

Kendo Documentation

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 “inventing 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 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 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.

“Best P.I. Novel” —Shamus Award FINALIST In the second thriller of this new series from “a fresh voice in crime fiction” (Kirkus Reviews), antiques dealer-turned-P.I. Jim Brodie matches wits with an elusive group of killers chasing a long-lost treasure that has a dangerous history. “A stellar novel of action, adventure, and intrigue. Jim Brodie is a true twenty-first century hero...On page after page of Tokyo Kill, skeletons bang on every closet door longing to be set free—and Barry Lancet delivers.” —Steve Berry, New York Times bestselling author of The Lincoln Myth “Lancet’s familiarity with Japanese history and culture, combined with his storytelling skills, make this a first-rate mystery...a clear indicator that the author considers Jim Brodie a series-worthy character. He’d be right, too.” —Booklist “Boasting surefire characters including the taciturn, thick-chested chief detective Noda and notorious crime figure called TNT who owes Brodie favors...[Lancet’s] series remains highly distinctive.” —Kirkus Reviews When an elderly World War II veteran shows up unannounced at Brodie Security begging for protection, the staff thinks he’s just a paranoid old man. He offers up a story connected to the war and to Chinese Triads operating in present-day Tokyo, insisting that he and his few surviving army buddies are in danger. Fresh off his involvement in solving San Francisco’s Japantown murders, antiques dealer Jim Brodie had returned to Tokyo for some R&R, and to hunt down a rare ink painting by the legendary Japanese Zen master Sengai for one of his clients—not to take on another case with his late father’s P.I. firm. But out of respect for the old soldier, Brodie agrees to provide a security detail, thinking it’ll be an easy job and end when the man comes to his senses. Instead, an unexpected, brutal murder rocks Brodie and his crew, sending them deep into the realm of the Triads, Chinese spies, kendo warriors, and an elusive group of killers whose treachery spans centuries—and who will stop at nothing to complete their mission.

The world’s most comprehensive, well documented, and well illustrated book on this subject. With extensive index. 520 photographs and illustrations. Free of charge in digital format on Google Books.

Summary SPA Design and Architecture teaches you the design and development skills you need to create SPAs. Includes an overview of MV* frameworks, unit testing, routing, layout management, data access, pub/sub, and client-side task automation. This book is full of easy-to-follow examples you can apply to the library or framework of your choice. Purchase of the print book includes a free eBook in PDF, Kindle, and ePub formats from Manning Publications. About the Technology The next step in the development of web-based software, single-page web applications deliver the sleekness and fluidity of a native desktop application in a browser. If you’re ready to make the leap from traditional web applications to SPAs, but don’t know where to begin, this book will get you going. About the Book SPA Design and Architecture teaches you the design and development skills you need to create SPAs. You’ll start with an introduction to the SPA model and see how it builds on the standard approach using linked pages. The author guides you through the practical issues of building an SPA, including an overview of MV* frameworks, unit testing, routing, layout management, data access, pub/sub, and client-side task automation. This book is full of easy-to-follow examples you can apply to the library or framework of your choice. What’s Inside Working with modular JavaScript Understanding MV* frameworks Layout management Client-side task automation Testing SPAs About the Reader This book assumes you are a web developer and know JavaScript basics. About the Author Emmet Scott is a senior software engineer and architect with experience building large-scale, web-based applications. Table of Contents PART 1 THE BASICS What is a single-page application? The role of MV* frameworks Modular JavaScript PART 2 CORE CONCEPTS Navigating the single page View composition and layout Inter-module interaction Communicating with the server Unit testing Client-side task automation APPENDIXES Employee directory example walk-through Review of the XMLHttpRequest API Chapter 7 server-side setup and summary Installing Node.js and Gulp.js

