TUTTLE

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New Titles and Backlist Highlights

SPRING 2021



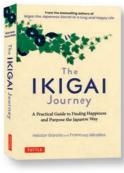
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Recent Publicity Highlights!

Memoirs of a Kamikaze... page 44

"In preparing the English edition, Ohta and Bennett took great care to provide context to help international audiences understand the historical and cultural background of Odachi's story. While the subject matter is often heavy, the text is laced with humorous anecdotes and wry comments, allowing Odachi's personality to come through. —*The Japan Times*



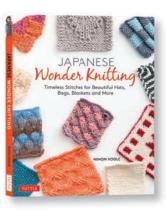


The Ikigai Journey...page 24, 28

"Adherents can find their ultimate purpose by listing their attributes in a Venn diagram to point the way to the intersection of what they are good at, what the world needs, what they love, and what they can be paid for to live out their ikigai." —*Library Jounal*

Japanese Wonder Knitting...page 55

*"'Wonder' is a much-deserved adjective here. As in Japanese Wonder Crochet (2019), translator Roehm shares with U.S. readers this well-illustrated book from Nihon Vogue exploring the more unusual stitches possible, apart from the regular knits and purls. After viewing these elegant knits, crafters will emerge with a sense of delight and, perhaps, a resolve to try." — "Starred Review" Booklist





Fantastic Origami Flying Creatures ...page 02

"Crafters looking for diversion from a stressful world may well find what they are looking for in this delightful origami design collection. This guide shows that practice and patience—and sometimes a little bit of glue—are all that's needed to create an origami menagerie of one's own." —*Publishers Weekly*

The Complete Guide to Drawing for Beginners ...page 61

 With a dramatically different approach than many drawing howto books, Japanese illustrator Ogura thinks of all the questions and issues a novice might face, then addresses them simply and head on. It's difficult to see how an in-person class could teach much more. — "Starred Review" Booklist

"Highly recommended for aspiring artists of all types, especially those looking for encouragement to give drawing a go."

-Library Journal

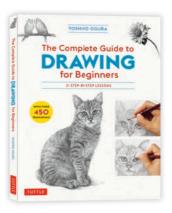


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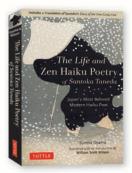
ABOUT TUTTLE

"Books to Span the East and West"

Our core mission at Tuttle Publishing is to create books which bring people together one page at a time. Tuttle was founded in 1832 in the small New England town of Rutland, Vermont (USA). Our fundamental values remain as strong today as they were then—to publish best-in-class products informing the world about the countries and peoples of Asia. The world has become a smaller place today and Asia's economic, cultural and political influence has expanded, yet the need for meaningful dialogue and information about this diverse region has never been greater. Since 1948, Tuttle has been a leader in publishing books on the cultures, arts, cuisines, languages and literatures of Asia. Our authors and photographers have won numerous awards and Tuttle has published thousands of books on subjects ranging from martial arts to paper crafts. We welcome you to explore the wealth of information available on Asia at **www.tuttlepublishing.com**.

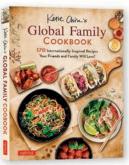


Tokyo | Rutland, Vermont | Singapore



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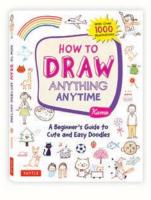
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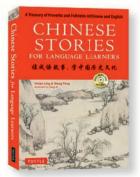




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page 64

Create miniature models of your favorite creatures!

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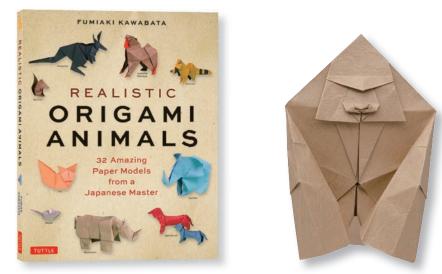




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32 Amazing Paper Models from a Japanese Master

Fumiaki Kawahata

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- A Kangaroo—A muscular marsupial with a sweet little joey peeking out from its pouch
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Fumiaki Kawahata specializes in naturalistic models ranging from insects to dinosaurs and everything in-between. His work was featured in the Peabody Award-winning film *Between the Folds*. Kawahata is a member of the Japan Origami Society and is the author of several origami books in Japanese. This is his first book in English.



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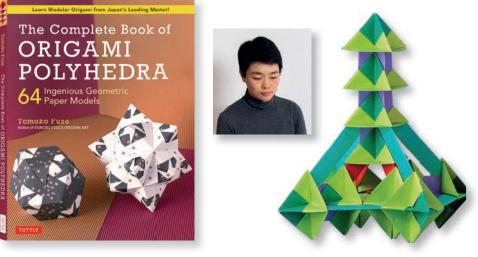


By the Same Author:

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The Complete Book of Origami Polyhedra

64 Ingenious Geometric Paper Models

Tomoko Fuse

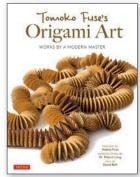
Learn to fold incredible geometric origami models from the "Queen of Modular Origami!"

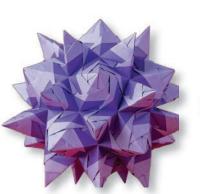
In this book, Tomoko Fuse—Japan's most famous living origami artist—shows you how to create amazing polyhedral models using the simple techniques of modular origami (where many small paper sheets are folded then locked together without glue or tape).

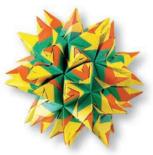
The 64 intriguing modular models in this book include:

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- Manifold Modulars—"Inception-like" nested models in which individual modular constructions themselves become modules within larger pieces
- Cubes and Boxes—Perfect for gift giving (and there is no finer teacher for these than renowned origami box specialist Tomoko Fuse)
- And many more!

Tomoko Fuse's work has been exhibited around the world in Tokyo, Paris, London and Germany. She has written over 65 books, collaborated with designer Denis Guidone at Milan Design Week, and was a featured artist in the Nova program *The Origami Revolution*. She was also featured in the Peabody Award-winning film *Between the Folds*.







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Learn Modular Origami from Japan's Leading Master!

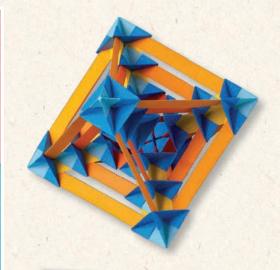


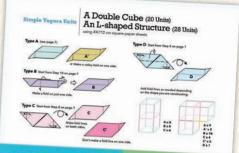






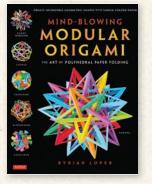




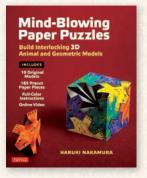




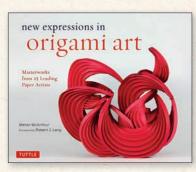
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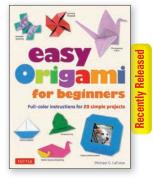
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Michael G. LaFosse is a leading authority and master of the art of origami. He co-founded Origamidō Studio and co-curated Origami Now!, a year-long exhibition at the Peabody Essex Museum in Salem, Massachusetts. LaFosse is prominently featured in the award-winning film, *Between the Folds.*

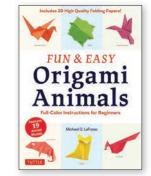
Richard L. Alexander co-founded Origamidō Studio, has designed dozens of models and taught hundreds of origami classes. A pioneer in video origami instruction, he has produced LaFosse's extensive series of origami lessons since 1992.

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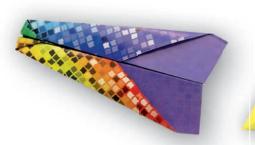
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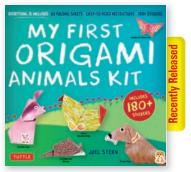






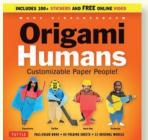


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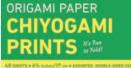


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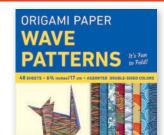
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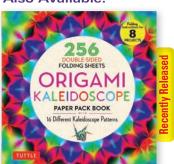


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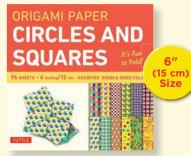
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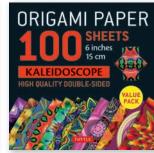
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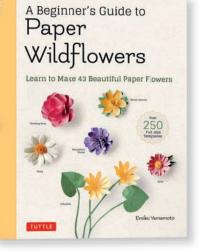
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A Beginner's Guide to Paper Wildflowers

Emiko Yamamoto

Learn to Make 43 Beautiful Paper Flowers

In this book, Japanese paper artist Emiko Yamamoto presents her secrets for making realistic blossoms, leaves and stems from inexpensive colored paper. Her flexible cut, curl and paste method makes it easy to create a wide variety of different flowers and to tailor your creations to specific settings, occasions and color palettes.

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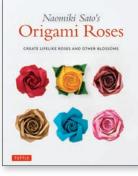
Emiko Yamamoto's creations have been featured in numerous exhibitions and she is often commissioned to create paper art for advertisements and magazines. Yamamoto is president of the Paper Decoration Association in Japan and the author of Tuttle's *Paper Flower Note Cards*.

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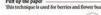
















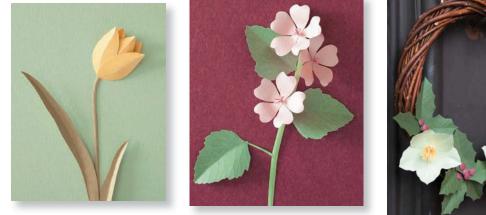




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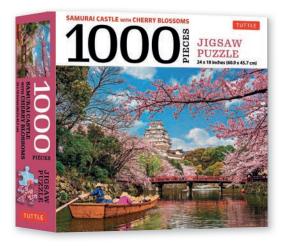




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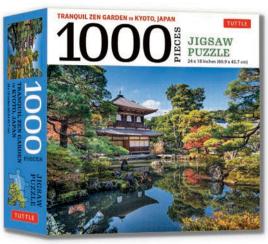
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Himeji Castle (姫路城) is the largest and most often-visited castle in Japan, situated on a hilltop overlooking the city of Himeji. It has a history dating back almost 700 years and is regarded as the finest example of Japanese castle architecture in existence, with a network of 83 rooms and advanced defensive systems. The castle was designated a World Heritage Site by UNESCO in 1993.

