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Eric Hanauer, founder of Bugeisha, was a true martial arts pioneer. His unique approach to martial arts, blending traditional Japanese techniques with modern training methods, has left a lasting legacy in the world of martial arts. In Bugeisha: Traditional Martial Artist 12, we delve into the life, teachings, and philosophy of this legendary figure.

The Early Years of Eric Hanauer

Eric Hanauer was born in San Diego, California, in 1951. From a young age, he was fascinated by martial arts and began training in various styles, including judo, karate, and aikido. In the early 1970s, Hanauer traveled to Japan to study traditional Japanese martial arts. He spent several years training with some of the greatest masters of the time, including Mas Oyama (founder of Kyokushin karate) and Minoru Mochizuki (founder of Yoseikan budo).

The Creation of Bugeisha

After returning to the United States, Hanauer founded Bugeisha in 1974. Bugeisha is a comprehensive martial arts system that draws on the traditions of Japanese samurai. The system emphasizes the development of physical skills, mental toughness, and spiritual awareness. Hanauer

believed that martial arts should not only be a means of self-defense but also a way of life.

The Techniques of Bugeisha

Bugeisha is a vast and complex martial arts system that encompasses a wide range of techniques. These techniques include:

- **Striking:** Bugeisha teaches a variety of striking techniques, including punches, kicks, elbows, and knees.
- **Grappling:** Bugeisha also includes a comprehensive grappling system that teaches throws, takedowns, and joint locks.
- **Weapons:** Bugeisha practitioners also learn to use a variety of weapons, including swords, knives, and staffs.

The Philosophy of Bugeisha

In addition to its physical techniques, Bugeisha also emphasizes the development of mental toughness and spiritual awareness. Hanauer believed that martial arts should not only be a means of self-defense but also a way of life. He taught his students to live by the code of the samurai, which includes principles such as honor, courage, and discipline.

The Legacy of Eric Hanauer

Eric Hanauer passed away in 2015, but his legacy continues to live on through his students and the Bugeisha system. Bugeisha is now practiced in over 50 countries around the world. Hanauer's teachings have inspired countless martial artists and helped to shape the modern landscape of martial arts.

Bugeisha: Traditional Martial Artist 12

Bugeisha: Traditional Martial Artist 12 is the definitive guide to Eric Hanauer's life, teachings, and philosophy. This book provides an in-depth exploration of the Bugeisha system, including its history, techniques, and philosophy. The book is illustrated with over 500 photographs and diagrams, which help to bring Hanauer's teachings to life.

Whether you are a seasoned martial artist or a complete beginner, Bugeisha: Traditional Martial Artist 12 is a must-read. This book is an essential resource for anyone who wants to learn more about the life and teachings of one of the most influential martial artists of all time.

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Bugeisha: Traditional Martial Artist 12 is available now at Our Book Library.com and other major bookstores.

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Bugeisha: Traditional Martial Artist #12 by Eric Hanauer

★★★★★ 5 out of 5

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