In 1789, King Chongjo, ruler of the Yi dynasty, ordered General Yi Duk-moo to compile an official textbook on all martial art forms then present in Korea to preserve them for future generations. The result, the Muye Dobo Tongji, is the only surviving classical text on the Korean arts of war. Based on the earliest known Korean martial arts treatise, the Muye Chebo written in 1599, the Muye Dobo Tongji clearly shows the influence of the neighbouring Japanese and Chinese armies. Through hundreds of wars and invasions, Korean soldiers adapted battlefield skills and tactics from their enemies, creating a unique system of their own. Organised into 24 distinct disciplines comprised of empty hand fighting, weaponry and horsemanship, this book is an accurate historical snapshot of the warrior arts of the hermit kingdom in the late 18th century. The release of 'The Comprehensive Illustrated Manual of Martial Arts of Ancient Korea' marks the first time this volume is available in English. Carefully translated from the original text and illustrated with reproductions of ancient woodblock carvings, this book provides fascinating insights into Korea's martial arts legacy.

This unique history of Japanese armed martial arts--the only comprehensive treatment of the subject in English--focuses on traditions of swordsmanship and archery from ancient times to the present. G. Cameron Hurst III provides an overview of martial arts in Japanese history and culture, then closely examines the transformation of these fighting skills into sports. He discusses the influence of the Western athletic tradition on the armed martial arts as well as the ways the martial arts have remained distinctly Japanese. During the Tokugawa era (1600-1867), swordsmanship and archery developed from fighting systems into martial arts, transformed by the powerful social forces of peace, urbanization, literacy, and professionalized instruction in art forms. Hurst investigates the changes that occurred as military skills that were no longer necessary took on new purposes: physical fitness, spiritual composure, character development, and sport. He also considers Western misperceptions of Japanese traditional martial

arts and argues that, contrary to common views in the West, Zen Buddhism is associated with the martial arts in only a limited way. The author concludes by exploring the modern organization, teaching, ritual, and philosophy of archery and swordsmanship; relating these martial arts to other art forms and placing them in the broader context of Japanese culture.

A practical tutorial with step-by-step example based approach. This book is for web developers who want to take advantage of cutting edge JavaScript and HTML 5 web site features, but who don't have the time or the knowledge to write all of that code by hand. The reader should be familiar with basic HTML 5 and JavaScript but does not need to be an expert.

JavaScript lets you supercharge your web pages with animation, interactivity, and visual effects, but learning the language isn't easy. This fully updated and expanded guide takes you step-by-step through JavaScript basics, then shows you how to save time and effort with jQuery--the library of prewritten JavaScript code--and the newest innovations from the jQuery UI plug-in.

The comic books that came out in the 1920s to get Americans to read more comprised of many action- and super heroes, such as Batman Superman, and Wonder Woman. Since 1968 Bruce Lee playing Kato and the Green Hornet, in 1973 the movie, Enter the Dragon will introduce Asian martial arts to the USA and the world. This book will show the superhuman feats of the Japanese archers psychologically and physically, and the records they achieved, in my opinion. These unsung people would be heroes today if more readers knew of these records that the Japanese have in their history. The impact of the mental and physical is so extreme that this information hopefully will garner THE WOW FACTOR!

Complete Kendo is a thorough 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 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 kendoka's personal library.

The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive subject and geographic index. 152 photographs and illustrations - mostly color. Free of charge in digital PDF format.

Just like vinyl LPs, static sites are making a comeback, evidenced by the wide array of static-site generators now available. This practical book shows you hands-on how to build these simple sites for blogs and other use cases, and how to make them more powerful. In the process, you'll work with some of today's more mature and popular static-site generators. Authors Raymond Camden and Brian Rinaldi explain the advantages of using static-site generators for building fast and secure sites. Web and frontend designers and developers will also explore methods for adding dynamic elements and for migrating an existing CMS to a static site. Build a basic four-page static site with the Harp generator Create a simple blog with Jekyll Develop a documentation site with Hugo by generating site files and creating the layout Add dynamic elements, such as forms, comments, and search Integrate a CMS with tools such as CloudCannon and Netlify CMS Use one of several options to deploy your static files Learn methods for moving an existing CMS to a static site

