

Vocabulary List for “Zen in the Art of the Sword”



No.	単語・表現	意味	英英	例文
1	notably	とりわけ、特に	Especially or in a noteworthy way.	The city is notably famous for art.
2	originate	起源を持つ	To begin or come from a source.	The tradition originated in China.
3	transmit	伝える、伝来させる	To pass something from one place or person to another.	Buddhism was transmitted to Japan.
4	incompatible	相容れない、両立しない	Unable to exist together harmoniously.	Their views seemed incompatible.
5	mastery	熟達、熟練	Complete skill or knowledge in a subject.	Mastery requires years of practice.
6	attain	到達する、獲得する	To succeed in reaching a goal or state.	She attained a high level of skill.
7	grasp	理解する	To understand something fully.	It took time to grasp the concept.
8	no-mind	無心	A Zen state free from conscious thought.	Archers aim to reach no-mind.
9	devote oneself to	〜に専念する	To dedicate one's time and effort to something.	He devoted himself to meditation.
10	philosophical	哲学的な	Relating to philosophy or deep reasoning.	Buddhism has philosophical aspects.
11	minimal	最小限の	Very small in amount or degree.	The design uses minimal decoration.
12	worldly	現世の、世俗的な	Concerned with practical life rather than spiritual matters.	He preferred worldly success.
13	speculative	思索的な、理論的な	Based on theory rather than practical experience.	The argument remained speculative.
14	insight	洞察	A deep understanding of something.	Experience gave her valuable insight.
15	enlightenment	悟り	A state of profound spiritual understanding.	Zen seeks enlightenment through practice.
16	self-cultivation	自己修養	The process of improving oneself.	Meditation supports self-cultivation.
17	consideration	配慮	Careful thought for other people's needs.	Show consideration for your teammates.
18	eloquently	雄弁に、明快に	In a fluent and persuasive manner.	She eloquently explained her ideas.
19	deliberate	意図的な	Done consciously and intentionally.	Improvement requires deliberate practice.
20	effortlessly	苦労せずに、自然に	Without difficulty or conscious effort.	He solved the problem effortlessly.

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21	prescription	処方箋、決まった解決策	A fixed solution or recommended course of action.	There is no simple prescription for success.
22	limitation	限界	A point beyond which something cannot go.	He recognized the limitations of technique.
23	maturity	人間的成熟	The state of being fully developed mentally or emotionally.	True leadership requires maturity.
24	repetitive	反復的な	Involving repeated actions.	Repetitive practice builds skill.
25	juncture	局面、段階	A particular point in a process or event.	At this juncture, careful judgment matters.
26	hamper	妨げる	To make progress or movement difficult.	Fear hampered her performance.
27	reflexive	反射的な	Done automatically without conscious thought.	Driving eventually becomes reflexive.
28	harbor	(感情などを) 抱く	To keep a feeling or thought in one's mind.	Don't harbor resentment toward others.
29	egoistic	利己的な	Thinking mainly about one's own interests.	Egoistic motives weaken teamwork.
30	undermine	損なう	To weaken or damage gradually.	Arrogance undermines trust.
31	eliminate	取り除く	To remove something completely.	Meditation cannot instantly eliminate distraction.
32	suppress	抑え込む	To prevent something from being expressed or felt.	He tried to suppress his anger.
33	discipline oneself	自らを鍛える、自制する	To train oneself through consistent effort.	Great musicians discipline themselves daily.
34	confrontation	対峙、直面	A direct meeting or conflict with something.	The confrontation tested his courage.
35	attachment	執着	A strong emotional connection or dependence.	Attachment to success causes anxiety.
36	flinch	ひるむ	To make a sudden movement from fear or pain.	She did not flinch under pressure.
37	transcend	超越する	To rise above the limits of something.	Great leaders transcend personal interests.
38	encode	刻み込む、組み込む	To store information in a lasting form.	Repetition encodes skills into memory.
39	indifferent	動じない、超然とした	Not emotionally affected by circumstances.	He remained indifferent to praise and blame.
40	onlooker	傍観者	A person who watches an event without taking part.	Curious onlookers gathered outside.

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41	formidable	手ごわい	Inspiring fear or respect because of great ability.	She faced a formidable opponent.
42	embody	体現する	To clearly express or represent an idea.	He embodies the spirit of Zen.
43	self-protective	自己防衛的な	Intended to protect oneself from harm.	Self-protective instincts are natural.
44	internalize	身につける、内面化する	To make an attitude or belief part of oneself.	Students gradually internalize good habits.
45	mortality	死ぬべき運命、死亡率	The state of being subject to death.	He reminded himself of his mortality every day.
46	inherent	内在する、本質的な	Existing as a natural part of something.	Every challenge has inherent risks.
47	vehicle	手段、媒介	Something used to achieve a purpose.	Music is a vehicle for emotional expression.
48	elusive	とらえどころのない	Difficult to understand, find, or achieve.	True happiness can seem elusive.
49	manifest	表れる、明らかになる	To become clear or visible.	His confidence manifested in his actions.
50	disrupt	妨げる	To interrupt the normal progress of something.	Noise disrupted my concentration.
51	flawlessly	完璧に	Without any mistakes or faults.	She performed the piece flawlessly.
52	selfless	利他的な、無私の	Caring more about others than oneself.	He acted with selfless devotion.
53	detached	執着しない、超然とした	Emotionally uninvolved while remaining aware.	She observed the situation with a detached mind.
54	reciprocate	報いる、応える	To respond to an action or feeling in kind.	They warmly reciprocated our kindness.
55	cherish	大切にする	To deeply value and care for someone or something.	She cherishes her friendships.
56	reflection	内省、自己省察	Careful thought about one's experiences or actions.	Daily reflection promotes personal growth.