

Official Guide For Kendo Instruction

Iaijutsu is the art of samurai swordsmanship in self-defence. Iaijutsu is distinguished from kenjutsu (the samurai sword employed in attack) by the fact that the practitioner begins each technique with the sword sheathed. This book refers to the art of iaijutsu in order to emphasize how Eishin-Ryu Iaijutsu is among the various schools of Iaijutsu.

Demonstrates and explains the history, construction, sword etiquette, basic targeting and mat cutting using the Samurai sword.

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

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practitioners, are explained in simple terms to aid understanding. The manual concludes with biographies of Japan's most celebrated swordsmen, an extensive 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.

#1 NEW YORK TIMES BESTSELLER • From the National Book Award–winning author of *Stamped from the Beginning* comes a “groundbreaking” (Time) approach to understanding and uprooting racism and inequality in our society—and in ourselves. “The most courageous book to date on the problem of race in the Western mind.”—The New York Times **NAMED ONE OF THE BEST BOOKS OF THE YEAR** BY The New York Times Book Review • Time • NPR • The Washington Post • Shelf Awareness • Library Journal • Publishers Weekly • Kirkus Reviews Antiracism is a transformative concept that reorients and reenergizes the conversation about racism—and, even more fundamentally, points us toward liberating new ways of thinking about ourselves and each other. At its core, racism is a powerful system that creates false hierarchies of human value; its warped logic extends beyond race, from the way we regard people of different ethnicities or skin colors to the way we treat people of different sexes, gender identities, and body types. Racism intersects with class and culture and geography and even changes the way we see and value ourselves. In *How to Be an Antiracist*, Kendi takes readers through a widening circle of antiracist ideas—from the most basic concepts to visionary

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possibilities—that will help readers see all forms of racism clearly, understand their poisonous consequences, and work to oppose them in our systems and in ourselves. Kendi weaves an electrifying combination of ethics, history, law, and science with his own personal story of awakening to antiracism. This is an essential work for anyone who wants to go beyond the awareness of racism to the next step: contributing to the formation of a just and equitable society. Praise for *How to Be an Antiracist* “Ibram X. Kendi’s new book, *How to Be an Antiracist*, couldn’t come at a better time. . . . Kendi has gifted us with a book that is not only an essential instruction manual but also a memoir of the author’s own path from anti-black racism to anti-white racism and, finally, to antiracism. . . . *How to Be an Antiracist* gives us a clear and compelling way to approach, as Kendi puts it in his introduction, ‘the basic struggle we’re all in, the struggle to be fully human and to see that others are fully human.’ ”—NPR “Kendi dissects why in a society where so few people consider themselves to be racist the divisions and inequalities of racism remain so prevalent. *How to Be an Antiracist* punctures the myths of a post-racial America, examining what racism really is—and what we should do about it.”—Time

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,

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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. Whether you are a kendo fanatic or merely curious about the martial arts, this book will interest you. The author, Geoff Salmon, has taken the lessons learned over his 45 year kendo career and distilled them into a series of instructive, thought-provoking articles covering kendo training methods and techniques, as well as the attitudes and philosophies that make kendo a lifetime's pursuit for many people. It highlights some of the differences between kendo training in Japan and other parts of the globe and also includes some light-hearted commentary on this martial sport. At the core of this book are the direct teachings of some of the great 2nd and 3rd generation kendo teachers, which have been either reproduced or paraphrased by the author. Salmon also uses his own experience to guide readers towards developing correct, efficient kendo. Geoff Salmon holds the grade of 7th Dan and is one of the few westerners to have passed the new All Japan Kendo Federation kyoshi examination. He has lived and trained in Japan and has devoted 45 years to the study of kendo. Geoff teaches kendo internationally and writes about the art at

