

# Contents

## What is Bushido? 5

### CHAPTER 1

#### Historical Overview 11

1. No Picnic in the Province 14
2. The Rise of the Bushidan 15
3. The Big Boys 16
4. The Hogen Disturbance (1156) 17
5. The Heiji Disturbance (1160) 19
6. The Genpei War (1180–85) 20
7. A New Tent Government (Bakufu) 22
8. Kamakura's Decline 23
9. A New Regime 26
10. The Squabbling Continues 28
11. Chaos Rules in the Warring States 30
12. Three Unifiers 32
13. Order at Last 39
14. The End of Warrior Rule 41
15. In Summary 44

### CHAPTER 2

#### The Profession of Arms 45

1. Rituals of War 47
2. Evolution of Warfare 49
  - The Big Day 50
  - Prize Giving 52
3. Weapons and Armor 54
  - The Bow 54
  - Swords 54
  - Long Weapons 55
  - Firearms 56
  - Unarmed Combat 56
  - Yoroi 57
  - The Emergence of Martial Art Schools (Ryuha) 57
  - Yagyu Munenori and *Heiho Kadensho* 61
  - Miyamoto Musashi and *Gorin-no-sho* 64
  - The Evolution of Martial Arts 72
  - Bugei Juhappan 72
  - Martial Arts as Vehicles for Self-perfection 73
  - Seppuku (Harakiri) 75
  - Vengeance 76

## **CHAPTER 3**

### **The Medieval Warrior Ethos 79**

1. The Brush and the Sword 81
2. Polishing the Mind 83
3. A Timeless Letter 85
4. Relieve Suffering 88
5. The Record of Kai 90
6. Supreme Numskull 92
7. Dimly Bright 93
8. Chicken Heart 94
9. Inordinately Able 95

## **CHAPTER 4**

### **Tokugawa Samurai Ideals 97**

1. Coexistence of War and Culture 98
2. Reinterpreting the Warrior's Role 101
3. Reconciling War with Compassion 104
4. Shido and Dedication to Duty 107
5. War is Evil 109
6. War is Justifiable, Sometimes 113
7. Die in Your Bed 117
8. The Way of Self-Cultivation 121
9. To Die, or Not to Die 123
10. A Shinto Outlook 130
11. A Zen Outlook 132
12. Modern Martyr 134
13. The Right Path 136

## **CHAPTER 5**

### **Nitobe Inazo's Bushido 139**

1. Making Westerners Understand 141
2. The Ingredients of Bushido 143
3. To Do What is Right 145
4. Equilibrium Between Hard and Soft 147
5. A Samurai's Word 149
6. Honor Above All 150
7. The Duty of Allegiance 152
8. Training Body and Mind 154
9. Filtering Down to the Masses 155