

# Sadaharu Oh

## The Flip-Book from "Sadaharu Oh: A Zen Way of Baseball"

May 16, 2013

I found out about the book [Sadaharu Oh: A Zen Way of Baseball](#) from [Eric Neel's old column](#) for ESPN Page 2.

More than just a [simple biography of Oh](#), it delves into the philosophy of hitting as a process, with detours in [Zen](#) and [Aikido](#) along the way.

But what really got my attention was this bonus feature Neel mentioned:

“ A flip-book sequence of his up-on-one-leg hitting style right in the middle of the book. (This alone is worth the cost of the book.)

[This video](#) was created from still image snapshots found in the upper right corner of all the odd-numbered pages between pp. 135-169.

They were meant to be flipped to create a primitive animation of Oh's famous flamingo batting stance, but since the book is out of print, I took snapshots of those pages manually, and compiled the stills into video using [this technique](#).

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