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www.kendoinfo.net; he is also the author of 'Kendo, A Comprehensive Guide to Japanese Swordsmanship'. To the Japanese, the sword is a spiritual weapon. It possesses a particular divinity, reflecting the soul of its maker, owner, and user. Around its mystical powers has grown the centuries-old ritual and practice of Samurai swordsmanship which is still avidly practiced today as is a fascinating and intricate martial art. This unique guide unlocks all the mysteries of the ancient tradition of *Iaijutsu*—explaining the history and significance of the sword in Samurai culture and documenting the techniques of swordsmanship as found in no other martial arts book. Darrell Max Craig is one of the foremost teachers of Kendo in the West. He spent many years in Japan competing and training at the very highest level. His book, *Drawing the Samurai Sword*, provides a thorough examination of all aspects of *Iaijutsu*—including information on sword care and selection, necessary gear, sword and dojo etiquette, and useful drills for practice and demonstration. This book also teaches readers about: How to evaluate your Samurai sword and handle it safely How to wear the traditional Hakama uniform How to perform the Kata forms to hone your technique The brutal history of sword testing, and today's more humane equivalent The classic and exciting story of "The Forty-Seven Ronin" And much more! Featuring a new preface by the author, original color photos and added information about sword testing, this generously-illustrated book is a treasure trove of information for aspiring students and experienced practitioners alike.

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This comprehensive guide to Kendo features easy-to-follow line drawings to demonstrate techniques, basic information on equipment and lists of official rules and clubs. The book is aimed at beginners and experts alike. New diversity style guide helps journalists write with authority and accuracy about a complex, multicultural world. A companion to the online resource of the same name, *The Diversity Style Guide* raises the consciousness of journalists who strive to be accurate. Based on studies, news reports and style guides, as well as interviews with more than 50 journalists and experts, it offers the best, most up-to-date advice on writing about underrepresented and often misrepresented groups. Addressing such thorny questions as whether the words Black and White should be capitalized when referring to race and which pronouns to use for people who don't identify as male or female, the book helps readers navigate the minefield of names, terms, labels and colloquialisms that come with living in a diverse society. *The Diversity Style Guide* comes in two parts. Part One offers enlightening chapters on Why is Diversity So Important; Implicit Bias; Black Americans; Native People; Hispanics and Latinos; Asian Americans and Pacific Islanders; Arab Americans and Muslim Americans; Immigrants and Immigration; Gender Identity and Sexual Orientation; People with Disabilities; Gender Equality in the News Media; Mental Illness, Substance Abuse and Suicide; and Diversity and Inclusion in a Changing Industry. Part Two includes Diversity and Inclusion Activities and an A-Z Guide with more than 500 terms. This guide: Helps journalists, journalism students, and other media writers better understand the context behind hot-button words so they can report with confidence and sensitivity. Explores the subtle and not-so-subtle ways that certain words can alienate a source or infuriate a reader.

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Provides writers with an understanding that diversity in journalism is about accuracy and truth, not “political correctness.” Brings together guidance from more than 20 organizations and style guides into a single handy reference book. The Diversity Style Guide is first and foremost a guide for journalists, but it is also an important resource for journalism and writing instructors, as well as other media professionals. In addition, it will appeal to those in other fields looking to make informed choices in their word usage and their personal interactions.

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.

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 notable for its excellent illustrations of early Kendo armor as

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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 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. Join the Super Friends as they unite against the bad guys and stand up for justice in this action-packed colouring book! Master the ancient samurai art of iaijutsu with this expert martial arts guide. To the Japanese, the sword is a spiritual weapon, possessed of a kind of divinity, a self reflective of the soul of its maker, owner, and user. Around its mystical powers has grown a centuries-old ritual and a fascinating, intricate discipline. This unique guide unlocks the mysteries of this ancient ritual practice, explaining the history and significance of swords in the samurai culture, and documenting the techniques of swordsmanship, as no other book in English does. IAI: The Art of Drawing the Sword is a thorough examination of the traditional Japanese martial art of iaijutsu. Included in this volume are introductions to sword care and selection; general etiquette and the training uniform and gear; proper basic sword procedure; sword techniques and drills for practice and demonstrations; kata; and sword

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testing; as well as the story of the Chushingura (the 47 Ronin). Generously illustrated with black and white photographs and line drawings, IAI: The Art of Drawing the Sword is a storehouse of information for both the aspiring student and the experienced swordsman.