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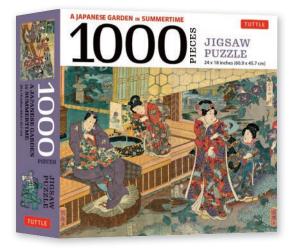




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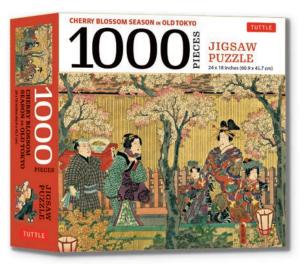
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This captivating scene is from the famous novel *The Tale of Genji* written by a Japanese noblewoman, Murasaki Shikibu. It depicts Prince Genji and his companions relaxing in a beautiful garden on a summer's evening. The woodblock print is by Kuniteru Utagawa (active ca. 1818–1860), one of Japan's most renowned print artists.

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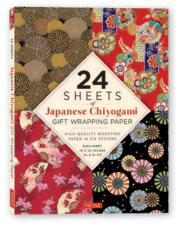




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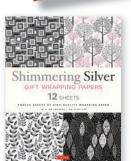








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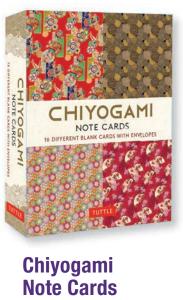


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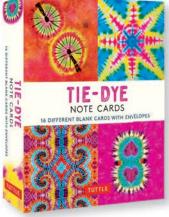


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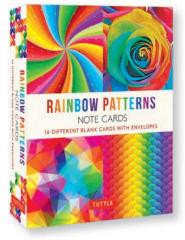




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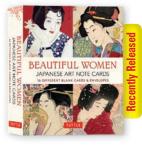




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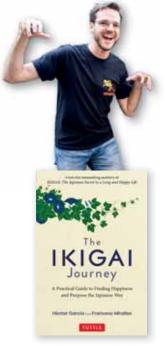
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- Japan's dark side including crime, the yakuza, adultery, bullying and suicide

A self-professed "otaku" or Japanese anime geek since childhood, Héctor García has worked for a Japanese software company, mastered the language and become one of Japan's most popular bloggers (AGeekinJapan.com) and authors since moving to Tokyo in 2004.

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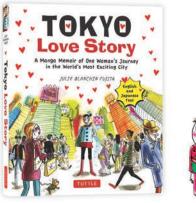
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Julie Blanchin Fujita studied art at the University of Toulouse and the College of Visual Arts in Strasbourg. She has illustrated six other books in her native France. In 2009, she set off with only a rucksack on her back to have an adventure in Tokyo-one that continues to this day.



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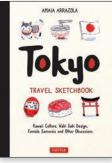


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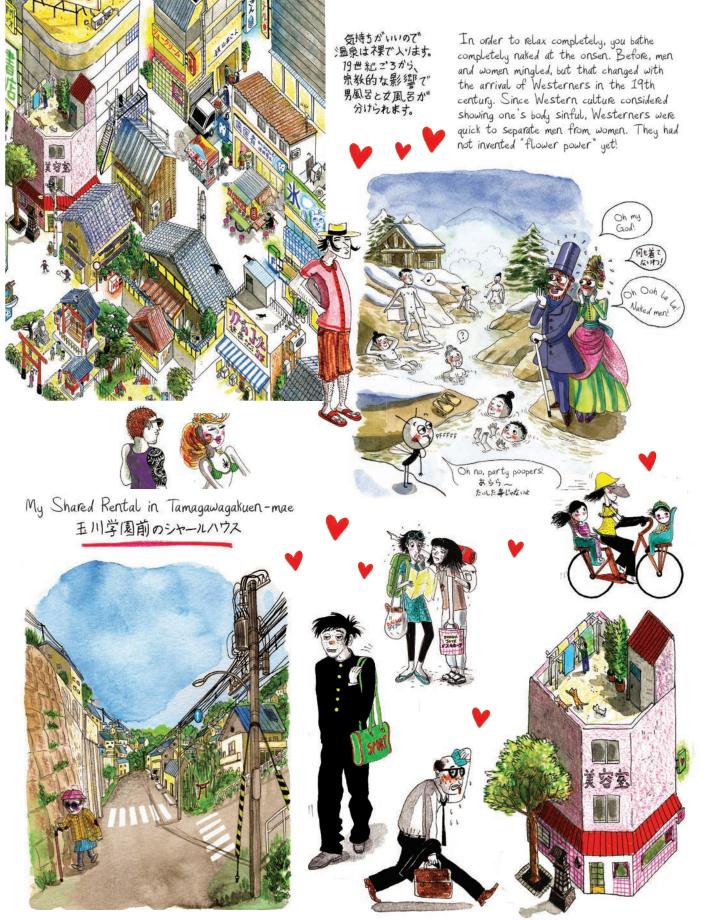
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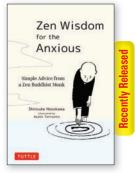
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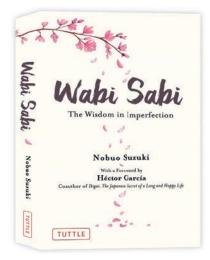
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Wabi Sabi

The Wisdom in Imperfection

Nobuo Suzuki Héctor García, foreword

Wabi Sabi is the Japanese zen philosophy that all things are imperfect, unfinished and transient. It teaches us to celebrate these qualities rather than to disparage them. *Wabi Sabi: The Wisdom in Imperfection* shows us how to apply this concept in our daily lives, and offers ideas on how to see and appreciate imperfection in everyday objects and situations.

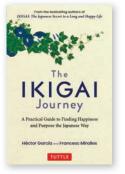
Author **Nobuo Suzuki** gently explains how embracing impermanence frees you to become a better person by

reevaluating what "better" means—understanding what really matters and what you truly want. A few simple exercises—such as keeping a Wabi Sabi diary and writing a haiku—encourage you to mind-fully make space in your head, home and your time for a greater appreciation of your surroundings.

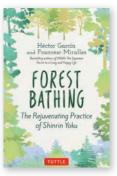
A foreword by Héctor García, the bestselling co-author of *Ikigai: The Japanese Secret to a Long and Happy Life*, introduces readers to the Wabi Sabi aesthetic. García shares his personal Wabi Sabi journey—from being asked about it on live TV fifteen years ago (before he knew what it was), to today, when it permeates every aspect of his consciousness.

Nobuo Suzuki has dedicated his life to studying new approaches to Japanese art, philosophy and psychology. After traveling all around Asia, he developed a method of connecting Zen with art therapies and now works with clients seeking alternative ways of approaching their life issues.

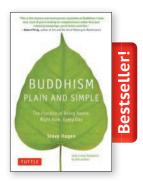
Héctor García has lived in Japan for over 15 years. His popular blog kirainet.com led to his internationally successful book *A Geek In Japan*. Along with Francesc Miralles, he is the author of the bestsellers *Ikigai: The Japanese Secret to a Long and Happy Life, The Ikigai Journey* and *Forest Bathing*.



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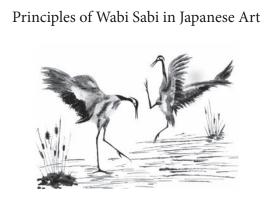
"Let's embrace our imperfect selves and our imperfect world to see the world's beauty and thereby make it even more beautiful."

—from the foreword **by Héctor García**, author of the bestseller *Ikigai: The Japanese Secret to a Long and Happy Life*



A MEDITATION

The cawing of the crows, the snow-covered tōrō that looks like a bokushi in a hat, the weight of the snow bending the tree branches, the water from the fountain threading its way through the snow, the sound of my footsteps deadened by the snow, am I a tiny part of this imperfect garden? or is the garden part of me, of my universe?



"As imperfect humans we are allergic to what is perfect. If something is perfect from start to finish there is no suggestion of the infinite." —YANAGI SÕETSU

Don't Be Too Hard on Yourself and on Others

"None of us live in an objective world, but instead in a subjective world that we ourselves have given meaning to. The world you see is different from the one I see, and it's impossible to share your world with anyone else." —ICHIRO KISHIMI





The crows perch on the maple tree branches, their cawing echoing around the hillside. When the evening sun is reflected in the pond, I wonder: What is more beautiful? The echo or the original sound? The sun or the reflected sunbeams?



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Lafcadio Hearn Michael Dylan Foster, foreword

In Ghostly Japan offers a fascinating window onto Japan's supernatural and spiritual world.

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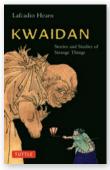
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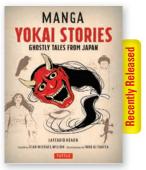
Michael Dylan Foster is Professor of East Asian Languages and Cultures at the University of California, Davis. He is the author of *The Book of Yōkai: Mysterious Creatures of Japanese Folklore* and *Pandemonium and Parade: Japanese Monsters and the Culture of Yōkai.*







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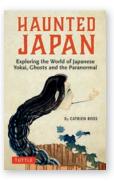
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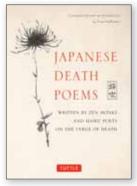
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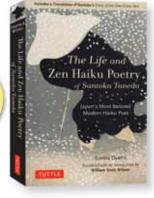
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The Life and Zen Haiku Poetry of Santoka Taneda

Japan's Most Beloved Modern Haiku Poet —Includes a Translation of Santoka's "Diary of the One-Grass Hut"

Oyama Sumita William Scott Wilson, translator and introduction

Zen monk **Santoka Taneda** (1882–1940) is one of Japan's most beloved modern poets, famous for his "free-verse" haiku, the dominant style today. Santoka was a literary prodigy but

a notoriously unkempt human being. By his own admission, he was incapable of doing anything other than wander the countryside and write his verses. Although Santoka married and had a son, he devoted his life to poetry and writing, studying Zen, drinking saké and walking the length and breadth of the Japanese islands on foot as a mendicant monk.

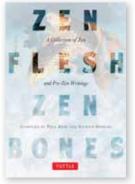
Compiled by Santoka's best friend, **Oyama Sumita**, and elegantly translated and introduced by **William Scott Wilson**, this account of a captivating literary life will be enjoyed by those interested in everything from Buddhist mindfulness to poetry to Japanese literature.

Oyama Sumita (1899–1994) practiced haiku and Zen for over 60 years. He was a prolific writer, publishing several books on the haiku poet Santoka. Sumita was a good friend and benefactor of Santoka, especially in his later years.

William Scott Wilson has published over 20 books that have been translated into more than 20 languages including *The Lone Samurai: The Life of Miyamoto Musashi*.







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Katie Chin-s Global Family Determinantly-Ingid Reside The Friends and Family Will lead

Katie Chin's Global Family Cookbook

170 Internationally-Inspired Recipes Your Friends and Family Will Love!



Katie Chin Margaret McSweeney, foreword

Mexican Chimichurri Burgers

Chicken Tikka Masala Pizza

Professional chef, TV personality and working mom of three, Katie Chin shows you how easy it is to prepare new and exciting meals from many cultures that your family and friends will appreciate. Discover "comfort foods" from around the world and add a touch of international flair to your dinner table!

