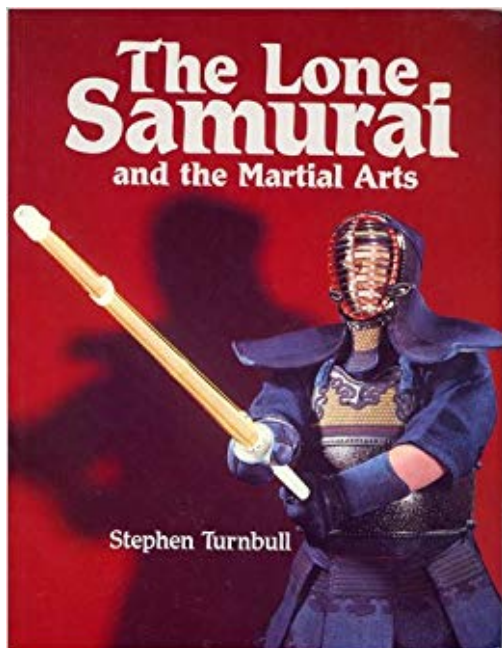


# The Lone Samurai and the Martial Arts *by* Stephen R. Turnbull



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Traces the combat methods and code of living of the Japanese samurai through the present-day exponents of martial arts. The author shows how single warriors of the past used personal fighting techniques, spiritual disciplines and mental strength to achieve success.



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