

Samurai Way of Baseball (Book)

- Samurai Baseball term- meant to convey succinctly and evocatively the discipline, devotion and sacrifice.
- What is akin? Similar Character
- Talked about Samurai Blue which is what they call the Japanese Soccer Team in Japan.
- Sadahara Oh a very good Japanese Player that also played in the MLB and was a very good homerun hitter.
- Straw Man: an intentionally misrepresented proposition that is set up because it is easier to defeat than an opponent's real argument.
- Aforementioned: denoting a thing or person previously mentioned.
- Lest:with the intention of preventing (something undesirable); to avoid the risk of.
- Quadrennial: recurring every four years.
- Japanese being described as faceless people obsessed with exporting cars.
- Asahi Shimbun
- American slugger chasing Japanese titles or attempting to break Japanese records
- Masaaki Koyaria
- Yashiaru Wakana,"It would be distasteful to see a foreign play break Oh's record."
- American-style philosophies on training and discipline are to moderate for most of the Japanese players,
- Astrist blood-and-guts approach to BB.
- Japanese way of thinking is different which makes American managers not suitable for Japanese players.
- Bobby Valentine very famous manager and very good at what he does.
- Eschewa?
- Japan; praise is rare, harassment common, physical abuse not unheard of
- Hanseikai-self-reflection conference.
- Morco Mill President of Nippan Metal
- Japanese Traditionalists didn't like Valentines ways
- Shukan Asahi published article accusing Lotte of drug use.

Samurai Strategies 42 Martial Secrets from Musashi's Book of Five Rings By Boye Lafayette De Mente

Preface The Seven Virtues of the Samurai way

- 1192 until 1868
- Shinto, Buddhist, Confucian, and Zen Concepts
- Two very simple reasons: being killed or having to kill themselves
- They firmly believed that if they failed to behave it would be shame or disgrace to their family.
- Shichi Toku (She-chee Toh-kuu) or The Seven Virtues
- Their Commandments if you will
- Virtues cover appearance, personal relationships, and living life.
- The First Virtue is Education of the Samurai is expressed Kennin (kane-neen) indomitable, spirit, fortitude, and perseverance.
- Kendo(Ken-dohh) The way of the Sword
- Samurai Warriors at age 15 years old
- Shogunate and Fief Lords
- Training Kendo or whatever you do regularly
- Kendo training centers staffed by masters
- Kendo is taken very seriously
- Fiefs of feudal Japan
- Having them cut heads off of several convicts or prisoners at age 15 to decapitate individuals

- Kennin was expected and demanded of the samurai
- Samurai was shinnen conviction and faith
- Shinnen traits character and personality
- Superiority complex
- World's 2nd largest economy
- Ability to create innovate, and accomplish things
- Shuncho meaning care, caution, and discretion, in their daily lives
- Simple as a failure to how
- Could mean death
- The wrong gift or no gift
- A matter of both honor and pride
- Shincho Reaction in their relationship
- Physical and verbal etiquette remains high by world standards
- Tatemae facade Japanese speech
- Shinko factor true thoughts of intention
- Ruthless and barbaric
- Segi righteousness and justice
- Goodwill and honesty
- Influence of Confucianism
- Manifestations of Segi
 - They would honor perwar debts their rightful owners
- Rule of the sessei in moderation and temperance
- Sessei extraordinary self centered
- Tokugawa Shogunate 1603 to 1868
- Kirisute Gomen (Kee-ree-suu-tay g-mane) meaning regretful killing
- Sessi bound not alone served as role models
- Standards with Strict and ordinary Japanese among the best behaved people o the planet.
- Often Boisterous time
- Formal stylized behavior of the Japanese
- Dispense with the strict etiquette
- Sixth Virtue Jizen (jee-zane) or benevolence and charity influence as a result of Shinto and Buddhism.
- Seventh Virtues Kibo (kee-bohh) or hope
- Having a sense of humor, loved jokes and puns
- Shinto and Buddhism positive and happy beliefs
- Level of ethics, manners, morality, and overall behavior was as high

Why Japan Became an Economic Superpower

- Masahiko Fujiwaras's book Kokka no Hinkaku (Koke-kah no Heen-kah-kuu)
- Matsumoto's Nihon no Koigai (Nee-hone no Kee-guy)