This book has 170 practical, everyday recipes including the following family favorites:

- Thai Curry Meatball Subs
- Chinese Sesame Peanut Noodles
- Wasabi Mashed Potatoes
- And many more!

This cookbook also provides great ideas for family cultural celebrations with food:

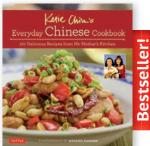
- Chinese New Year's Dinner-featuring TV personality Jeannie Mai [The Real]
- Greek Easter Dinner—with recipes from TV personality and lifestyle expert Debbie Matenopoulos [Hallmark's *Home & Family* Show]
- Cinco de Mayo-with recipes by cookbook author and celebrity chef Jeffrey Saad
- Hanukkah Dinner-featuring recipes by Faye Levy, author and columnist for The Jerusalem Post

Katie learned to cook alongside her mother and it's an experience she now loves to share with her daughter. She hopes to inspire other families to have fun in the kitchen together with these recipes!

Katie Chin co-hosted the national PBS cooking series *Double Happiness*, has been a guest judge on Food Network's *Iron Chef America* and appeared as a contestant on *Cutthroat Kitchen* and *Beat Bobby Flay*. Recently, Katie and her kids teamed up for the online series *Cooped Up Cooking with Katie*—meant to inspire people stuck at home during COVID-19 to get creative in the kitchen. She is the author of *Everyday Thai Cooking* and *Katie Chin's Everyday Chinese Cookbook*.

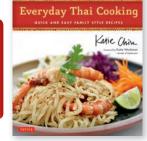


Margaret McSweeney is an avid home chef and the founder and host of the award-winning foodie blog *Kitchen Chat*. She was awarded the International Association of Culinary Professionals "Member of the Year" in 2016.



Katie Chin's Everyday Chinese Cookbook ISBN-13: **978-0-8048-4522-9** \$24.95/\$32.95 (CAD) HC

By the Same Author:



Everyday Thai Cooking ISBN-13: 978-0-8048-4371-3 \$24.95/\$29.95 (CAD) HC



"Chef Katie Chin brings the tastes of the world into our kitchens and onto our plates with her new cookbook, Katie Chin's Global Family Cookbook. It's a delicious celebration of cultures and cuisines." -from the foreword by Margaret McSweeney, Author and Host of the award-winning program Kitchen Chat

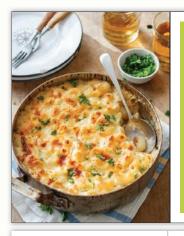
ADVANCE PRAISE FOR THIS BOOK:



"Perfectly seasoned with Katie's passion for both food and culture, this book is fun, entertaining and educational. Her easy-to-follow recipes will give you the confidence to create the international dishes you've always wanted to try." -Roy Yamaguchi, chef & founder of Roy's Restaurant

"Packed full of flavorful and colorful dishes that definitely reflects Katie Chin's personality. Her recipes are easy to follow and will allow any home cook or chef to have success..." -Chef Dorian Hunter, MasterChef Season 10 Winner

"A culinary journey around the world that celebrates our inter national food culture and the acceptance of the global pantry as the new normal for diners and home cooks. Our love of food can be a solution for our cultural blocks around equity in today's America.." -Andrew Zimmern, four-time James Beard award-winning TV personality, chef and writer



FAMILY DINNERS Four Ways



reion Herb Ste

in 1965. Although she was a busy working ceased to treat her family to the traditional of Pereian Steves, Ghormeh Sahni is one of and flavorful, it combines fresh herbs with heef for a vegetarian version. It is especial	γ^{i} m non Diensklohandeh who immigrated from Imm menn of three and alse getting her PBL, she never Persian dishes of her herfage. Known as the King the most popular stews in Persian coldans. Tender kidney beams and beef and can be prepared without γ delicious ever rise and the Penalm delicary called fram of the pot" (recipe on page also given to me		
Serves 4-6 Pres Time 30 minutes also resting time	Soak the dried kidney beans in water for 1 hour in a beet. Drain.		
Cook Time 60-90 minutes	Add z Tablesnesses of the oil to a not or dutch even ever		
1/2 cup (p0 g) dried red kidney beam 1 provid (553 g) heef stere ment, cut into 1 in (2.5	medium-high heat. Add the chopped onions and saute until goldes, about 3-4 minutes. Remove half of the mions and set adds.		
em) onlines A medium vellow suizan, showed	Add the beef cubes and turmeric and saute for 7-8 min-		
i humb picely, factor inner, import i humb nericader bares (silantro), facty shopped i humb drives, facty showed.	utes, until hrowned. Add the reserve dualned boans and 3 cops wates. Cook until the beams are trader and mean is cooked, about 45 minutes to an hour (depending on the tradecess of the mean).		
l cup (40 g) bosh frangverk leaves, stemmed and chopped as 1 Tablespoon dried 1 cup (50 g) fresh spinach, marsely chopped	Meanwhile, poke the Persian limes with a fork and toak in 1 cup of hot water for 5 to 10 minutes. Drain and set aside.		
(Tablespeans all (dried Provins lines Jaire From Liness	Heat remaining 2 Tablespoons oil in a large non-efick skillet over medium heat. Add spinach, chives,		
Liteaspean Darmeric	pareley, cilantre, and femagreek leaves. Saute for 5 to 10		
Dash of classes	minutes, until horbs turn a deep green color.		
Salt, pepper in taske	Transfer the herbs to the not (adding a bit of water if		



but is served in coastal towns all over Pro her hushand Vulcan to Juli him to sleep to	vence as we she could c	iterranean. Its home is considered to be Marseilles. II. Legend has it that Verus served Rouillabaisse to unsort with Mars – a tale and a recipe that are both		
		d cod, this stew is light, flavorful and delicious espe impaniment resille, a classic Provencal sauce.		
Serves 6		LE Sprinkle saffron over hot water in a small cup		
Prep Time: 30 minutes		tand 1 minute. Riend saffron mixture with remain-		
Cook Time: 65 minutes ROUTLLE	ing ingo	edients and 1/g teaspoon salt in a food processor or until exceeds		
(Strassess sally m threads		TONS Put over rack in middle position and prehea		
teaspoon het water		TON'S Pit oven rack in middle position and prenea 1917'F (121 Cl. Arrange bread slices in 1 layer in a		
Tablespoons story braght lish stock		150°F (121 C). Arrange bread sinces in 1 layer in a baking man and brush both sides with sil. Bake		
clores garlie, peeled and minord		tracing pas and truch both eides with ed. Hake en about 10 minutes. Set asido.		
cup (220 g) Mayonnaise				
i teaspoon paprika ninch cavenae neuer		Fie the paraley, thyrae, bay leaf and orange zest		
pinch cayesars pepper transmon salt		with a piece of kitchen twine.		
		sh even or large pot, heat the Extra Virgin Olive Ol		
TROUTONS.		dium heat. Add the union, fennel, leeks and saute		
welve 1/2-iach [1.2 cm] thick bagaette		until softened, about 5 minutes. Add the garlic and tom		
alloss	and cook for 1 minute. Turn heat to high. Add the w			
tablespoon Extra Virgin Olive Oil Ioun		about z minutes or until liquid is reduced by half.		
savies fresh fat leaf sarshy		herb bundle, fish stock, salt and pepper and saffron		
saries fresh Groue	and belo	and bring to a boil. Reduce heat to medium-low and sim-		
i har bul	for 20 m	for 20 minutes. Remore the hech bundle and discard.		
One in this (2.5 x 7.8 cm) strip grante	Increase	Increase heat to high and bring the mixture to a boil. As		
and		the cod, clams or mussels and shrimp and cook until the		
vellow sales, think slowd	seafood	is just cooked through, 7-0 minutes. Place crossens,		
large franci bulb, correl and thinks sliced	at the ho	at the hottom of each serving how!. Divide some evenly int		
look, white part only, sliced		bewis. Top with 1 teaspoon of reuille. Garnish with parsle		
i tomators, peeled, seeded and shopped	and serv	e immediately with extra rouille on the side.		
gatio stores, minced				
s cap [252 ml] white wine				
(cupa (i liter) store bought link stock or class juice				
alt and freshly ground black pepper to				
laste				
pinch saffree threads record (453 c) small classs (each as				
cockled or manuels, draned and debrarded				
debearded ; pound (116 g) large shrimp in shells				
i pound (110 g) harge through in the fits 1 i nounds (190 c) and ar other white fich.				
cut into 2 inch 15 cml sieces		COOK'S NOTE		

Bouillabaiss









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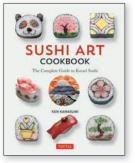
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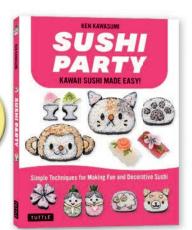




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Sushi Party

Kawaii Sushi Made Easy!

Ken Kawasumi

The ultimate finger food-cute and colorful pieces of sushi are perfect for entertaining!

Easy to eat, gorgeous to look at, and healthy too-it's no wonder sushi is Japan's favorite food. This book brings to life simple techniques for creating kawaii sushi creations that will delight everyone who sees them!

Renowned Tokyo-based sushi chef Ken Kawasumi has assembled 55 recipes for all kinds of super-cute sushi:

- Adorable animals including turtles, monkeys, swans, pandas and dolphins
- · Fabulous flowers including hibiscus, cherry and chrysanthemum blossoms
- Colorful rolls made to look like the autumn sky, Japanese dolls and watermelon slices
- Stunning rice-bowl sushi art including a breathtaking landscape of Mount Fuji!

Every recipe has detailed step-by-step instructions and photographs to show the assembly process and the finished dish. There is also a comprehensive guide to basic sushi rice preparation, sushirolling techniques and handling seafood safely.

If you're looking for a crafty way to liven up a special occasion and impress your friends, look no further!

Ken Kawasumi began honing his craft at the age of sixteen. He is the principal lecturer at the Japanese Sushi Institute and the founder of the "Decorative Sushi" movement in Japan.



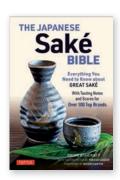




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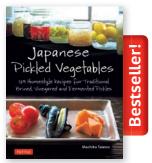
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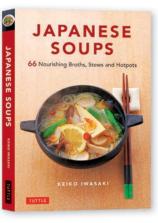
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Japanese Soups 66 Nourishing Broths, Stews and Hotpots

Keiko Iwasaki

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All her soups are made fresh using healthy ingredients like konbu seaweed, miso paste, shaved bonito flakes and shiitake mushrooms—so they are additive-free, low calorie and gluten-free.

