



The Book of Five Cyphers

Cory Howell

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The Book of Five Cyphers is a comprehensive guide on the essential tenets of bboying and bgirling. Modeled after *The Book of Five Rings* by legendary Japanese samurai Miyamoto Musashi, *The Book of Five Cyphers* relates each of the core elements--Earth, Water, Wind, Fire--to a particular aspect of bboying, covering training fundamentals, energy and movement, battle strategy, and other breaking philosophies.

This revolutionary piece combines a collective understanding of bboying and bgirling with a community platform, where other dancers share their own wisdom, experience, and journey in the final "Emptiness" chapter. With the aim to encourage and empower dancers to discover their own Path, *The Book of Five Cyphers* takes the reader on a journey through the dance and into a new perspective on life.

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