- Elements of the Samurai spirit and the need for the Japanese to learn how to debate
- Role of Zen Meditation
- Go Rin Sho (Go Reen Shoh) or Book of Five Rings
- Extraordinary insights into human nature and encouraging attitudes and behavior that represents the highest potential for humanity

The Most Dangerous Man in Japan

- Samurai Strategies
- Japan English Samurai his study of English in his overall approach to life Matsumoto
- Musashi Miyamoto 1548 to 1645
- Kendo (the way of the sword)
- Eigodo (the way of english)
- Wa (wah) means harmony
- Haragei Silence in Japanese Business and Society (Kodansha International) The art of the Belly
- Art of exuding energy Ki (kee)

Chapter 1 Set Goal

- First you must choose a goal and second the more difficult and dangerous your goal is the more effort you must put into achieving it.
- Swordsmanship was a matter of life or death
- Achievement starts with goals
- Your energies, abilities, and actions to maximum effort

Chapter 2 Life or Death Discipline

- Mental and Physical, intellectual and spiritual self-discipline
- Accomplishments make it crystal clear and requires incredible discipline.

Chapter 3 Train to Win

- Several hours a day and generally six days a week
- Until they retired or died
- Shugyoshua
- Their lives depend on their skills
- Honor, reputations, and stay alive
- Physical and psychological exercises to stay physically sharp and mentally alert

Chapter 4 Be Prepared

- Knowing yourself and knowing your weapons
- Your surroundings, enemy, or competitor
- Invaluable advantage

Chapter 5 The Illusion of form

- Saying they are like concentrating on the blossoms of a fruit tree and ignoring the fruit.
- Follow no established style
- Pure Zen

- Teaches how to recognize and deal with reality detached, objective way and minus the emotions and life a trial

Chapter 6 Absolute Integrity

- Bushido: The Soul of Japan
- Version of justice in disguise and the samurai spirit will survive
- Words of a Samurai to strike when it is right to strike and to die when it is right to die
- Discipline, honesty, loyalty, perseverance- absolute integrity is critical
- Upholding the standards of a moral society

Chapter 7 Train the Mind

- Short Sword Harakiri (hah-rah-kee-ree) committing or formal suicide
- Yakuza gangsters
- Software
- Push a key
- Uploaded
- Mental and physical training
- Wired
- Don't neglect to train your mind as well as your body
- Developing mental discipline
- Rigorous mental training to develop the focus, energy, aggressiveness necessary for success

Chapter 8 Clear the Mind

- No ego
- Clearing the mind
- Zazen (zah-zen) seated meditation
- Master the way of zen meditating
- Mushin (muu-sheen) no mind
- Muga (muu-gah) no ego
- Meditation cultural custom in Japan
- I turned my mind off and just did what came natural to my body.
- Chaos and cacophony of modern life

Chapter 9 The Power of Emptiness

- Hara (a man whose mind was empty of personal desires and illusions)
- The power of emptiness
- More credit to the power of emptiness and his ability with the sword
- Zen Buddhist concept
- Practice its execution until it is automatic

Chapter 10 Learn for your Opponents

- Praying Mantis stalks
- Boye attributes

- Detail the weakness of his opponents
- Observe, learn, and adapt
- The obvious lesson here: Study your opponents and competitors carefully. Know their strengths and their weakness precisely. Learn from them, adapt, your approach to take advantage of their weakness, and then defeat them before they realize that you have changed your tactics.

Chapter 11 Pay Attention to Details

- Advice to heart can give you a major advantage
- Constant training and study
- Ignore the little things or leave them to people who are not absolutely dependable.
- Strengths weakness and developed plans
- Agreeing to agree on principles and then discuss the details later is often a recipe for failure in Japan something the Westerners should be aware of and take seriously

Chapter 12 The power of silence

- Power of silence is still characteristic of Japanese businesspeople
- More Powerful than words
- Silence an essence
- Achieving and control of the mind and creating process and communicating with nature and with people
- Spoke only in the humblest of terms

Chapter 13 Change the rules of Engagement

- Unexpected behavior can disrupt your opponents
- You have already lost
- Breaking the rules
- Boat Island Duel 1612 he was 29
- Niten (neen-tane) Two Heavens or Two Sword Styles
- Most of his later fights to the death he would use a wooden sword
- Unconventional and non-confronting behavior

Chapter 14 The Power of Fear

- But in War making your opponents fearful of you
- Works in many sports
- Using fear to weaken his opponents
- So feared, respected and praised during his lifetime
- Chambara (chahma-bah-rah) a word that refers to the noise made by clashing swords
- Fear attacks and leaving them defenseless
- Rattle your opponent gives you an upper hand.

