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A former cavalryman in the British Army, F. J. Norman served as an instructor at Japan's leading military colleges. Norman was deeply impressed with the ethic and resolve of the Japanese military and with the beauty and efficacy of their martial arts practices -- "exercises in which all can participate, without risk or danger to life, purse, or limb, but with great benefit both to body and spirit." Determined to introduce these exercises to the Western world, he wrote this classic guide to the making of the Japanese warrior.

Starting with an overview of Japanese military history, the author proceeds to an account of the education of nineteenth-century officers. He describes in detail the arts of kenjutsu (classical Japanese fencing), sumo wrestling, and jujutsu. Norman's explanations are enhanced by numerous photographs and drawings that capture the spirit of martial arts training in addition to illustrating its practices.