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Japanese sword. People who do Kendo often refer to the handling of the sword, the spirit as well as *Barto* (drawing the sword) or *Noto* (replacing the sword) of *Iaido*. *iaido training manual* - Free Textbook PDF Kendo User manuals / installation ...

Volume Two translates the fully illustrated sword and spear fighting instruction manual *An Illustrated Guide to Kendo Solo Training*, first published about 200 years ago. This book is

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notable for its excellent illustrations of early Kendo armor as well as mysterious techniques to fight Tengu, mythical winged mountain goblins. About the Author: The 16th century Samurai warrior Yamamoto Toki "Way of the Devil" Kansuke was a hero of the Warring States period, roughly 1467-1600. Though partially blind and lame in one leg, Yamamoto Kansuke's prowess as a military strategist was legendary and his methods became the subject of study in Japan ever since. Each of the four editions used in A Closer Look at the Sword Scroll, is actually a combination of two short

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works.1. Military Strategy and Sword Fighting The Sword Scroll2. Military Strategy and Sword Fighting the Inner Secrets ScrollWhile each of the four volumes is identical in parts, each book contains interesting variations, including different woodblock prints, that collectively add a great deal of information to those interested in traditional Japanese martial arts and military strategy. An important resource for those interested in Samurai fighting arts, Bushido or Japanese History.

All students of kendo--the formal art and practice of

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Japanese swordsmanship--will welcome this manual by an advanced practitioner with a deep understanding of the martial art. The work begins with a history of kendo in Japan, followed by a study of basic equipment and its proper care and use and a detailed description of forms and rules--essential aspects of any martial art. Beginners will find this section particularly helpful because of the close attention paid to fundamental techniques of kendo, including the rare two-sword form (nitô ryû), largely unknown outside of Japan. Each technique is accompanied by clear, easy-

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to-follow illustrations. The Nihon Kendo Kata and Shiai and Shinpan rules and regulations are useful references for those learning the Kata and participating in matches. The author, who is also a practicing physician, is attentive throughout to injury prevention and safety--concerns often overlooked in martial arts manuals. The elements of kendo philosophy, which can mystify even experienced practitioners, are explained in simple terms to aid understanding. The manual concludes with biographies of Japan's most celebrated swordsmen, an extensive

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glossary of kendo terms, and a history of kendo in Hawaii, where it has been practiced for more than a century and where some of the world's top practitioners can be found.

Master the art of Kendo—Japanese Swordsmanship with this illustrated and comprehensive martial arts guide. Kendo or the "Way of the Sword" holds a special place within the martial arts as one of the few practices tracing back directly to Japan's ancient samurai heritage. Modern students flock to kendo for physically—and mentally—challenging

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activity that combines traditional martial arts values with strenuous physical activity. Author Geoff Salmon has over 40 years of kendo experience gained in and outside of Japan. His goal in this kendo guide is to dispel many misconceptions about the sport and to make kendo training accessible and effective for anyone. His simple, straightforward writing style is especially helpful for beginning students and martial artists from other disciplines who wish to add kendo training to their repertoire. The core of this kendo book is a series of detailed

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instructional sequences demonstrating the basic kendo techniques. The author also presents the fundamental principles and philosophy that make kendo as much an exercise of the mind as of the sword. For many adherents, the goal is to train your mind to achieve a state of mushin (no-mind). Beyond that, this book also shows you how to win competitions and integrate kendo into your personal fitness routines. This is the first book to clearly link the philosophical and mental elements of kendo to the physical techniques, thereby enabling readers to gain a

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holistic understanding of the martial art. It offers a comprehensive training program similar to those given by leading kendo teachers in Japan, past and present.

Looking at a Far Mountain is a remarkable comprehensive survey of the core of kendo, an internationally practiced martial sport derived from the ancient Japanese warrior art of the sword and heavily influenced by the tenets of Shinto, Confucianism, and, particularly, Zen Buddhism. This is the first study outside of Japan and the first in English of the history, philosophy, and

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technical aspects comprising the system of predetermined sword techniques known as Teikoku Kendo Kata. Lavishly illustrated with historical photographs and encompassing a history of the kendo kata tradition, technical training and advice, the individual kata themselves, lineage charts of particular schools and notable kendo masters, and a complete glossary of kendo terms, *Looking at a Far Mountain* remains firmly anchored in the Japanese tradition while addressing the growing international corps of kendo practitioners.