Chapter 15 Confuse Your Opponent

- Defeat an opponent with your mind than with a sword
- Make the hesitate and then it leaves them open.

- The rhythm of striking an opponent in one count
- The less time they have to prepare the more likely you are to succeed

Chapter 16 The Mind as a Weapon

- Role that Zen Meditation played in the training and lives of the Samurai
- Developing extraordinary ability to focus on a single point
- Strike mind to weaken
- Major psychological advantage
- Breaking your opponents mental concentration

Chapter 17 See what Cannot Be Seen

- All-seeing eyes
- If they do not see clearly of the elements that make up a threat or scenario they are likely to miss something that is vitally important and fail in their efforts
- Seeing things
- Knowing exact location
- Hear the conversations of ants
- To see what cannot be seen
- Extrasensory perception
- To look through
- Where you are always calm, collected and sensitive
- Level of tranquility and sensitivity
- Seeing what cannot be seen

Chapter 18 Don't get stuck on One Style

- Letting go of a form or style once you have acquired it
- Never got hung up on form in the first place
- Failed to understand and follow the principle
- Comparisons of technique
- Once you have mastered your weapons and tactics, forget about form and do what comes naturally in response to the circumstance

Chapter 19 The Importance of Flexibility

- Water Logic
- Rock logic
- Man-made rule is like rock logic
- Water one of the five rings
- Even the most powerful barrier
- Efforts blocked and progress
- Samurai should be like water
- Epitome of flexibility, able to change, instantly to conform to and take advantage of any circumstance
- Disciples be flexible

- Absorb flexibility
- Mastered flexibility

Chapter 20 Make Sure you see the Big Picture

- Look at picture rather than whole picture
- Imperative see the whole picture
- Everything in nature
- It looks the same but it was always moving
- Water was one of the five symbols he used in his book the Five Rings
- Open mind
- See
- Never stop the mind
- Putting the mind in one place
- Falling into one-sidedness
- Perfectly free to flow as water
- This means not focusing too much on the task at hand
- Edges of situations
- Risk of being blind-sided by threats or events we do not see coming

Chapter 21 Use Time as a Weapon

- Ma (mah) a pregnant pause
- Breaths shallow and deep
- Ma is never empty full of emotional content
- Ma cry
- Ma-filled society of Japan
- Time is money
- Build space or time gaps
- Ma in Japanese means empty
- Process of communicating, negotiating, and reaching consensus
- Such cultural “assumptions” are often very subtle and may be difficult to detect

Chapter 22 Never Stop Learning

- Shame culture
- Hansei-kai (hahn-say-kie) or sould-search sessions to learn from mistakes
- Japanese obsession with kaizen (kie-sen) or continuous improvement in all things
- Japanese continuous learning and improvement is a life-long michi (me-chee) path or way
- Perfect english
- Honing their physical and mental combat skills
- Code of the Samurai
- Peace in the early decades of the Tokugawa Shogunate 16-3-1868 Samurai class involvement in the arts and crafts.

- Samurai in everything except their apparel
- In training until the last months of his life
- Taken on all opponents all challenges of fulfill his lifelong goals
- This kind of lifespan is taken for granted and living longer brings with it the need

Chapter 23 Hit first; Hit Hard!

- First and hit hard a samurai concept expressed in the phrase jigen-ryu (jee-gane-r'yuu)
- Mean you win and live
- Set down his rules for succeeding in battle in his Book of five rings
- He taught his students Strike before your opponent is ready, while he is still assuming his fighting stance, Catch him off guard, then strike with such power that he is shocked, Strike to kill, or to crush your opponent completely
- Get the jump on your enemy or victims and render them helpless or dead before they can protect themselves.
- Apparently the only samurai who used the hit first hit hard approach.
- If you find yourself in combat or competition, don't give your opponents an opportunity to settle into a strong position. Strike fast and strike hard- before they have a chance to get the upper hand.