Buddhism in Taiwan is the first work in a Western language to examine the institutional and political history of Chinese Buddhism in Taiwan. Tracing Buddhism's development on the island from Qing times through the late 1980s, it seeks to shed light on the ways in which changing social circumstances have impacted Buddhist thought and practice. It looks in particular at a number of significant changes that modernization has brought: the decline in clerical ordinations, the increasing prominence of nuns within the monastic order, the enhanced role of the laity, alterations in the content of lay precepts, the abandonment of funerals as a major source of income, the monastic order's loss of special recognition from the government, and the founding of large, international organizations.

This book is the most comprehensive and authoritative reference ever published on the wide range of martial arts disciplines practiced in cultures around the world. • Includes the scholarship of 67 expert, international contributors • Presents 30 images of martial arts in practice • Offers bibliographic lists at the end of each section pointing to further reading in print and online • Includes a comprehensive index in each volume

Get hands-on experience building speedy mobile web apps with Sencha Touch 2.3, the user interface JavaScript framework built specifically for the mobile Web. With this book, you'll learn how to build a complete touch application, called Find a Cab, that has the look and feel of a native app on Android, iOS, Windows, and BlackBerry devices. In the process, you'll work with Sencha's model-view-controller (MVC) components for form handling, styling, integration with outside data, and other elements. The Sencha Touch learning curve can be steep, but if you're familiar with JavaScript, HTML5, CSS3, and JSON, this guide will get you up to speed through real-world examples. Learn the fundamentals, including the class and layout systems Use the Sencha MVC architecture to structure your code Implement data models and stores, and create an event controller Make remote connections by implementing server proxies Save data offline by implementing client proxies Work with view components such as maps, lists, and floating panels Implement and handle forms, and construct a custom theme Create production and native build packages

If the Way of the warrior is the soul of Japan, their magnificent swords were the tools utilized to form the nation and forge their spirit. You'll find an abundance of information in this special anthology in support of this thesis. Kimberley Taylor wrote four chapters, the first being an interview with 7th-dan Matsuo Haruna. Haruna offers great advice for practitioners based on his first-hand experience. Taylor's two highly researched chapters give overviews of two major iaido schools. Excellent photos and descriptions of katas accompany the text. Taylor's finale is a short piece describing two of his favorite techniques, while Deborah Klens-Bigman's chapter deals with two of her favorite techniques. Another top ranking swordsman, Nicklaus Suino, gets to the finicky details of sword-drawing techniques as performed by

masters. From his two chapters, we learn how to watch for telltale signs of expertise and come to a greater appreciation of the art of drawing the sword. Jonathan Seckler's chapter translates and comments on an essay written by Chozanshi Shissai in 1729. He argues that Neo-Confucianism rather than Zen became the foundation of swordsmanship, and illustrates how the sword arts began to be appreciated for their use for self-development. Andrew Bryant's chapter focuses on poems passed down within the Muso Jikiden Eishin-ryu School of Iaido. These poems correspond to techniques contained within the system created in the 17th century. The author presents each poem and offers provides textual descriptions of their corresponding applications with each sword technique illustrated. Joseph Svinth's research presents the earliest kendo clubs to form in Canada. The socio-cultural settings add much flavor to this chapter. Information is provided regarding notable instructors, training, and competitions. Another way to better understand a martial tradition of one country is to compare it with another. Matthew Galas compares and contrasts sword arts in Germany with the Japanese traditions. The focus is on general principles and combat philosophy. Devotees to sword practice are well aware that scabbards get damaged. Michael Babin's chapter shows "how to" build a serviceable scabbard according talents of anyone moderately handy with tools. The twelve chapters described above should inspire further research and practice in the Japanese sword arts, plus bring a greater appreciation for their unique place in world history and culture. First published in 1995. Routledge is an imprint of Taylor & Francis, an informa company.