With extensive, step-by-step photographs and instructions, this jiu-jitsu guide is an effective tool for mastering this ancient martial art. The original Japanese martial art developed by the elite samurai class during Japan's feudal era, Jiu-jitsu is the forerunner of Judo and the precursor of today's ultimate fighting styles, such as mixed martial arts (MMA). For centuries, this method of unarmed self-defense proved so successful in combat that it was kept secret and taught only to a select few. Based on the author's study with instructors at the Tokyo police academy, this martial arts book presents all the traditional techniques of Jujitsu, also known as Jiu-jitsu. These techniques teach you valuable restraining methods that force your opponent to submit without abuse by using pressure points. It shows you tips for search and seizure, and the almost extinct art of Hojojutsu—how to tie people up without using any knots. Japanese Jiu-jitsu: Secret Techniques of Self-Defense addresses and demonstrates the full range of Kaicho Goshin Budo Taiho Jitsu Ryu (Tokyo police self-defense). Learn specific techniques such as: The use of hands Throwing an opponent Attacking vital points with strikes and kicks The use of weapons (like the staff). This fascinating Jiu-jitsu book, designed as a training manual, also serves as a remarkable illustrated guide to the secret art of Japanese samurai self-defense.

Editorial By Alex Bennett Alex Bennett reminisces on the Kendo World's journey from its first to this, its 25th edition. He then goes on to discuss recent changes to attitudes in Japan in budo and kendo with regards to harsh training regimens.

The Features of Kendo and My Experience By Takeyasu

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Yoshimitsu Takeyasu-sensei was until recently president of the All Japan Kendo Federation. He has since retired from that position but acts as the supreme advisor to the AJKF as well as president of the International Kendo Federation. In this article Takeyasu-sensei gives his congratulations to Kendo World on reaching its 25th edition, discusses the development of kendo and his 80 years of kendo experience. Making the grade: Roberto Kishikawa on passing the 8-Dan examination Interview by Dr. Stephen R. Nagy November 27, 2013, marks an important date for kendoka around the world. That early evening, Roberto Kishikawa, a Brazilian national and permanent resident of Hong Kong, was promoted to 8-dan by the All Japan Kendo Federation (AJKF). As the first, non-Japanese kendoka to pass the 8-dan grading in Japan, Kishikawa-sensei has excited and inspired the overseas kendo community to strive for the highest levels of kendo. This article is an interview with Kishikawa-sensei concerning his exam experience, views on kendo and journey to 8-dan. The 61st All Japan Kendo Championships By Michael Ishimatsu-Prime A summary and thoughts on the 61st All Japan Kendo Championships which Tokyo's Uchimura Ry ichi won for the third time. Hanshi Says Hanshi Says is a popular series in which Japan's top Hanshi teachers give hints of what they are looking for in grading examinations based on wisdom accumulated through decades of training. This issue features Nakano Makoto-sensei from Ibaraki prefecture who passed the 8-dan examination in 1979, and was awarded the title of Hanshi in 1989. Nakano-sensei asserts that in order to pass grading examinations, examinees need to make the examiners lean forward in their seats. He also discusses the importance of striking opportunities and the how kiri-kaeshi and uchikomi are a necessity. Grading Successfully: Part 1 By K8-dan Shigematsu Kimiaki-sensei In "Grading Successfully Part 1,"

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Shigematsu Kimiaki-sensei, a kendo instructor with Chiba Prefectural Police Force, gives a detailed explanation of how to approach a grading. He covers a vast array of topics such as sonkyo, seme, hassei, datotsu, waza selection, and many more. This is an essential guide for those who are about to take a grading, particularly for the higher dan levels.

Nuts n' Bolts of Kendo: Effective Training Methods - Waza Training By Nakano Yasoji (Hanshi 9-dan) In this article, Nakano-sensei discusses the different types of keiko and how they should be carried out, as well as different types of waza and ideal situations in which they should be employed.

"Why am I alive?" By Hamish Robison This is the first part in a series of articles on Ogawa Ch tar (1901-1992), one of the great kendoka of the post-war era.

Reidan Jichi: Kihon D sa - Part 5 By ya Minoru (Kendo Ky shi 7-dan) Kihon-d sa, or basic movements, refers to kamae, footwork and manipulation of the shinai. In other words, it entails all of the principles behind the striking and thrusting movements for scoring y k -datosu (valid attacks) in kendo. This article looks at the four basic techniques of men, kote, d and tsuki in detail.

