



Shodo: The Quiet Art of Japanese Zen Calligraphy

Shozo Sato

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Shodo, or Japanese brush calligraphy, is a traditional art that is much-loved in Japan. In *Shodo*, respected Japanese master calligrapher Shozo Sato teaches this art form through the power and wisdom of Zen poetry. Designed for all learners, from beginner to advanced, *Shodo* will inspire all with the intersection of Japanese aesthetics and Zen Buddhist thought found within its pages.

Shodo is practiced regularly by all students of Zen Buddhism in Japan, since this art form is thought to be one of the key disciplines in fostering the focused, meditative state of mind so essential to Zen. In this book, Shozo Sato guides beginning and advanced shodo students alike to a deeper understanding of this unique brush painting art form. The basic supplies and fundamental brushstroke skills are clearly laid out, and 30 selected *zenko* or single-line Zen *koan* aphorisms are included. Examples of classic shodo masterwork by a skilled Zen monk or master calligrapher appear throughout, along with a set of guided step-by-step instructions showing you how to paint the Zen *koan* in a number of styles (*Kaisho*, *Gyosho*, *Sosho*).

Discover the quiet joy and introspection Japanese calligraphy can bring with *Shodo*.

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