Chapter 24 Use all of your weapons

- Biomimicry observing and regrading nature.
- Most of us are not faced with life-or-death decision on a regular basis. So-called breakthrough discoveries
- Acknowledge the gods, but don't depend on them.
- Except in ultimate fighting exhibitions
- In deadly conflicts use whatever tactic or technique you need to accomplish your goals. It is not enough to win the public relations battle if in the process you lose the war.

Chapter 25 The Samurai and The Carpenter

- Who wanted to avoid death should keep his weapons in good condition
- Holistic to describe Musashi's principle of organic management.
- In Musashi's case it wasn't behavior it was just so he could stay alive
- Increase their knowledge and improve themselves in a comprehensive, holistic way
- Success in one field or area contributes to success in other fields

Chapter 26 Take the Initiative

- Day to day survival depends upon making instant
- This includes knowing when to fight and when not to fight
- Stepping on the sword of your opponent
- This secondary measure fight is to make the first move

Chapter 27 Know the Environment

- Hidden message that you are very likely to fail if you do not keep your wits about you
- Zanshin (zahn-zheen) which may be translated as lingering mind

- Most people are in Zanshin stage during their waking hours
- Zanshin lesson is especially appropriate in today's terrorist.
- Anything he could take advantage of in his fights
- Book of Five Rings Musashi described a number of situations in which his immediate surroundings determined his tactics
- Paying careful attention to room layout, seating arrangements, speaking order, attendees

Chapter 28 Watch for a Collapse

- China military Sun Tzu
- If you think about next year, the devil will laugh at you. So don't even think if.
- His mastery of managing risks (ifs) and crises (whens) resulted in him never losing a battle
- Collapse reference to conduct of an army in combat
- Your rushing attack must be instantaneous and strong, and you must cut him down with such vigor that he cannot recover.
- Cutting down with vigor

Chapter 29 Become your opponent

- Other warriors than he did practicing swordsmanship
- Difference between life and death it must be taken very seriously
- Become your opponent to get inside your opponents
- Only in his own head
- Read your opponents mind
- See inside of your opponent's head
- Result in your opponent showing his hand, allowing you to instantly change the nature of your attack
- Moving the shadow

Chapter 30 Draw your Opponent in

- Setsubun (sate-sue-boon)
- How to win battles by not fighting by being so strong that no one will challenge you
- Drawing your opponent by becoming less watchful and more careless
- Humble mood
- Less experienced and less skilled than they are
- Help mode
- Help syndrome

Chapter 31 Never use the Same Tactic Twice

- Weakness that eventually leads to some degree of failure
- Flexibly changing my tactics but without deviating from my strategic goals
- Bushido or Eigodo. The Do or The way
- Encourages us to develop or engineer specific methods
- Corporations, governments, ministries, and armies

- Famous bubble economy
- Most innovative employees lose, letting them work outside of the highly structured company.
- Side enterprises
- Has not been lost on the Japanese and it is an invaluable for people, companies, and organizations everywhere.

Chapter 32 Make your opponent change his style of fighting

- The Fog of War
- Quickly Construct tactics
- Further in his teachings explaining it
- Could read the slightest movement of an opponent's sword, feet, eyes, or hands recognize their intentions
- His fights were over in seconds
- Musashi's experience, adaptability, and reputation
- Unpredictability, the importance of broad knowledge
- The willingness to change the terms if the competition

Chapter 33 Behave as if you were already dead

- Kagoshima on the southern tip of Kyushu Island (one of the last strongholds of the Samurai near the end of 19th century)
- Keshin Kagi Kibare (Kay-sheen Kah-ghee-bah-ray) meaning behave as if you were already dead
- Edo (tokyo) when Japan was threatened by Western Countries in the 1850's and 1860s
- Bushido: The Soul of Japan
- No fears for their life, no second-guessing of their abilities, and no reason for avoiding life-threatening situations
- Yamamoto Tsunetomo The Book of the Samurai, "When on the battlefield if you try not to let the others take the lead and have the solid intention of breaking into the enemy lines, then you will not fall behind others. Your mind will become fierce, and you will manifest martial valor. Furthermore, if you are slain battle, you should resolve to have your corpse facing the enemy.
- Learned from this Samurai code is that one must be prepared to go all the way in achieving great goals.