Unlocking Japan Part 25: Oh the Shame By Lockie Jackson The final entry in Lockie Jackson's column finishes with an account of witnessing a yakuza throwing his weight around and the feelings of shame that followed.

sWords of Wisdom: "Mumy wo kiru" (Sever ignorance) By Alex Bennett

The Essential Karate Book is an illustrated, informative guide to the techniques, philosophy and practice of karate With 20 chapters covering practically every aspect of karate, this in-depth reference will assist students and instructors as they plot their course through karate instruction, benefiting those at all levels. The Essential Karate Book contains 200 diagrams mapping out moves, 300 color photographs, and downloadable video, making it a comprehensive general karate reference for Western audiences. Readers of this

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karate guide will learn about: The origins and history of karate
Required behavior, clothing and etiquette, as well as the fundamentals of karate and the different styles that share them
Stances, blocks, strikes and kicks
Preparing your body through warm ups, stretching, and conditioning through karate-specific exercises
Kata grading and fighting (kumite) techniques and competition rules
Martial arts weapons (kobudo), and MMA (Mixed Martial Arts) applications
The Essential Karate Book is a must-have for any martial arts enthusiast, from beginners to black belts!

This guide to the spiritual and technical practice of this graceful martial art, by 15th-generation master Hideharu Onuma, includes illustrations and photographs.

This book on strategy, tactics, and philosophy is often grouped with "The Art of War" by Sun Tzu, "On War" by Von Clausewitz and is still studied today. To learn a Japanese martial art is to learn Zen, and although you can't do so simply by reading a book, it sure does help--especially if that book is The Book of Five Rings. One of Japan's great samurai sword masters penned in decisive, unfaltering terms this certain path to victory, and like Sun Tzu's The Art of War it is applicable not only on the battlefield but also in all forms of competition. Always observant, creating confusion, striking at vulnerabilities--these are some of the basic principles. Going deeper, we find *suki*, the interval of vulnerability, of indecisiveness, of rest, the briefest but most vital moment to strike. In succinct detail, Miyamoto

records ideal postures, blows, and psychological tactics to put the enemy off guard and open the way for attack. Most important of all is Miyamoto's concept of rhythm, how all things are in harmony, and that by working with the rhythm of a situation we can turn it to our advantage with little effort. But like Zen, this requires one task above all else, putting the book down and going out to 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 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 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 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.

Focusing his expertise on the techniques and history of the bokken—the wooden training sword used by both ancient samurai and today's swordsmen—the author maintains that training with the bokken is important on two levels for the modern practitioner: to build the physical stamina, rhythms, and adroit body movements of traditional swordsmanship and to achieve something of the animating spirit of the traditional swordsman. This history of the bokken combines the author's concise, eloquent writing style with more than 100 photographs to provide the reader with the traditional and modern perspectives of this vital, historically rich practice tool.

In "A Book of Five Rings," Miyamoto Musashi takes the reader into a world filled to the brim with devotion, self-respect, discipline, honesty and purity of thought. Written originally for warriors and samurai

in a completely different time and culture, Musashi's book provides a remarkable source of inspiration for self-development today. His teachings are concise and to the point. He uses phrases like "you must understand this" and "you must practice diligently" and explains only general, but unquestionable and fundamental, concepts of the Way of the Warrior. While some of his guidelines are not directly applicable in our time and age, those about striving to achieve improvement on the inside as well as the outside couldn't be more on target. Taken literally this book is about how to become an efficient, albeit enlightened, killer. It's value comes from reading between the lines--lines which speak volumes. Memorialized in countless books and movies, the history of Japan's fearsome samurai warriors is known all over the world. Who can forget these Japanese masters' skills with the sword? Today, samurai warriors no longer exist, but their legacy of swordsmanship endures. Now, the way of the samurai sword is learned in the martial arts Iaijutsu and Kenjutsu. This book is the perfect introduction to using this beautiful and ancient weapon. In *Mastering the Samurai Sword*, you'll learn the sword's fascinating history, its evolution, and the philosophy behind its use. You'll also learn practical guidance for mastering the sword itself. Full-color, step-by-step photographs detail many of the most useful and famous samurai moves, including:

drawing the samurai sword guard positions, cutting blows, and blocking falling and rolling techniques, and evasive strategies standing forms and kneeling forms All of the martial arts techniques discussed in the book are performed for readers in the downloadable material to help you perfect your form. Beginners will learn everything from proper attire and behavior in the dojo to how they might practice at home, while more experienced samurai swords people will find a new appreciation for the deeper meaning and tradition behind the graceful way of the sword.