Iwasaki begins by presenting her four simple rules for making well-balanced and flavorful soups:

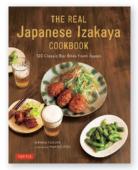
- . How to make the 3 types of dashi stock that form the basis for all Japanese soups
- The 3 basic seasonings that make Japanese soups truly delicious
- The 3 types of aromatic flavorings that add depth and complexity to soups
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Each recipe has clear photos of the main ingredients along with an easy step-by-step cooking method and critical nutritional information—plus a yummy color photo of the finished soup!

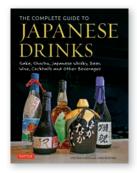
Keiko lwasaki is a popular food writer who has published many cookbooks in her native Japan. Several of her books, including *Learning Japanese Home Cooking from Zero*, have been translated into other languages.



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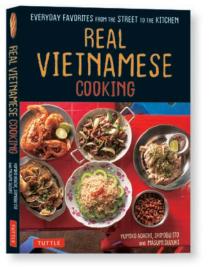
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Real Vietnamese Cooking

Everyday Favorites from the Street to the Kitchen Yumiko Adachi Shinobu Ito Masumi Suzuki

Real Vietnamese Cooking combines the collective wisdom of three intrepid food explorers who spent years training with Vietnam's best chefs while scouring city streets and country kitchens in search of authentic dishes that few foreigners get to experience. They introduce readers to the sheer variety of Vietnamese cooking—88 tasty and accessible recipes in all—and show you how to prepare each dish at home.

Along the way, you'll learn the origins and background of Vietnam's rich culinary heritage. Through personal accounts from the authors, you'll get an inside look at Vietnam's unique food culture and learn why it is now one of the world's most popular cuisines.

In this book you'll read about:

- The surprisingly short history of pho noodle soup
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- The amazing dishes served at working class lunch counters

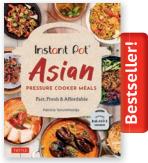
Fusing traditional classics with street-savvy secrets and of-the-moment trends, *Real Vietnamese Cooking* offers a treasure trove of recipes you'll turn to again and again.

Yumiko Adachi is the owner of Maimai and Ecoda Hem—two Vietnamese street food-inspired restaurants in Tokyo.

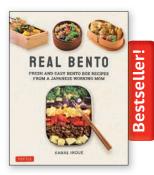
Shinobu Ito has shared her love of Vietnamese food in her popular cooking classes, as well as on television and in magazines in her native Japan.

Masumi Suzuki trained as a chef for two years in Vietnam. She is the owner of Kitchen, a Vietnamese restaurant in Tokyo.

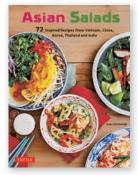
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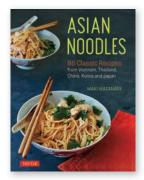
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The Ever-Evolving Bánh Mì Sandwich

A world-Famous Tre

It's been about 20 years since 1 had my first binh mi. Things ure have changed since th Now you can pick up binh mi at sandwich, oboyc and retaisarism throughout plans, Fran the United States, Canada and Australia, hu countries where Ventanusee peopel perturai emigrated. In Vietnam, bagarette are served with steved mean and wegatables, dipped int neodle scops, eaten with site fries to sogu up issue or nibiled as a drakking apperizer.



bread is also steamed, topped with meat sauce and eaten wrapped in leafy vegetables or serve as a snack with ice cream sandwiched in it.

What is a Tradicional Bank Mo The pork liver pate bank mi is perhaps t most basic. Ham hocks, steamed grouns shredded chicken or pork and meatbalk

ally tropped with a sprinkling of Vietnames or sunce called mote turing (page 3), which the same as Thin transmitting same. Marinates the same as the strength of the same and the same are then added for your too. At breach the same are then added for your too. At breach the same are then added for your too. At the same the same same same same same same same too the same same same same same same too the same same same same same same too the same same same same same same that specialize in our type of hindm in only, through new types of hindm in are being comtinuously developed in Vietnam and second

14 Real Viecnamese Cecking

Salawich Den Made

Itizonal, "Add school" birkin mis, ee or fertwerted bink mis, and at self them—have arrived. Chic gens, deltvery couldy labih mi selfnational chains are just some of school and the school and the n, long bread that is the speculaty excloperents. Ehait Phong also dy nationwide, and pressed host an im stalls have copped up too. a new type of binh mi to discover visit.



9 Break the eggs into a bord and beat well. Add the Sissemeng point the dil and tomation, and mix well in the dil and tomation, and mix well as head the oil in a small Frying and Add the eggs institute and mirit around the pain. When it is an interior to see, file point in the and mirit around the pain. When the into its wedges, and the well wells. The and the and the well whenghs, Sprend the cumerica with burster. Put a of the monitories welges in each hagent of the two the barden manifolds.

Dill-and-Tomato Omelette Bánh Mi



BBER PS Strickrickes 67















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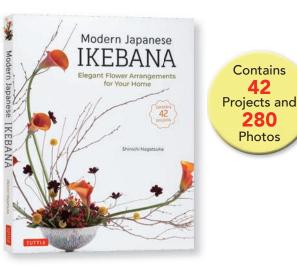
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Modern Japanese Ikebana

Elegant Flower Arrangements for Your Home

Shinichi Nagatsuka

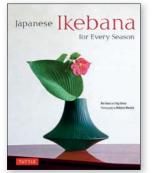
Award-winning flower designer Shinichi Nagatsuka shows you how to create stunning arrangements using his signature "N Style" method. Easy to follow, it is based on the simple concept of accent lines rather than the complex set of rules normally used for traditional Ikebana.

Accent lines are the outlines of floral arrangements—which simply means that vertical plants require different arrangements from horizontal or round ones. By understanding how the shapes of flowers and plants affect your designs, and how to adjust these with a few tricks, you'll learn to dramatically improve your arrangements to achieve the desired look and feel.

With over 280 color photos and 42 projects, *Modern Japanese Ikebana* unlocks the mysteries of Ikebana without the need to take an expensive course. By following the "N Style" method, you can bring a natural flow to your arrangements, achieving balance and an overall harmony of design.

Shinichi Nagatsuka is an award-winning floral designer and the author of Tuttle's *Easy Ikebana*. Currently, he is the managing director of Yamato Florist in Yokohama and the president of N Flower Design International.

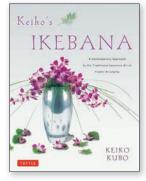
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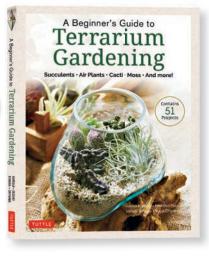
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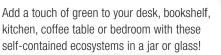




A Beginner's Guide to Terrarium Gardening

Succulents, Air Plants, Cacti, Moss and More!

Sueko Katsuji • Motoko Suzuki Kazuto Kihara • Yuya Ohyama



A Beginner's Guide to Terrarium Gardening teaches you how to create your own glass container gardens with easy-to-follow instructions and over 230 inspiring photos.

With this guide in hand you'll learn all the basics, including how to:

- Decorate your spaces using a variety of different plants
- · Design terrariums with striking and dramatic looks
- Choose the right containers for your plants
- Care for a variety of plants including low-maintenance ones like succulents, air plants and mosses



This book presents 51 projects that show you how to create a wide variety of terrariums—from open-air containers like bowls and vases to jars and hanging pendants. No matter how you choose to display them, terrariums are a fun, easy and inexpensive addition to your home or workspace.

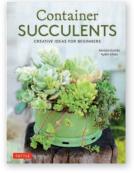
Sueko Katsuji is a plant and landscape stylist who designs arrangements and displays using plants and dried flowers. She also is a writer and teaches plant and flower arranging techniques.

Motoko Suzuki is a florist, flower designer and proprietor of Tokyo Fantastic Omotesando, a store based on the concept of "Flowers, Green and Great Japanese Items."

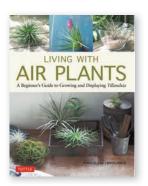
Kazuto Kihara designs and creates displays and installations using live plants and is the founder of Green Bucker, a company based on the concept of "True Healing."

Yuya Ohyama is manager and designer at the indoor green (plants and design) brand PiantaxStanza, and has developed everything from gardens for private homes to large rooftop gardens for commercial buildings.

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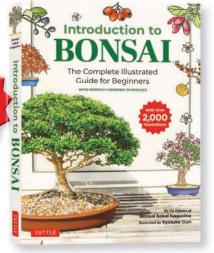


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Introduction to Bonsai

The Complete Illustrated Guide for Beginners

Bonsai Sekai Magazine Kyosuke Gun, illustrator

Prepared by the editors of Japan's popular Bonsai Sekai (Bonsai World) magazine, this practical guide demystifies the art of Bonsai cultivation—showing you how to plant and maintain beautiful Bonsai by following a few simple procedures. It covers every aspect of Bonsai gardening from seeds to root systems to basic pruning and watering techniques.

Introduction to Bonsai contains all the information you need to create and maintain Bonsai for many years:

- Leaves, fruits, flowers and roots are presented up-close to help you understand how Bonsai plants work and to make growing and upkeep as easy and foolproof as possible
- Detailed diagrams show you exactly how to do the pruning, wiring, watering and other maintenance work needed to keep your Bonsai healthy and beautiful
- Clearly-drawn illustrations show every part of the Bonsai plant and root systems to ensure that you can see everything you need to know
- Includes vital monthly schedules for transplanting, watering, pruning and other tasks

Bonsai Sekai (Bonsai World) is the leading Japanese magazine for Bonsai lovers. Over the years, it has brought together practitioners from around the world to share techniques, organize exhibitions and foster a love of Bonsai cultivation and appreciation.

Kyosuke Gun has been a botanical illustrator and Bonsai practitioner for nearly fifty years, raising approximately 450 Bonsai species and 5,000 plants over five decades of cultivation.



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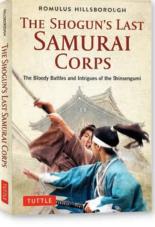
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"Power to them meant everything. It was founded on courage, which begot honor. And by this courage and for this honor they fought to the death."

The Shogun's Last Samurai Corps

The Bloody Battles and Intrigues of the Shinsengumi

Romulus Hillsborough

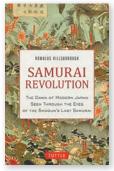
The Shogun's Last Samurai Corps tells the thrilling story of the Shinsengumi—the legendary corps of Samurai warriors tasked with keeping order in Kyoto during the final chaotic years of the Tokugawa Shogunate on the eve of Japan's modernization. This book recounts the fascinating tales of intrigue, murder and mayhem surrounding the fearsome Shinsengumi, including:

- The slaughter at Ikédaya Inn where, after learning of a plan to torch the city, a group of Shinsengumi viciously attack and kill anti-Tokugawa plotters
- The assassination of Serizawa Kamo, the Shinsengumi leader, under suspicious circumstances
- The final tumultuous battles of the Japanese civil war in which the Shinsengumi fought and died in a series of doomed last stands

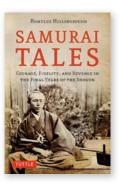
Military history buffs and anyone with an interest in Japan will enjoy this book. The period and the battles it describes provided the backdrop for the film *The Last Samurai* starring Tom Cruise.