Chapter 34 Avoid Stalemates

- Japanese in the 1990's society general upswing
- The lesson, here, of course, is: never allowed yourself to be stalemated in a game, in business, or in war
- Worst stalemates happen from Trojan war to Korea and Vietnam War
- Comparison of technique

- Smallest advantage generated by changing your approach or introducing some other elements can break a stalemate and make a complete victory possible

Chapter 35 Never give your opponent a second chance

- Two sided concept of Kejime (kay-jee-may) which refers to a line that should not be crossed
- Crossing the line out of consideration for kejime-the discernment between right and wrong
- Any contract or commitment, emotional, aesthetic, ethical, logical, or legal thereby fulfilling the dictates of kejime
- Collapse meaning any sign of uncoordinated behavior

Chapter 36 Pierce the Bottom

- Still rings true today especially in the battle with terrorists whose ideology propels
- Japan's traditional spirit is completely destroyed that will be the end of the line for Japan
- Piercing the bottom meaning that the mind of the opponents pierced as if with a spear or sword and therefore is dead
- Bottom has been pierced
- Harsh-sounding advice may not be considered appropriate for most non violent situations today, but its power cannot be denied.

Chapter 37 The Importance of Art in Life

- Mushin (moo-sheen) meaning no mind a state of mind that refers to acting without
- Mushin view
- Bushido into poetry in motion, providing a lesson for all who are desirous of mastering any skills
- Same focus and dedication
- Touch upon all of the arts. Develop a discerning eye in all matters. This idea is still reflected today in Japanese culture.

Chapter 38 The Sword of the spirit

- Sen Nishiyama the American born Japanese American
- Preter required extraordinary Kihaku (kee-hah-koo) fighting spirit or killer instinct
- You could use your life or everything you have dreamed about and worked for in an instant
- Musashi's words one such man can defeat ten men. Ten such men can beat one hundred and so on into the thousands.
- Essential if you are going to succeed

Chapter 39 Focus on winning

- Important lessons that Musashi taught his disciples was to develop, hone, and sustain a winning attitude
- Foreigners than Japanese now practice martial arts
- Winning attitude

- Samurai-like training in perseverance, purpose and this kind of positive thinking.

Chapter 40 The head of a rat, the neck of a bull

- Including Hinkaku (heen-kah-koo) dignity and kigai (kee-guy) spirit
- The head of a rat and the neck of a bull
- Musashi's approach to fighting and winning was based on common sense raised and high level

Chapter 41 Surpass today What you were yesterday

- Kaizen or continuous improvement mentality
- Shinto spirit of the eternal now
- Shinto is not religious dogma
- Extraordinary model of human achievement
- Kaizen element in Japanese culture is not what was called constructive destruction
- You must surpass today what you were yesterday's
- Kaizen (kigh-zen) continuous movement
- Remarkable effect in helping to raise the skill levels of people in general

Chapter 42 Perseverance and Diligence

- Course the importance of diligence and perseverance
- God of diligence
- Was absolutely essential for achieving goals befitting a Samurai

Conclusion

- Economic bubble in the early 1990s
- The proliferation of djo teaching Kendo (ken-doh) The way of the sword
- Transfusion

Things I am putting around the drawing of the catcher that make baseball players have Samurai attributes.

- **Dedication**
- **Passion**
- **Love**
- **Meditation**
- **Never Give up**
- **Hit Hard and Hit Fast**
- **Focus on winning**
- **Use time as a weapon like when batting be patient and wait for the perfect ball**
- **Train constantly and never stop training**
- **Having Kennin in baseball and in everyday life**
- **Shinnen Traits deeply embedded character and personality for players**
- **Having Shincho in baseball and in everyday life which are Samurai virtues.**
- **Have both pride and honor in the way you play and train**
- **Seigi righteousness and justice is a moral and ethical code they use.**
- **Having the role of sessi which is moderation and temperance which is what the baseball players need.**
- **Jizen is a benevolence and charity is what a lot of players help with the outreach in community and everything.**
- **Kibo or hope which is what all of the baseball teams and players should have hope in the game and faith that they will win and everything will work out.**