

3.1. KEN JITSU - PRINCIPLE

*“What imports more in art of the fencing?
it is to acquire a certain mental attitude called "immutable wisdom".
Immutable does not mean rigid, heavy and without life like rock or end of wood.
It means the most degree of mobility around an immutable centre.
The spirit then reaches the most point of alacrity
and can direct its attention everywhere where it is necessary.
There is an immutable element with-inside
and which however evolves spontaneously
with the things which are presented in front of him.
The mirror of wisdom reflects them instantaneously the ones after the others,
while remaining intact and serene.”*

Takuan

© ARZ - Academy of Ritsu Zen - Montreuil – France - 2000-2018 - All rights reserved