Romulus Hillsborough appears frequently on TV and radio as an expert on Japanese history and culture, including *The History Channel* and *NHK* television. Fluent in spoken and written Japanese, he is the author of *Samurai Revolution* and *Samurai Tales: Courage, Fidelity and Revenge in the Final Years of the Shogun*.

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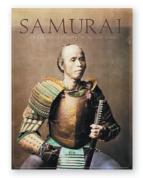
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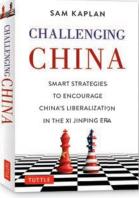
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Challenging China

Smart Strategies to Encourage China's Liberalization in the Xi Jinping Era

Sam Kaplan

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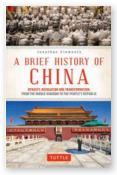
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- How and why U.S. responses up to now have been ineffectual and counter-productive
- Climate change policy and how cooperating with China on this issue can work in our favor
- And much more!

Sam Kaplan has many decades of experience in international policy and issues relating to China. As president of the Trade Development Alliance of Greater Seattle, he was a key member of the host committees for the visits of Presidents Hu Jintao and Xi Jinping to the city. He has traveled to China frequently and publishes a weekly newsletter, *International Need to Know*, read by policy makers, CEOs, NGOs and cultural influencers, and featuring articles on China policy, and related issues.



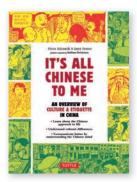
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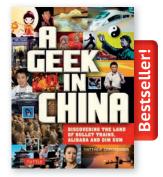
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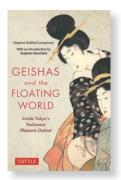


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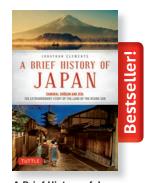


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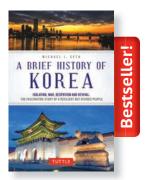
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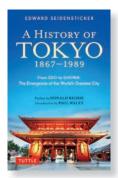
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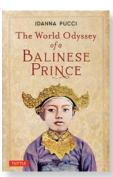


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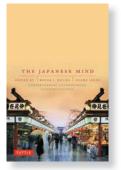


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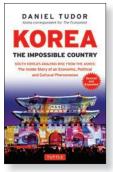
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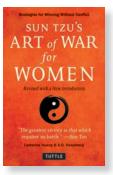


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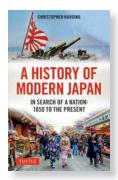


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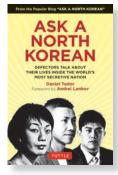
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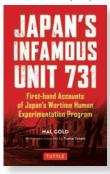
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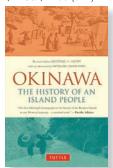


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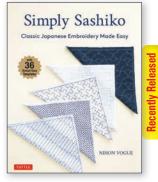
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Clear lessons demonstrate the basic stitches and provide tips for tracing the templates, making it easy to embroider these designs even if you've never picked up a hoop and needle before.

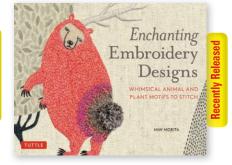
The delightfully decorative projects in this book include:

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- A notebook cover and a keychain charm
- And much more—30 projects in all!

SVE

Kozue Yazawa is an embroidery instructor and designer inspired by the views from her home town of Yokohama, Japan and traditional French embroidery style and motifs. She posts many of her design ideas on her blog **yazawado.theblog.me**.





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Eriko Teranishi

Bring the hygge home with these chic and cozy chunky knit projects that are as easy as they are fun!

This book shows you how to use jumbo knitting needles and crochet hooks, or just your hands and arms, to create fun and trendy accessories for yourself and your friends. Even if you're a beginner, this book is for you. Chunky knitting uses thick yarn, so it's easy to work with without worrying about being too precise.

The effect is intentionally lumpy and thick—hence the name "chunky knits." These projects are all very easy and the results are totally charming!

The 23 exciting projects in this book include a wide variety of accessories such as:

- A comfy cable knit neckwarmer
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Illustrated step-by-step lessons in the basics of hand & arm knitting, chunky knitting and chunky crochet take you through each project. Captivating images of the finished pieces provide ample inspiration.



Eriko Teranishi is a handicraft designer and author. She worked as a children's product designer for Sanrio—the Japanese brand behind *Hello Kitty*—before moving on to freelance design. She has published many books in her native Japan, including Tuttle's *Finger Knitting for Kids*.

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Creative, as well as practical, mending is a source of pleasure and an eco-friendly lifestyle choice. Instead of buying more stuff with less meaning, this book shows you how to restore and repurpose the things that you love. Even as "fast fashion" has expanded, mending has re-emerged as a popular, environmentally-friendly movement all around the world.

Noriko Misumi is an author, magazine stylist, window display designer and an instructor in decorating and crafting for the home. She is the author of *Joyful Mending*.

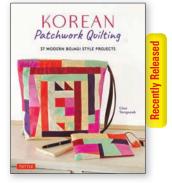
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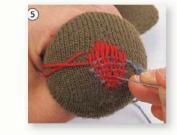
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"Turning tears and flaws into beautiful features using a few easy sewing, darning, felting and crochet techniques, Misumi shows you how to add character to your clothing, helping you to save money and make life more

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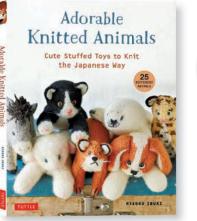
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Adorable Knitted Animals

Cute Stuffed Toys to Knit the Japanese Way

Hiroko Ibuki

This collection of 25 captivating stuffed toy animals includes everything from popular pets to farm and zoo animals. Made with soft materials and adorable expressions, these cuddly companions make perfect gifts for newborns, grandchildren and animal lovers of all ages. While some fit into the palm of your hand, others are in huggable sizes up to 16 inches (40 cm).

The irresistibly cute stuffed animals in this book include:

- Beatrix the Rabbit
- William the Penguin
- Winston the Sloth
 Mimi the Dormouse
- Harry the Hedgehog
- And many, many more!



Detailed instructions and photos show you how to make each animal, while a set of basic steps for key stitches makes the process easy. Clear explanations of the knitting charts and symbols explain the basics of Japanese-style knitting. Plus, the lifelike animal fur patterns in the knits add fun and personality to your finished pieces.

When creating these stuffed toys, author Hiroko Ibuki studied the details of each animal—striving to make them cute while capturing their innate characteristics. The result is a collection of charming designs full of personality with lots of room for personal creativity.

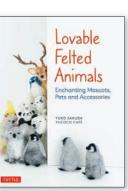
Hiroko Ibuki is a well-known designer, instructor and author in her native Japan. She is active on television, on Ravelry.com and in print media. Known for her elegant designs and originality in the use of color, Ibuki has authored many books focusing on knitting for children.

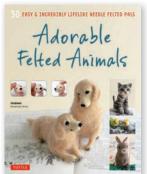
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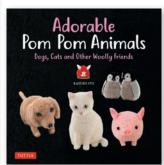
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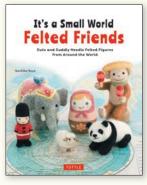




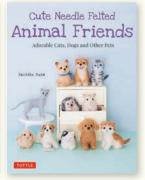
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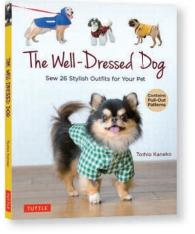


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The Well-Dressed Dog

Sew 26 Stylish Outfits for Your Pet

Toshio Kaneko

Make your canine kids look stylish while keeping them warm, protected and comfortable! Pull-out patterns with full-size templates for tracing are included, and illustrated lessons walk you through the basics of sewing these charming outfits for your four-legged friends.

The patterns can be adjusted to suit dogs of every size and shape, making it easy to dress a Retriever and a Pug in the same style. Simple instructions for measuring your pup and options to create pieces with different

fabrics that will work for every pet, climate and season make this the complete resource.

The adorable and practical outfits in this book include:

- · Long and short-sleeved sweaters
- A whimsical dress with a tulle skirt
- Adorable capes, bowties and collars
- A protective rain cape
- · Easy-on-and-off shirts
- And more—26 in all!

Toshio Kaneko is an author, menswear designer and dog-lover. In 2001, he established Serio Pattern, a company specializing in apparel pattern-making, as well as the Japanese pattern shop Fleur (www.katagami-fleur.com).





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Amazing Japanese Crochet Stitches

STITCH DICTIONARY AND DESIGN RESOURCE



Amazing Japanese Crochet Stitches

A Stitch Dictionary and Design Resource

Keiko Okamoto Cassandra Harada, translator

In ths invaluable reference guide, designer Keiko Okamoto presents an incredible array of 156 different stitches ranging from elegant to funky and everything in between!

Amazing Japanese Crochet Stitches includes versatile stitch patterns that can be used in just about any piece. Whether you want an Irish lace in creamy neutrals or stitches that

stand out for their unusual shapes and dimensions, this book has it all. You'll find designs for distinctive yarns, unique applications and some amazing edgings.

Seven practice projects help you cut loose with creative crochet projects that include:

• Two elegant, lacy shawls

A bohemian vest in neutral tones

• The most one-of-a-kind bag you'll ever see!

- Two fun flowery necklaces
- A wildly embellished rainbow scarf



156

Stitch Patterns

and <mark>7</mark> Practice

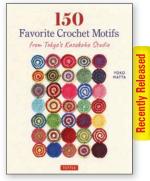
Projects

A technical section demonstrates the stitches step-by-step so readers can become familiar with crocheting the Japanese way.

Keiko Okamoto has authored many books in her native Japan covering everything from clothing for women and children to knitted accessories and housewares. She is known for her colorful, unusual stitch patterns, making her work extremely popular on Ravelry.com.

Cassandra Harada is a fiber artist living in Tokyo who spends most of her time knitting, spinning and raising sheep for wool. Originally from the US, she has lived in Japan for fifteen years. She teaches knitting and spinning in Japan and America and occasionally publishes her own design work.

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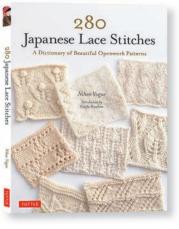
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280 Japanese Lace Stitches

A Dictionary of Beautiful Openwork Patterns

Nihon Vogue Gayle Roehm, introduction

280 Japanese Lace Stitches is an amazing new resource for knitters. This book is filled with literally hundreds of beautiful lace patterns including leaf patterns, diamonds, circles and waves—perennial favorites that can be applied to all sorts of projects, from sweaters to blankets.