Nakamura Taisaburo's landmark book on the art of the sword includes technical information, thoughtful analysis, and fascinating recollections of his own training and teaching. One of the most famous Japanese swordsmen of the twentieth century, Nakamura sensei is widely acknowledged as the preeminent reinvigorator of the practice of tameshigiri (test cutting) as a test of technical and spiritual mastery. The Spirit of the Sword--first published in Japanese in 1980, now translated into English for the first time--is regarded by many as the most complete of Nakamura's writings on Japanese swordsmanship. Here Nakamura instructs the reader on the integration of Iaido, kendo, and tameshigiri; the correct mental approach to sword practice; training methods; numerous kata or forms; a guide to sword maintenance; and historical notes on the use of the sword as a weapon. Illustrated with over 800 original photographs, this book is a must-have for any student of the Japanese sword and an excellent resource for sword enthusiasts in general.

If you are interested in developing modern applications, this book will help you leverage the vast JavaScript ecosystem while using an elegant language, helping you avoid the shortcomings of JavaScript.

Add custom features to browsers old and new by writing polyfill libraries, JavaScript plugins that take browsers beyond their native capabilities. In this practical fieldbook, author Brandon Satrom introduces principles and guidelines for polyfill development, and then walks you through the steps for building a complex, real-world HTML5 polyfill. You'll also explore the future of polyfilling—or prolyfilling—that will enable you to test and work with emerging concepts, often ahead of browser vendors. By the time you finish this book, you'll have the tools and hands-on experience you need to build reliable polyfills for today's and tomorrow's Web. Learn the current state of polyfills, including shims, opt-ins, and drop-ins Use principles and practices to build responsible polyfills that benefit the entire web development community Build out several features for an HTML5 Forms polyfill library Configure a build environment and run automated cross-browser testing Optimize performance, handle edge cases, and fine-tune the speed of your polyfill Get examples of prolyfilling libraries that push the boundaries of the Web Write a sample prolyfill and compare it to current polyfill builds

Use PhoneGap to apply web development skills and learn variety of cross-platform mobile applications About This Book Utilize the robust features of the mobile hybrid approach to develop, test, and publish mobile applications using the PhoneGap framework Use your web skills for hybrid mobile application development and deliver to many mobile platforms without rewriting the code Develop a set of ready-to-use mobile applications with this practical, comprehensive, step-by-step guide Who This Book Is For If you are a web developer with some experience in development of single page applications and want to enter the world of mobile applications, then this technology and book is ideal for you. Since PhoneGap maintains an incredibly easy-to-use plugin interface, no previous experience in native languages development (such as Objective-C or Java) is required. What You Will Learn Set up plugins to access the camera and filesystem to capture media Build a custom RESTful service and integrate it with a PhoneGap application Integrate a HTML5 Canvas element to create mobile games Build scalable applications using a modern mobile web framework Interact with RESTful services from a mobile application Build an audio/video chat facility using PhoneGap and WebRTC technologies Develop a PhoneGap plugin with native interfaces for iOS and Android In Detail PhoneGap is a free and open source framework that allows you to create mobile apps using standardized web APIs for the platforms you care about. It is one of the first and fastest spreading tools to develop hybrid applications using CSS, JavaScript, and HTML, without losing the advantages of native applications. If you are already a web developer, this book will provide you with the skills you need to create, customize, test, and deploy hybrid mobile applications. Starting from the beginning, this book will cover how to set up your PhoneGap development environment, add mobile web frameworks and plugins, design and customize the application layout, and utilize the embedded features of the PhoneGap framework. By working through the steps in each chapter, you will quickly master a variety of mobile applications with totally different approaches. You will then learn how to develop a PhoneGap plugin with native interfaces for iOS and Android, as well as common approaches to test PhoneGap applications. With ample screenshots that show you how to build a phenomenal application, PhoneGap by Example will ensure your success with this cutting-edge mobile development framework for hybrid applications. Style and approach An easy-to-follow guide packed with hands-on examples of real-world mobile applications. Each topic is explained sequentially in the process of creating a hybrid mobile application, and detailed explanations of the basic and advanced features of PhoneGap are included.

