

Name: Ting Vogel

Date submitted: November 18th, 2008

School: UC Berkeley

Club: Yongmudo, UC Martial Arts

Rank: 1st Dan

Type (choose one): Review

Title: The Unfettered Mind

Writings of the Zen Master to the Sword Master

Author: Takuan Sōhō

(Translated by William Scott Wilson)

Citation:

Abstract: *The Unfettered Mind* is a collection of three essays written by the famous Zen Master, Takuan Sōhō, and addressed to the Samurai class. The essays focus on the application of Zen not only in swordsmanship, but also in one's way of life.

Total # of pages: 6

Electronic version also submitted: Y

E-type: PC

Copies:

1. Three (3) hard paper copies (fully formatted)
2. One (1) e-copy (fully formatted)
3. One (1) e-copy (plain text/.txt)

Application used, with version: Microsoft Word 2003