Eleven sample projects give you a chance to try some of these patterns right away. These include:

- A stripe-textured shawl
- Handwarmers with a circle pattern
- A short cowl

- A versatile winter hat
- A rectangular shawl in a leaf no
- And morol
- A rectangular shawl in a leaf pattern
- And more!

Japanese knitting guru Gayle Roehm introduces the patterns and explains the ins and outs of Japanese knitting. A handy index allows you to search for patterns by the number of steps and stitches required. A section on how to read the charts and symbols takes you step-by-step through the instructions in this book.

Nihon Vogue is one of Japan's preeminent publishers of books on handicrafts, with a long history and thousands of titles on knitting, sewing, quilting, embroidery, paper crafts, painting and more.

Gayle Roehm lived in Japan, studied the language, and has knit from Japanese patterns for most of her knitting career. She is the translator of the *Japanese Knitting Stitch Bible* and *250 Japanese Knitting Stitches*.





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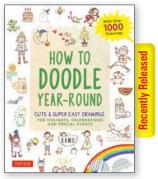
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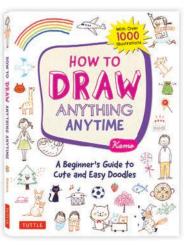


By the Same Author:



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How to Draw Anything Anytime

A Beginner's Guide to Cute and Easy Doodles

Kamo

Author and artist Kamo is back—showing you how to draw anything your heart desires! These cute, eve-catching and simple drawings with easy step-by-step instructions are sure to inspire readers of all ages to sit down and start doodling immediately.

Begin with a line or squiggle, then turn it into a face, an animal or anything else your imagination conjures up. The point is just to draw-anytime, anywhere, anything-and most of all, to have fun while doing it!

With over 1,000 examples, How to Draw Anything Anytime shows you how to draw almost everything:

- People of all ages, shapes and sizes
- Clever borders for decorating edges
- Astrological signs and zodiac animals
- Japanese and western alphabet lettering
- Transportation, whether by submarine, bus or UFO
- Animals from sea otters to giraffes and turtles to sloths
- · Food and drinks including coffee, popcorn, sushi and other appetizing treats

The adorable images in this book provide inspirational ideas for hand decorated bookmarks, bags, cards, invitations, notebooks, window hangings and more. Sample cartoon strips show you how to incorporate your doodles into a bigger project-digitally or on paper.

Kamo is a freelance illustrator who works on everything from characters and advertisements to videos and consumer products. She teaches illustration courses in Japan and internationally. Kamo is the author of How to Doodle Everywhere and How to Doodle Year-Round.



With their big expressive eyes and oversized heads, doll-like Chibi manga characters are beloved the world over!

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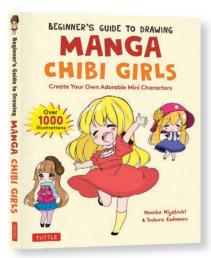
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Beginner's Guide to Drawing Manga Chibi Girls

Create Your Own Adorable Mini Characters

Mosoko Miyatsuki Tsubura Kadomaru



This book shows artists of all ages how to create your own kawaii characters in six easy lessons. Step-bystep instructions walk you through the basic body proportions and facial expressions. Once you've mastered these, you'll learn how to add hairstyles and costumes and how to pose them in fun positions—jumping for joy, flying through the air or hugging a friend.

This all-in-one guide includes everything you need to draw adorable Chibi characters:

- Photo tutorials let you look over the authors' shoulders as they create original Chibi
- · Before-and-after comparisons help you pinpoint mistakes and avoid common pitfalls
- · Step-by-step progressions show you how to create a range of different head-to-body ratios

Follow along as professional manga artists Mosoko Miyatsuki and Tsubura Kadomaru guide you through the essential steps and provide you with a treasure trove of tips and examples. Before you know it, you'll be creating super-cute Chibi of your own!

Mosoko Miyatsuki studied manga, anime and character design at Nihon Kogakuin College. Her professional work has included web manga series, video game character development and illustrations for many how-to draw books.

Tsubura Kadomaru mentors artists in the gaming and animation industries and is studying oil painting at Tokyo University of the Arts with a focus on visual expression and the golden age of contemporary art.



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Learn to Draw Manga Women

A Beginner's Guide

KYACHI

Professional manga artist KYACHI offers aspiring artists her easy-to-follow guide to drawing strong and expressive manga women. Aimed at beginners, this book is meant to dispel any fears and wipe away any hesitation, so you can draw with confidence.

KYACHI presents a series of easy step-by-step lessons showing you how to draw the female skeleton, muscles and physical structures in a clear and simple way.

In this detailed how-to guide you'll also learn:

- · How to create compelling characters with eye-catching action poses
- The basics of contrapposto (how the body's weight normally rests on one leg)
- · How to master traditional freehand drawing as well as digital drawing techniques
- · Hundreds of helpful expert tips that only the pros know

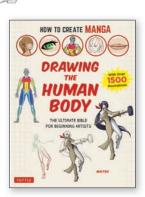
Individual chapters cover all the basic positions and poses—standing, sitting, reclining, walking, running and jumping. Additional techniques like how to draw realistic creases in clothing and how to add colorizing effects are also included.

KYACHI is a graduate of the design school at Joshibi College of Art and Design. She started out creating illustrations for books and games before moving on to a freelance career. Her original online course on contrapposto has been consulted by more than 100,000 aspiring artists.

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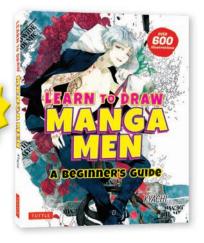
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Learn to Draw Manga Men

A Beginner's Guide

KYACHI

The male form is the focus here—twisting, leaping and tumbling in dramatic action sequences!

Master manga and anime artist KYACKHI shows you the professional secrets Japanese artists use to create dynamic motion in their male characters. A series of detailed tutorials show you how to draw the masculine form in every possible position and situation.

Individual lessons cover standing, sitting, reclining, walking, running, kicking, pitching, swimming, dribbling

and sparring. A rogues' gallery is also included, showing you how to create dastardly villains armed with weapons and ready to rumble.

By following the lessons in this comprehensive guide, you'll be able to:

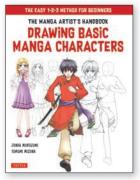
- · Capture eye-catching movements and create powerful action scenes
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- · Follow the author's lead as you craft your own colorful characters to tell a story
- Learn variations on standard poses to make your characters more real

By following the lessons in this book, you'll soon be able to create your own detailed male heroes to star in your graphic novels and anime!

KYACHI is a graduate of the design program at Joshibi College of Art and Design. She started out creating illustrations for books and games before moving on to a freelance career. Her original online course on contrapposto has been consulted by more than 100,000 aspiring artists.



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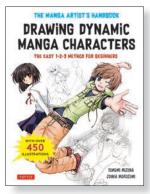


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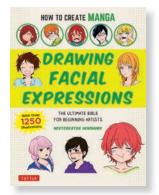
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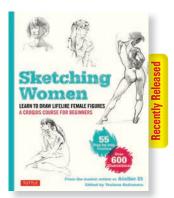


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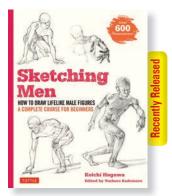
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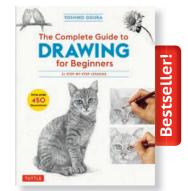
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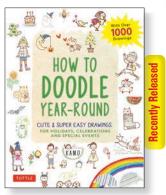
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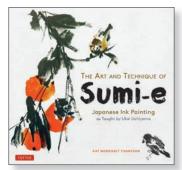




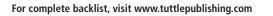
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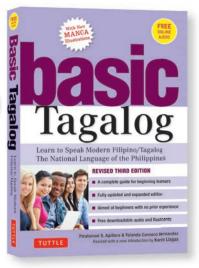
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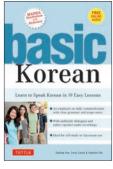
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Paraluman Aspillera was the Director of the Institute of Filipino Language and Culture at Philippine Women's University and a professor of Pilipino and Philippine Literature at the Institute of Asian Studies, University of the Philippines. She served as Executive Secretary and Director of the UNESCO-sponsored Akademya ng Wikang Pilipino.

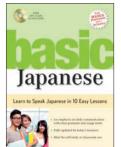
Yolanda Canseco Hernandez holds an M.A. in English and a B.A. in literature and journalism. She taught for over 10 years at the Philippine Women's University and the Institute of Filipino Language and Culture.

Karen Llagas is a poet, translator and lecturer in Filipino at the University of California, Berkeley. She is a recipient of the Filamore Tabios Sr. Memorial Poetry Prize and a Hedgebrook residency.

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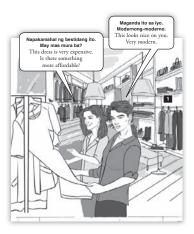
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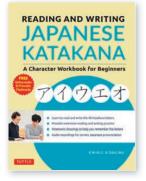
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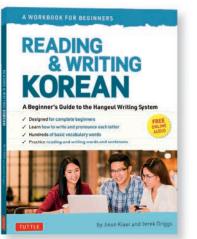
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$\begin{array}{l} \begin{array}{l} \begin{array}{l} y_{ab} \\ y_{ab} \end{array} & y_{ab} + y_{b} = 2\beta \\ b_{ab} \mbox{ and } y_{ab} $				
(2 Pastles with 7)				
$\begin{array}{l} y_{gh}\\ g + uh = guh\\ \end{array}$ The combines the word of the concentration h is and the record f that make the with the with the uh (due).				
REVIEW				
The following words are comprised of syllables you have beened. Try to award them out, and then use the nomanization to check your promanciation. Then, use the writing boars to practice writing the words.				
201 putrice (peom) spider				
거 미				
2709 gohgooma (goguma) www.porano				
毎年の dooroomee(durum) envire				
고리 gotree (got) chain				
고 리				
니구리 nuhgcol (heogur) second				
네 구 리				
7(2(2) genutare (ginagi) geose				
Ap-L2 noorah (numa) older sister (of a bos)				
26				

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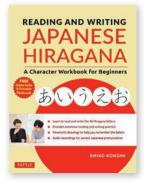
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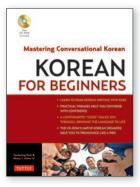
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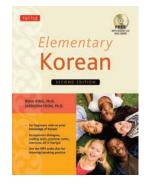
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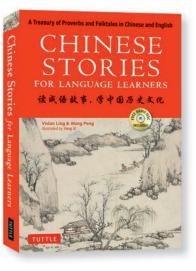
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Like virtually an immosi poets and artists in Chinese noswy, use anos Wen Yuke (1018-1079) mada a living as a government Official. He held a rather undistinguished post in a poor backwater area in present-day Shaanxi province, but that was just fine with him because bamboo—his passion—grew abundantly in that area. He would often go to a place called Tall Bamboo Valley with his wife to gaze at the bamboo, paint them and enjoy dishes prepared with bamboo shoots. This in itself was not all that unusual. What was eccentric about Wen Yuke was that he and an una unasua. What was created about the nucleous and weather conditions. Under the scorching sun or in the freezing snow, he would be out amongst the bamboo meticulously observing them. His coursi Su Shi visited him at his post and knew that he was a "bamboo fanatic." Su Shi

visited mit at nis post and she'w man re was a sommoo ramate. Su sin even teased hims about if in their correspondence. But life is unpredictable. Just as Wen Yuke's idyllic life seemed set, he was promoted to a post near the capital. Su shi was happy at the news and looked forward to spending more time with Yuke, to enjoy drinking, writing postty and painting together. Unlike other mem who focus on ad-vancement, however, Wen Yuke's heart sank, and he fell ill on the way to bie new next are directed award. his new post and passed away.

