

FACT SHEET #1: Legendary Samurai – Miyamoto Musashi

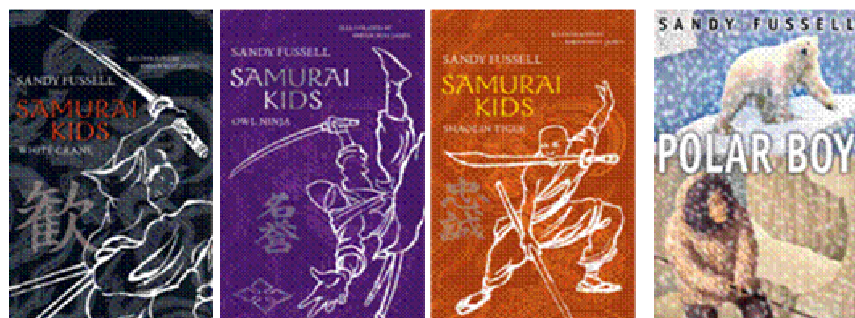
Miyamoto Musashi c. 1584-1645 was a legendary swordsman who fought over sixty duels and participated in numerous battles. He won his first duel aged 13.

He is the founder of the Niten-ryū or double-sword style of swordsmanship and the author of *The Book of Five Rings*, a book on strategy, tactics, and philosophy that is still studied today.

Musashi is said to have rarely bathed or changed his clothes as well as suffering from a somewhat disfiguring skin condition.



Following his famous duel with Sasaki, he focused his energies on perfecting his style of swordsmanship, spending much time in travel and Zazen reflection - the epitome of the brooding wanderer samurai. He was also a famous calligrapher, sculptor, artist and gardener.



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