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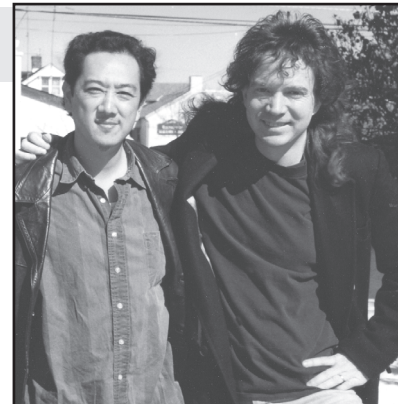
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About the Authors

Philip Toshio Sudo

When he was a child, living in Japan, Philip Toshio Sudo learned to play the guitar. By applying his interest in the martial arts, Eastern thought and Zen philosophy to his musical practice, he developed the concept of Zen Guitar. He refined and articulated its basic approach through performing in the streets, parks and subways of his adopted home, New York City.



Philip. Tobias.

His first book, *Zen Guitar* (along with a companion CD), was published in 1997 and has sold more than 100,000 copies. It was followed by three related books—*Zen Computer*, *Zen Sex* and *Zen 24/7*—written while living on the island of Maui in Hawaii with his family.

Shortly after he returned to New York City, Phil was diagnosed with stomach cancer, a disease he died of in June 2002. He is survived by his wife, Tracy, and three children—Naomi, Keith and Jonathan.

Acknowledgements

The family would like to take this opportunity to thank Tobias Hurwitz for his passion and dedication in making Phil's final book a reality. Thanks also goes to Sal Principato, John Prusinski, Clifton Lee Johnston, and countless others for their help in keeping Phil's spirit alive and furthering his vision of Zen Guitar by volunteering their time, passion and talents.

Tobias Hurwitz

Tobias Hurwitz lives in Baltimore, Maryland and has been playing guitar for more than 30 years. He studies the Ways of Zen and Praying Mantis Kung Fu, which evolved in the early Shaolin temples of China. He leads The Tobias Hurwitz Band, whose first release is titled *Zen Shred Zone*. Previous CDs include *Painted Sky*, with the incredible Dennis Chambers on drums, and *The Way of Zen Guitar*, featuring Philip Toshio Sudo's "One Sound One Song" composition. You can study guitar online with Tobias at www.WorkshopLive.com or visit him at www.tobiashurwitz.com or www.shredplanet.com. He has authored eleven books on rock guitar and endorses PRS Guitars, Ernie Ball Strings and Budda Amplification.

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Below are three bird songs transcribed for guitar. To echo these natural sounds is a good exercise in ear training. To listen to the actual bird, hear the variations of this song and yet perceive the essence that stays the same in each, is better still. Some of the notes in the first bird song have small dots above them; these notes should be played *staccato*, or shorter than usual.

Track 5

Track 6

Track 7