事出自《吕氏春秋》,一部集合了各家学派、<u>以</u>历史哲学<u>为主</u> 的<u>汇编著作</u>。当时(约公元前239年)各个<u>诸侯国</u>之间<u>冲突</u>不

断, 混乱不堪, 文人们最为关切的就是"国君如何成为一位

在"掩耳盗铃"的原文中,作者在<u>讲述愚蠢</u>的小偷盗窃大

明君",而这一主题贯穿了整部《吕氏春秋》。

239 B(E), a compendium of writings from all fields of scholarship, but primarily history and philosophy. One dominant theme was "how to be a good ruler," the number one concern of scholars at a time rife with strife

In its original context, the parable about the brainless thief was pre-In its original context, the parable about the brainless thief was pre-ceded by a presemble asserting that the most pernicious failing of con-temportary rulers was being runn of their own shortcomings. This assertion is substantiated by a long list of contrest examples. In contrast to the rulers of the time, all the wise kings of the Golden Age understood that it is human nature to be blind to one's own faults, all the more so





230 CHAPTER TWENTY ONE



The	The Chinese Proverb			
井	底	Ż		
jĭng	dĭ	zhī		
well	bottom	(prepositi		

4 1
Literal meaning: The frog at the bottom of a well
Connotation: A person with a very limited outlook who takes pride in his own ignorant complacency.
The original source: "Floods of Autumn," a chapter in Zhuang=i (4th-3rd century $_{BCE})$ 《庄子•秋水》

蛙 wā fro

	善辩 néngyán shànbiàn	skillful at speaking and debating
2. 崇拜	chóngbài	to worship, to revere
3. 圣贤	shèngxián	sage
4. 学问	xuéwen	knowledge, learning
5. 无话	可说 wú huà kě shuō	to have nothing to say, to be speechles
6. 困惑	kùnhuò	befuddled, perplexed
7. 茫然	mángrán	at a loss, in the dark
8. 自夸	zikuā	to boast
9. 叹气	tàngì	to sigh
10. 仰头	yăngtóu	to raise one's head, to look upward
11. 废井	fèijing	abandoned well
12. 登	biē	turtle
13. 壁	bì	wall
14. 砖组	zhuänfèng	crevice between the bricks
15. 浮	fú	to float, to buoy
16. 属于	shŭyú	to belong to
17. 体验	tīyàn	to experience firsthand
18. 好奇	hàoqí	to be curious
19. 膝	xī	knee
CHAPTER	HREE	

胸有成竹

在中国文化里,<u>梅、兰、菊、竹</u>分别代表最受人<u>敬重</u>的四种 <u>美德</u>,而竹代表的是<u>坚韧</u>、正直、<u>简朴</u>和谦逊。因此, 竹子 很自然地成为了中国绘画里最常见的一个主题,而人们一般 认为能画好竹子的人也有这些美德。"胸有成竹"说的是历 史上有点古怪的一位画家的真实故事,而讲故事的人是画 家的<u>表弟</u>, 宋朝<u>家喻户晓</u>的大<u>文豪</u>苏轼(1037-1101)。

这个成语故事里的画家名叫丈与可(1018-1079)。像中国 历史上有名的诗人与画家一样, 文与可也是靠在朝廷里做官 来维持生计。当时, 文与可在今天陕西省一个比较偏僻的地 方做官,不过他挺开心的,因为那里到处生长着什子,而文 与可对竹子很<u>痴迷</u>。丈与可常常和妻子到一个叫做"筼筜谷" 的地方去赏什. 画什, 吃用什笋做的菜。在别人眼里, 这都 没什么不正常的, 而有些古怪的是文与可一年四季的生活都 离不开竹子。不管是烈日炎炎还是冰天雪地, 丈与可都要到 竹林里去, 仔仔细细地观察竹子在不同的自然环境里的姿 态。表弟苏轼曾经到丈与可任职的地方拜访过表兄、知道 他是个"什痴", 甚至在他们的通信中拿这件事儿开玩笑。

世事难料。就在文与可安心过着田园生活的时候,却 被调往京城附近, 升任新的官职。苏轼非常兴奋, 期待与表 兄一起饮酒赋诗作画, 共度更多美好的时光。不过, 文与可 跟看重官职的人不一样, 告刑田国生活让他十分难过, 结果 他在赴任的路上病倒了,不久就去世了。

The Bamboo Painter with Real Bamboo in His Heart 37

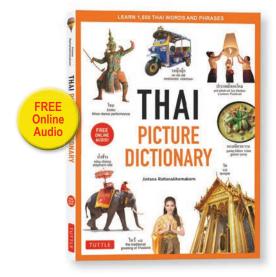


20. 绊住	bànzhù	to be entangled or stuck
21. 叠加	diéjiä	to pile up
22. 涝灾	làozāi	flood
23. 大早	dàhàn	great drought
24. 目瞪口呆	mùdèng kõudāi	stupefied
25. 凭	píng	on the basis of
26. 玄妙深奥	xuánmiào shēn'ào	abstruse and profound
27. 哲理	zhélĭ	philosophic theories
28. 背	bēi	to carry on the back
29. 本事	běnshi	skill, ability
30. 到头来	dào tóu lái	in the end



Like a Frog at the Bottom of a Well 33

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แกงเขียวหวาน gaeng khĭaw wăan green curry (usually sweet and mildly spicy)



ต้มยำกุ้ง *tôm-yam gûng* spicy shrimp soup

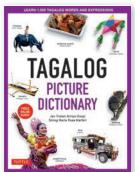


ผัดไทย *phàt-thai* fried noodle (pad Thai)

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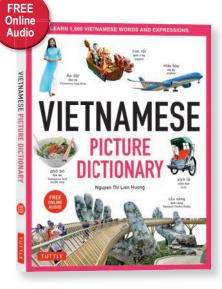


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นั่งช้าง nâng cháang elephant ride

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cà phê Viêt Nam kàh feh V-yet Nam Vietnamese coffee



chúc chóok to express (good wishes)



Tết Trung thu Tét J'oongm too Mid-Autumn festival



thư pháp tou fáp calligraphy

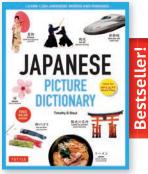


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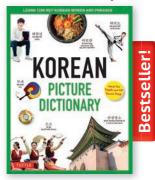


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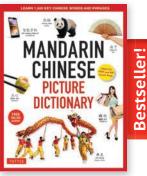




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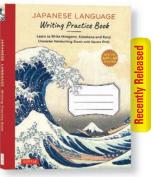


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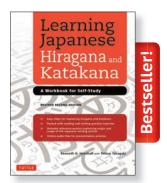


Áo dài Ów zỳ Vietnamese long dress

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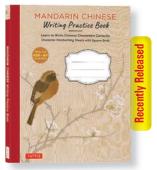


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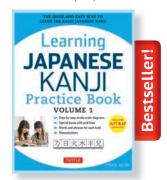


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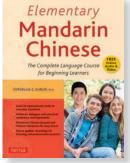
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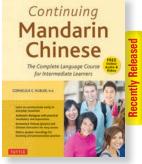
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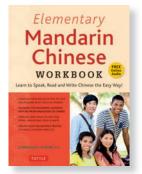


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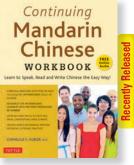
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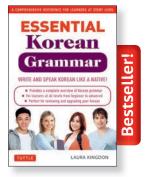


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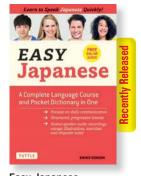


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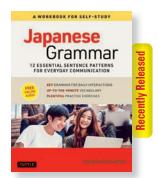
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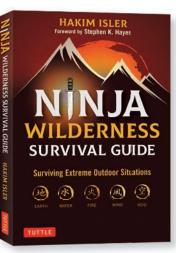
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Ninja Wilderness Survival Guide

Surviving Extreme Outdoor Situations

Hakim Isler Stephen K. Hayes, foreword

If you find yourself in an extreme situation—while wilderness camping, hiking or adventuring off the beaten path—a fundamental understanding of your surroundings can make the difference between life and death.

By harnessing the powers of nature, the Ninja built a legendary reputation as survivalists with an ability to thrive in even the most inhospitable situations. By studying their

ancient philosophy and techniques, alongside modern science, you can prepare yourself to survive in any outdoor environment.

Over 135 color photos and 60 infographic illustrations detail these practical, time-tested methods, while the foreword by Ninjutsu master Stephen K. Hayes masterfully connects the past to the present.

The basis for Ninja survival skills comes from the Buddhist philosophy of the five elements: Earth, Water, Fire, Wind and the Void. By understanding how the elements relate to the human body, the formula for survival becomes clear.

- Earth protection from the elements using trees, leaves, dirt, grass and vines to build shelters
- Water effectively cool off when overheated and avoid dehydration
- · Fire properly use fire to warm the body and to purify water by boiling it
- Wind harness the power of wind to ventilate shelters, smoke meat and help build fires
- · Void apply knowledge and creativity while developing a survival plan

The foreword by Ninjutsu master Stephen K. Hayes masterfully connects the past to the present and provides valuable insights for surviving in the wilderness.

Hakim Isler, known as "The Black MacGyver," is a decorated combat war veteran, fifth-degree black belt, certified close-protection specialist and professional self-defense and combat weapons instructor. He has appeared on the Discovery Channel's *Naked & Afraid* and Fox's *Kicking & Screaming*.

