



Warrior Expressions

Christa Jacobson

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This book is a book of ART that contains the essence of Budo through photography and insights of Zen. This book as over 80 shots of martial arts photography that captures the understanding and truth within the Japanese Warrior Arts. The meaning of this book is to show expression through combative actions and the philosophies of Zen. For many years I have studied and taught the Japanese martial arts and through this journey I have witnessed the true meaning of Budo. Budo is the honest expression within your heart. To be honest, without letting outside distractions sway your from what is truly right in your universe is very hard to do. This honest expression comes from every aspect in our life not just in the dojo.

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