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 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.

With Learning JavaScript Design Patterns, you'll learn how to write beautiful, structured, and maintainable JavaScript by applying classical and modern design patterns to the language. If you want to keep your code efficient, more manageable, and up-to-date with the latest best practices, this book is for you. Explore many popular design patterns, including Modules, Observers, Facades, and Mediators. Learn how modern architectural patterns—such as MVC, MVP, and MVVM—are useful from the perspective of a modern web application developer. This book also walks experienced JavaScript developers through modern module formats, how to namespace code effectively, and other essential topics. Learn the structure of design patterns and how they are written Understand different pattern categories, including creational, structural, and behavioral Walk through more than 20 classical and modern design patterns in JavaScript Use several options for writing modular code—including the Module pattern, Asynchronous Module Definition (AMD), and

CommonJS Discover design patterns implemented in the jQuery library Learn popular design patterns for writing maintainable jQuery plug-ins "This book should be in every JavaScript developer's hands. It's the go-to book on JavaScript patterns that will be read and referenced many times in the future."—Andrée Hansson, Lead Front-End Developer, presis!

If you are an experienced JavaScript developer who is looking for new tools to build web applications and get an understanding of core elements and applications, this is the book for you. A basic knowledge of DOM, JavaScript, and KnockoutJS is assumed.

Learn from F#'s inventor to become an expert in the latest version of this powerful programming language so you can seamlessly integrate functional, imperative, object-oriented, and query programming style flexibly and elegantly to solve any programming problem. Expert F# 4.0 will help you achieve unrivaled levels of programmer productivity and program clarity across multiple platforms including Windows, Linux, Android, OSX, and iOS as well as HTML5 and GPUs. F# 4.0 is a mature, open source, cross-platform, functional-first programming language which empowers users and organizations to tackle complex computing problems with simple, maintainable, and robust code. Expert F# 4.0 is: A comprehensive guide to the latest version of F# by the inventor of the language A treasury of F# techniques for practical problem-solving An in-depth case book of F# applications and F# 4.0 concepts, syntax, and features Written by F#'s inventor and two major F# community members, Expert F# 4.0 is a comprehensive and in-depth guide to the language and its use. Designed to help others become experts, the book quickly yet carefully describes the paradigms supported by F# language, and then shows how to use F# elegantly for a practical web, data, parallel and analytical programming tasks. The world's experts in F# show you how to program in F# the way they do!

This document brings together a set of latest data points and publicly available information relevant for Agile & AI Operations Industry. We are very excited to share this content and believe that readers will benefit from this periodic publication immensely.

A guide to the application of the theory and practice of computing to develop and maintain software that economically solves real-world problem How to Engineer Software is a practical, how-to guide that explores the concepts and techniques of model-based software engineering using the Unified Modeling Language. The author—a noted expert on the topic—demonstrates how software can be developed and maintained under a true engineering discipline. He describes the relevant software engineering practices that are grounded in Computer Science and Discrete Mathematics. Model-based software engineering uses semantic modeling to reveal as many precise requirements as possible. This approach separates business complexities from technology complexities, and gives developers the most freedom in finding optimal designs and code. The book promotes development scalability through domain partitioning and subdomain partitioning. It also explores software documentation that specifically and intentionally adds value for development and maintenance. This important book: Contains many illustrative examples of model-based software engineering, from semantic model all the way to executable code Explains how to derive verification (acceptance) test cases from a semantic model Describes project estimation, along with alternative software development and maintenance processes Shows how to develop and maintain cost-effective software that solves real-world problems Written for graduate and undergraduate students in software engineering and professionals in the field, How to Engineer Software offers an introduction to applying the theory of computing with practice and judgment in order to economically develop and maintain software.