Complete Kendo is a thorough

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introduction to the Japanese martial way of the sword and a guided tour of the principles and philosophy upon which the art is founded. This martial arts guide covers everything from the care and handling of hakama, the pleated trousers worn by kendoka (practitioners of kendo), all in an easy conversational dialogue that is a great pleasure to read. Structured to echo the organization of the Book of Five Rings by Miyamoto Musashi, Complete Kendo is a modern version of the swordsman's primer by a martial artist skilled not only in the art of kendo

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but, like Musashi, in many traditional Japanese arts, and with a superb understanding of the martial tradition and culture of Japan. The author uses lessons learned from a long career of teaching martial arts and academic subjects to impart clearly and concisely the fundamentals of kendo and the martial way. With explanatory line drawings by Kathleen Sweeney illustrating significant points of discussion, a handy glossary of kendo terminology and related concepts, and an unusually helpful bibliography, Complete Kendo is an essential volume for every

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Kendo is the first in-depth historical, cultural, and political account in English of the Japanese martial art of swordsmanship, from its beginnings in military training and arcane medieval schools to its widespread practice as a global sport today. Alexander Bennett shows how kendo evolved through a recurring process of reinventing tradition, which served the changing ideologies and needs of Japanese warriors and governments over the course of history. Kendo follows the development of Japanese swordsmanship from the

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aristocratic-aesthetic pretensions of medieval warriors in the Muromachi period, to the samurai elitism of the Edo regime, and then to the nostalgic patriotism of the Meiji state. Kendo was later influenced in the 1930s and 1940s by ultranationalist militarists and ultimately by the postwar government, which sought a gentler form of nationalism to rekindle appreciation of traditional culture among Japan's youth and to garner international prestige as an instrument of soft power. Today kendo is becoming increasingly popular internationally. But even as new organizations

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and clubs form around the world, cultural exclusiveness continues to play a role in kendo's ongoing evolution, as the sport remains closely linked to Japan's sense of collective identity.

A step-by-step guide for advanced students of Japanese swordsmanship on cultivating a strategic mind in training. After years of practicing persistently and developing technical prowess, advanced students in the Japanese sword arts need to cultivate a strategic mind if they are to advance to the rarefied level of master

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swordsperson. Rather than passively absorbing the sword techniques, an ambitious student needs to focus more directly on the two ultimate goals of the art--to cut the opponent while avoiding being cut and to move toward perfection of character. In *Strategy in Japanese Swordsmanship*--the third volume in his invaluable series on Japanese swordsmanship--Nicklaus Suino, one of the most respected swordsmen in the United States, clearly and concisely presents a tactical approach to training, grounded in these two objectives. He provides

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a framework for learning strategy in swordsmanship, and demonstrates techniques and drills that help put the strategies into practice.

Master the art of Kendo—Japanese Swordsmanship with this illustrated and comprehensive martial arts guide. Kendo or the "Way of the Sword" holds a special place within the martial arts as one of the few practices tracing back directly to Japan's ancient samurai heritage. Modern students flock to kendo for physically—and mentally—challenging activity that combines traditional martial arts

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values with strenuous physical activity. Author Geoff Salmon has over 40 years of kendo experience gained in and outside of Japan. His goal in this kendo guide is to dispel many misconceptions about the sport and to make kendo training accessible and practical for anyone. His simple, straightforward writing style is especially helpful for beginning students and martial artists from other disciplines who wish to add kendo training to their repertoire. The core of this kendo book is a series of detailed instructional sequences demonstrating the basic

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kendo techniques. The author also presents the fundamental principles and philosophy that make kendo as much an exercise of the mind as of the sword. For many adherents, the goal is to train your mind to achieve a state of mushin (no-mind). Beyond that, this book also shows you how to win competitions and integrate kendo into your fitness routines. This is the first book to decidedly link the philosophical and mental elements of kendo to the physical techniques, thereby enabling readers to gain a holistic understanding of the martial art. It offers a

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comprehensive training program similar to those given by leading kendo teachers in Japan, past and present.

To become an expert swordsman, one must pay close attention to detail, be highly self-critical, and practice diligently every day under the guidance of a good teacher. Unfortunately, contact time with a worthy mentor is limited for most. Practice Drills for Japanese Swordsmanship fills this obvious gap in the training of the modern swordsman by providing bokuto (wooden sword) drills to supplement the formal class activity of

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forms practice. Both single and two-person drills are presented, some common to iaido and kenjutsu, others extracted from iaido forms by the author and used to teach his own students the proper ways of drawing, parrying, and cutting. Each drill is illustrated with step-by-step drawings to help students hone their techniques; together they provide a comprehensive system of general skills development for anyone interested in using the Japanese sword.

The word kendo means “the way of the sword”. Well beyond the technical skills,

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it relates to our emotional and intellectual skills. If in Japan, and more generally in Asia, this multidimensionality of kendo is straightforward and fully apprehend, this is not yet the case all around the World, where the practice of kendo still needs to gain maturity to blossom. The heart, strength and soul of the Japanese kendo is undeniable, and we must inspire ourselves from its rich history. However, we have to be careful of the shortcut residing in the temptation of a "copy and paste". This easy way will lead to the edification of a fade kendo without any

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character and soul. On the contrary, we should inspire ourselves from the Japanese reference to build a kendo culture, that will rely on our own experience and traditions, the roots of our strength and singularity. This book proposes a multidimensional pedagogical approach of both learning and teaching kendo, where beginners, as well as experts, are going to find relevant and practical materials for daily practice. Moreover, any isolated trainee can find in this manual, references to guide his practice and monitor his improvements. Keiken suru, means “to make

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