Stephen K. Hayes served as the Dalai Lama's personal protection escort and security advisor for many years. He is a member of the Black Belt Hall of Fame and a recipient of the Martial Arts Industry Association (MAIA) Lifetime Achievement Award. He is the author of Tuttle's *Ninja Fighting Techniques, The Ninja Defense* and *The Ninja and Their Secret Fighting Art.*



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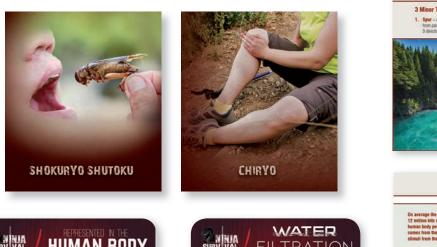


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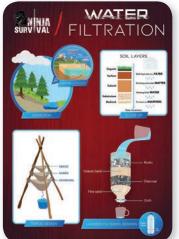
Survival expert Hakim Isler and Ninja master Stephen K. Hayes present modern-day survival strategies based on the techniques of Japan's ancient Ninja.

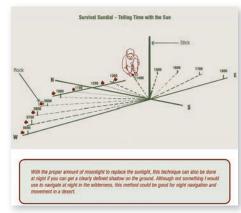


"It is a futile exercise to attempt to control your surroundings without first learning to control your own perceptions of and reactions to the surroundings. Power begins in the center of our beings and awakening to that reality is a natural development of training in Ninjutsu." —Stephen K. Hayes









234 NINJA SURVIVAL Wilderness Ed



For the last 5 terrain features that include both the 3 minor and the 2 manmade, I like to use the phrase "Sam draws clifts, cares and lowers." This has helped countless of my students retain this information. The phrase breaks down as:

3 Minor Terrain Features

 Spur – A line of higher ground that normally extends off of a ridge. This is often created by water erosion from parallel streams that create draws down the side of a ridge. Like a ridge, the ground slopes down in



Draw – Like a valley, if you are standing in a dave the ground slopes upward in 3 directions and drops down in 1 direction. Draws are created by streams in the same way as a valley, however, draws are not as refined as valleys and allow for little to no maneverability. Lastly, draws are normally perpendicular to ridgelines while valleys tend to be parallet.

 Cliff – An area of land that drops off in a near vertical decline.

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Earthly Forces for navigation - CHI-MON

On average the mind processes about 10-12 million bits of information sent from the human body per second. This information comes from the senses as they process stimuli from the environment.

storage and processing capabilises, from the 10-12 million bits of intermation, cony 40-26 bits into Sogary in which is taken in and which can be processed by the human mind, the train adapts to support, this process is called **baseder** attended to important, what is not, and when and how to support. This processing to high us is directly with a most taken is and the set of the set of the support. This processing the high us is directly with the basis sate based on the set of the network support. The set of the network support of information in the there. It must network support on the network support of information in the sectors ounce information in the levels. It mind can sectore so much allow information in the set of the support of the set of information in the set of the support of the set of information in the set of the support of the set of information in the set of the support of the set of information in the set of the support of the set of the

In many ways, beended ralionally can be great but it also has fasita. In some instances, the mind can receive so much information within a limited time to process that it can everhook important details as it responds with these short cuts in a sort of an autopided automatic response. These aclons can often lead to a lack of miniful discomment. explains instances where people lower their homes and cannot remember if they let the iron on, or when a parson is lowing for something on their desk and cannot find it so they search several lower loading for on the desk if and what they were loading for on the desk if and only appendix the law set parson about and of the interpret time the set of the accounts of the set of the there is a set of the set

While under duress in a foreign environment with an abundance of stimuli, intentionally stopping to gain your bearings is one of the most important things you can do.

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The Martial Arts of Indonesia

A Guide to Pencak Silat, Kuntao and Traditional Weapons

Donn F. Draeger Gary Gartenberg, foreword

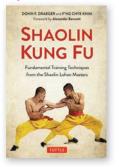
The Martial Arts of Indonesia is a classic work by revered martial arts scholar and teacher Donn F. Draeger. It provides a comprehensive introduction to the sophisticated forms of empty-hand combat and weapons found throughout Indonesia and Malaysia. These acrobatic fighting styles, like Pencak Silat—which was granted World Cultural Heritage status by UNESCO in 2019—and Kuntao, are growing in popularity around the world today.

This updated edition includes a new foreword by Gary Gartenberg, the world's leading expert on Indonesian martial arts, which explains the lasting importance of this classic study and highlights the ongoing importance of Pencak Silat in Indonesian culture. With over 400 photos and illustrations of moves and weapons that showcase the intricacies of Indonesian fighting forms, *The Martial Arts of Indonesia* is an indispensable addition to any martial artist's library.

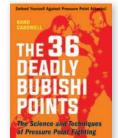
Donn F. Draeger (1922–1982) was a pioneer in the study of the weapons and fighting arts of Asia. His many publications include *Judo Formal Techniques, Shaolin Kung Fu* and the six-volume *Practical Karate* series.

Gary Gartenberg is a strategist, researcher, translator and content creator for projects regarding Indonesian arts and artifacts, with a specialization in Indonesia's national sport, *pencak silat*.

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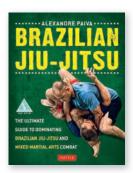


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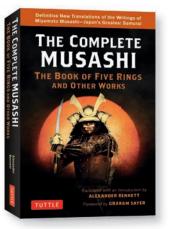
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The Complete Musashi: The Book of Five Rings and Other Works

Definitive New Translations of the Writings of Miyamoto Musashi—Japan's Greatest Samurai

Miyamoto Musashi Alexander Bennett, translator Graham Sayer, foreword

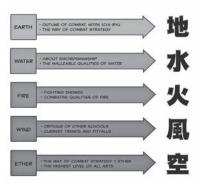
The culmination of 25 years of research, Alex Bennett's groundbreaking new English translation of Miyamoto Musashi's *The Book of Five Rings* reveals the true meaning of the most important work in Samurai history for the first time.

Until now, all translations of *The Book of Five Rings*—the influential work on Samurai swordsmanship and Bushido—have been based on inaccurate copies of Musashi's long-lost original manuscript. Bennett's translation is the first to be based on a careful reconstruction of the original text. By identifying discrepancies among the existing copies, adding missing texts and correcting over 150 incorrect characters, this source is the most accurate representation of Musashi's original work.

Bennett captures the subtle nuances of the original text in a completely new English translation. This book also includes complete translations of the five other known works by Musashi, three of them translated into English here for the first time. The texts are richly annotated by Bennett, who includes an extensive introduction on Musashi's life and legacy.

Alexander Bennett is a professor at Kansai University, a decorated martial artist, and the cofounder and publisher of *Kendo World*. He has written many successful books on Budo theory including *Bushido Explained* and *Hagakure: The Secret Wisdom of the Samurai*.

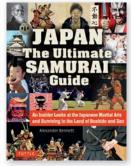
Graham Sayer holds the rank of Kyoshi 7th Dan, represents New Zealand in Kendo championships around the world, and has been president of the New Zealand Kendo Federation since 1987.











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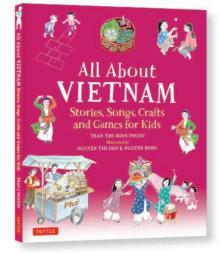
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Tran Thi Minh Phuoc Nguyen Dong, illustrator Nguyen Thi Hop, illustrator

Learn about a dynamic nation with an ancient and proud heritage in this newest addition to Tuttle's popular *All About Asia* educational series.

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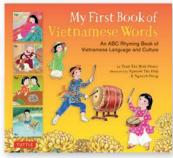
Tran Thi Minh Phuoc is the first Vietnamese librarian in Minnesota. She shares her experiences and knowledge of Vietnamese culture at cultural events, storytelling programs, conferences, libraries, colleges and schools throughout the US. She is the author of the award-winning *Vietnamese Children's Favorite Stories* and *My First Book of Vietnamese Words*.

Nguyen Thi Hop and **Nguyen Dong** are the illustration team behind Tuttle's *Vietnamese Children's Favorite Stories* and *My First Book of Vietnamese Words*. They began their careers as professional artists in South Vietnam in the 1960s, exhibiting their work throughout Europe, Asia and the US.

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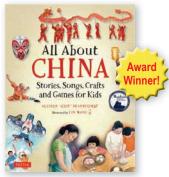


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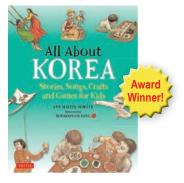




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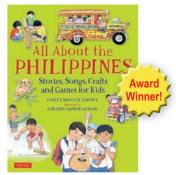
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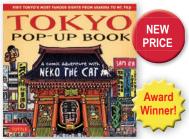
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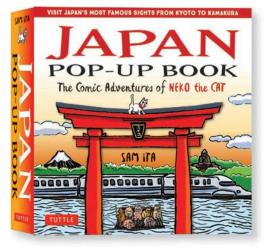


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- Serene Kinkaku-ji, the Temple of the Golden Pavilion
- · Himeji Castle, an ancient Samurai fortress with formidable stone ramparts
- A sushi train restaurant, with an endless parade of fish, where Neko is in cat heaven!
- The Children's Peace Memorial in Hiroshima, where Chico pauses to reflect
- The famous "floating" Torii gate in the sea at Itsukushima
- "Cat Island" where Neko finds new friends and the adventure comes to a happy conclusion!

Educational and entertaining in equal measure, this exciting manga pop-up adventure story will be treasured by readers of all ages.

Sam Ita studied at Pratt Institute in Brooklyn before getting his start as a production assistant for renowned paper engineers Robert Sabuda and Matthew Reinhart. His many 3D creations include *Christmas Tree in-a-Box, Van Gogh's Sunflowers in-a-Box, The Odyssey, Moby Dick, 20,000 Leagues Under the Sea, Frankenstein* and Tuttle's *Tokyo Pop-Up Book* and *Flying Dragons Paper Airplane Kit.*





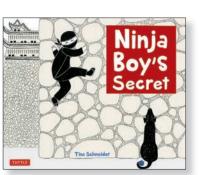
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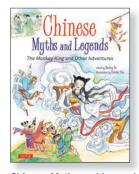
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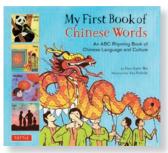


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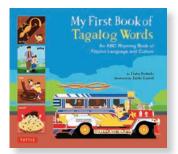


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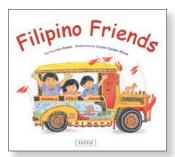
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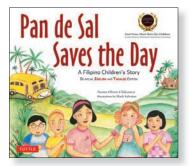
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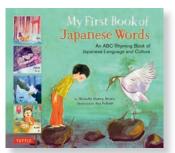
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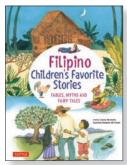
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