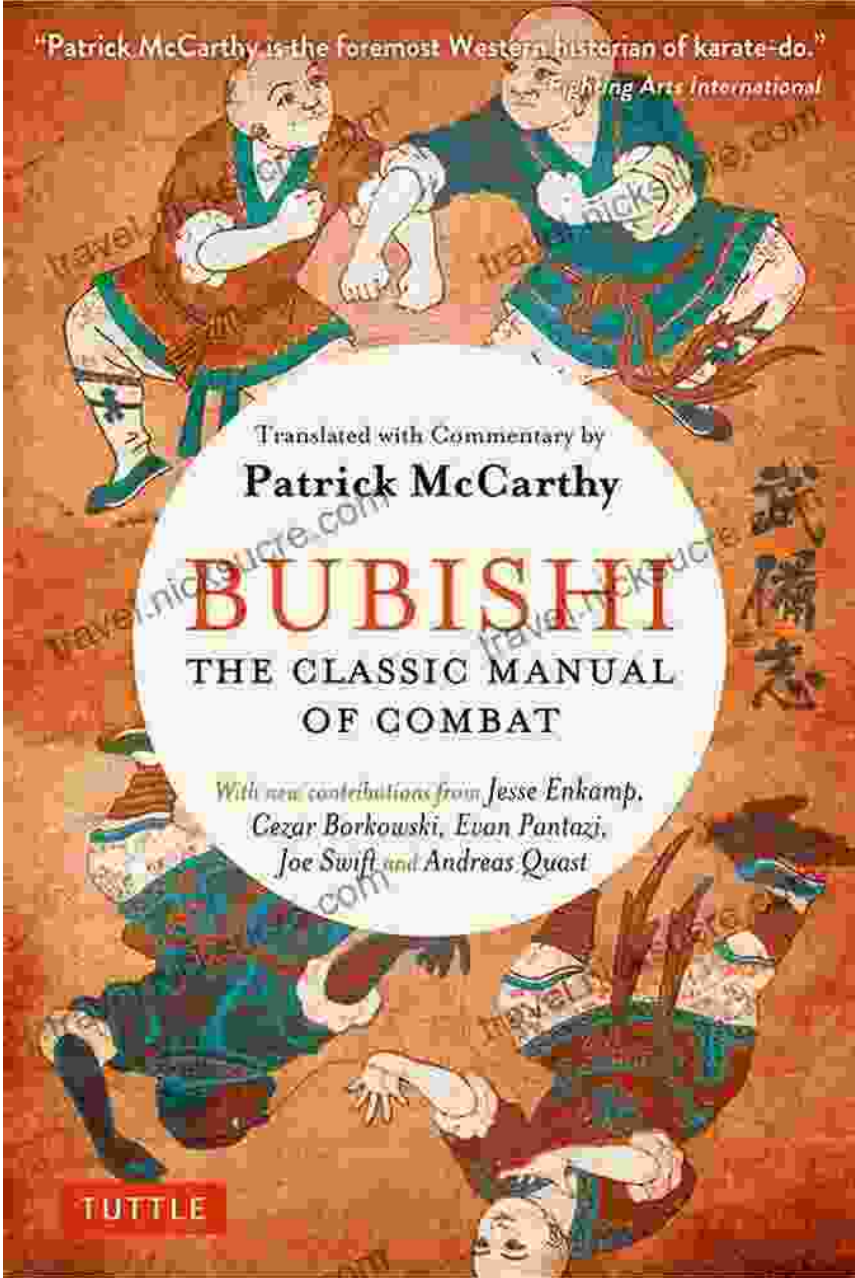
Translated with Commentary by  
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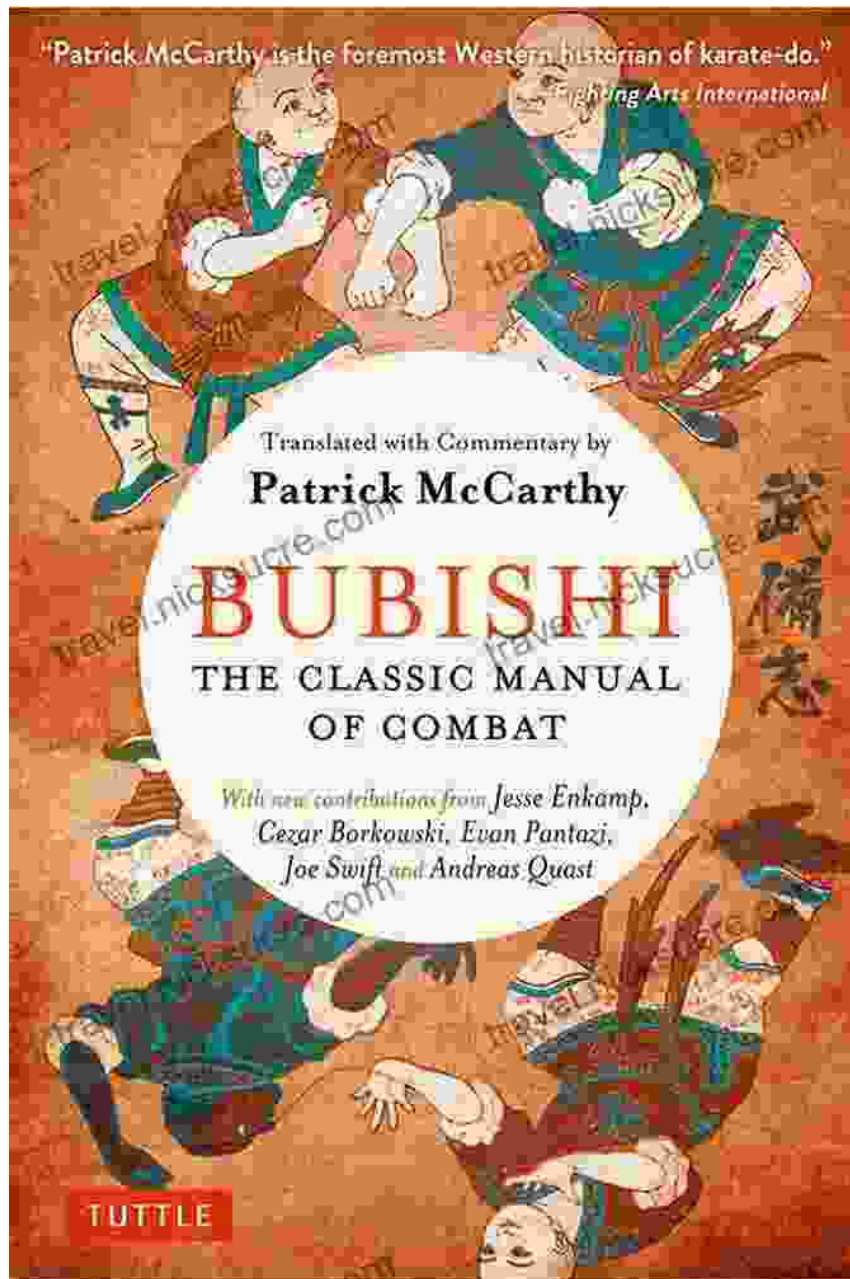
**BUBISHI**  
THE CLASSIC MANUAL  
OF COMBAT

*With new contributions from Jesse Enkamp,  
Cezar Borkowski, Evan Pantazi,  
Joe Swift and Andreas Quast*

**TUTTLE**

武備志

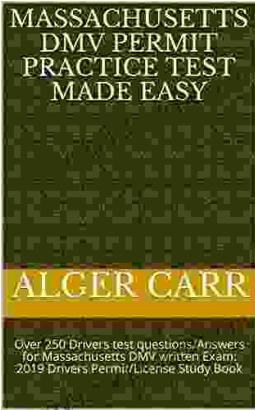




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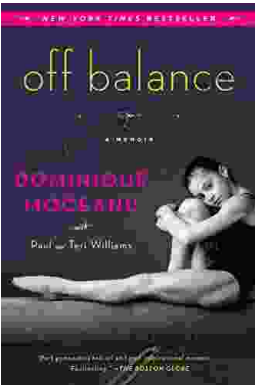
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