The word kendo means "the way of the sword". Well beyond the technical skills, 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 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 the experience"; so Embrace your own Experience with Force, Efficiency and Soberness.

This innovative and user-friendly book uses a design thinking approach to examine transformative learning and liminality in physical education. Covering theory and practice, it introduces the important idea of 'threshold concepts' for physical education, helping physical educators to introduce those concepts into curriculum, pedagogy and assessment. The book invites us to reflect on what is learned in, through and about physical education - to identify its core threshold concepts. Once identified, the book explains how the learning of threshold concepts can be planned using principles of pedagogical translation for all four learning domains (cognitive, psychomotor, affective and social). The book is arranged into three key sections which walk the reader through the underpinning concepts, use movement case studies to explore and generate threshold concepts in physical education using design thinking approach and, finally, provide a guiding Praxis Matrix for PE Threshold Concepts that can be used for physical educators across a range of school and physical activity learning contexts. Outlining fundamental theory and useful, practical teaching and coaching advice, this book is invaluable reading for all PE teacher educators, coach educators, and any advanced student, coach or teacher looking to enrich their knowledge and professional practice.

Building Mobile Applications Using Kendo UI Mobile and ASP.NET Web API Packt Publishing Ltd

The Packt Beginner's Guide format is designed to make you as comfortable as possible. Using practical examples, this guide will walk you through the ins and outs of web application development with easy step-by-step instructions. If you want to build your own application but don't know where to start, then this is the book for you. With easy-to-follow, step-by-step and real-life examples, you will be building your own applications in a matter of weeks not years.

"Irmgard Bartenieff has a profound knowledge of the human body and how it moves. I am delighted that this will now be made available to

many more people.'." -- George Balanchine of Director, New York City Ballet "Irmgard Bartenieff's pioneering work in the multiple applications of Labananalysis has had a transforming influence on many areas of movement training. Her careful and detailed development of the spatial principles into active corrective work has illuminated and altered the training of people as varied as dancers, choreographers, physical therapists, movement and dance therapists, and psychotherapists. Anthropologists and non-verbal communication researchers have found their world view necessarily altered by her fundamental innovations. The field of body/mind work will need to adapt to include her clear working through of basic principles.'." -- Kayla Kazahn Zalk of President, American Dance Guild

Le terme kendo signifie, « la voie du sabre ». Bien au-delà des aptitudes techniques, il intègre avant tout les capacités émotionnelles et intellectuelles du pratiquant. Si au Japon, et plus généralement en Asie, cette multi dimensionnalité est une évidence, ce n'est pas encore le cas ailleurs dans le Monde, où la pratique doit encore gagner en maturité avant d'atteindre toute sa plénitude. Il est incontestable que le kendo Japonais possède un cœur, une âme, une histoire, dont nous devons nous inspirer. Cependant, il ne faudrait pas tomber dans le piège du « copier/coller ». Cela mènerait à l'édification d'un kendo fade, sans caractère, dénué d'âme. Il faut donc au contraire, à partir de cette référence, bâtir une culture kendo propre qui s'appuiera sur notre expérience, sur nos traditions. Un socle qui constitue notre force et notre singularité. C'est l'ambition de cet ouvrage, qui propose une approche pédagogique multi dimensionnelle d'enseignement et d'apprentissage du kendo. Il apportera aux pratiquants isolés, une méthode d'apprentissage accompagnée d'éléments de progression, aux débutants, des points de repères balisant leur pratique et aux avancés/experts, un regard « atypique », sur un art éloigné de ma culture, que j'ai appris sur plusieurs continents et pratiqué avec amour et sincérité. Keiken suru signifie « faire l'expérience » ; Embrassez votre Expérience avec Force, Efficacité et Sobriété.

The National Book Award-winning author of *Stamped from the Beginning* offers a bracingly original approach to understanding and uprooting racism and inequality in society--and in ourselves.

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