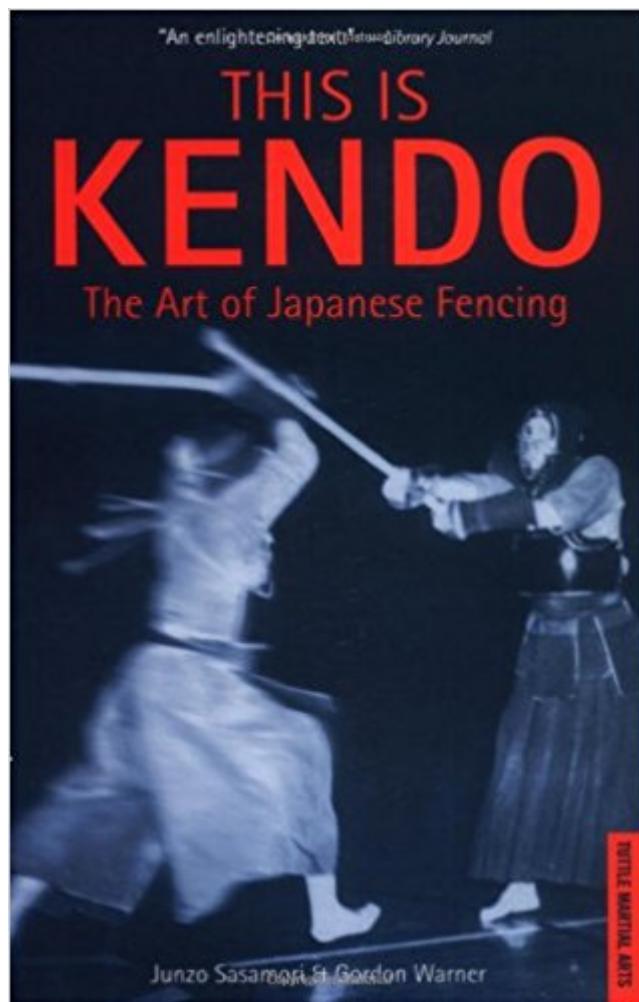


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This Is Kendo: The Art Of Japanese Fencing



Synopsis

"This is Kendo" is a fully illustrated introduction to the traditional art of Japanese fencing--its essential nature and its basic techniques. It is the first book in English to describe and analyze this famous sport. Features include: over 100 photographs and drawingsorigin and history of kendobasic kendo principles and techniquesphysical and psychological aspects of kendorelationship between kendo and Zentraditions governing kendo etiquette and techniqueclear-cut descriptions of the most important strikes, offensive and defensive positions, and training exercises.

Book Information

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Customer Reviews

Classic

You perceive his love of the art and desire to see it blossom in others. I trained with Sasamori Sensei (his son) in Ona Ha Itto Ryu and you perceive the very same desire and love for Japanese swordsmanship. You also could the level of respect and love for his father. I am honored to have seen this and hope I can do the same for my sons!

Cheap but informative book on Kendo.

I actually lost this book before I could read it but it look good

good complex reading for beginners.

There are not too many good books out there on Kendo but to have this in any Kendoka's collection is a major score.

Outstanding book, both for advanced kendoists and beginners. Pay close attention to everything those two authors and masters kendoists have written and you'll not regret.

It is just a history book and has nothing to learn about. One can not learn from it as a martial art book

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