He saw the soft cedars of San Pedro Island, its high, rolling hills, the low mist that lay in long streamers against its beaches, the whitecaps riffling its shoreline. The moon had risen already behind the island – a quarter moon, pale and indefinite, as ethereal and translucent as the wisps of cloud that travelled the skies. A fisherman is found dead in the net of his boat off the coast of a North American island. When a local Japanese-American man is charged with his murder, it becomes clear that what is at stake is more than one man's guilt. For on San Pedro, memories grow as thickly as cedar trees – memories of a charmed romance between a white boy and a Japanese girl. Above all, the island is haunted by what happened to its Japanese residents during the Second World War, when an entire community was sent into exile while its neighbours

watched.

This book fills a gap in the training of the modern swordsman by providing bojuto drills to supplement formal class activities. Both single and two-person drills are presented, including some common iaido and kenjutsu.

The Samurai Sword is the essential illustrated guide to the Japanese way of the sword. Japan's famous samurai warriors were more than just soldiers — they were adherents to a strict code of honor who respected the deeper, spiritual meaning of the way of the sword. To the samurai, battle was sacred. This indispensable guide to theory and practice respects both the physical and spiritual aspects of martial arts practice with the katana. This sword book features: Beautiful, step-by-step photos and easy-to-understand text Guidance for selecting, maintaining, and using your sword Wisdom about the practical value of meditation Inspirational biographies of some of the greatest samurai swordsmen, men whose words and deeds embodied the true spirit of the samurai warrior Downloadable video Whether you're a beginner or an experienced swordsperson, this book will broaden your practical knowledge with detailed instruction on stances, cuts, guards, forms, and sparring techniques and strategy. This enduring bestseller, written over six months when Lee was bedridden with back problems, compiles philosophical aphorisms, technique explanations, and sketches by the master himself.

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 òinventing tradition,Ó

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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. The study of budo, or the Japanese martial arts for self-cultivation, is a lifelong path toward perfection of character. Here, Dave Lowry, a sword master who has practiced and taught budo for over forty years, addresses the myriad issues, vagaries, and inconsistencies that arise for students of karate-do, judo, kendo, kenjutsu, aikido, and iaido as their training develops. He examines such questions as: • What is the relationship between the student and teacher, and what should one expect from the other? • What does rank really mean? • How do you correctly and sensitively practice with someone less experienced than you? • What does practice look like as one ages? • Why do budo arts put such an emphasis on etiquette? • And many others. Lowry also gives practical advice for beginning and advanced students on improving structural integrity in posture and movement, focusing under stress, stances and preparatory actions before engaging with an opponent, and recognizing a good teacher from a bad one.

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Those who study kendo regard promotion examinations and matches as vehicles for cultivating self-discipline. Preparing to take a grading is especially motivating compared to regular training. It is, however, also a tremendous disappointment when you fail. There are those who manage to pass each examination without ever failing, and others who reach an impasse. So, what is the difference between these two groups? If you can figure this out, even just a little, you are one step closer to finding success. There are many things needed for success in an examination, not least of which is impressing the judges with resonating strikes. There is no way to achieve your goal without knowing how to accomplish this. The content of this book is based on lessons I learned from my sensei, my personal experiences in the dojo, and what I read in books and instruction manuals along the way. I hope that you will find the information in this small volume useful reference material as you tread down the path of kendo.

This is a user-friendly guide to learning Japanese Katakana and includes a set of 46 flash cards Japanese Katakana for Beginners makes learning of beginner kana fast and effective by using memorable picture mnemonics, along with clear explanations, examples and lots of fun exercises—a method that has helped thousands of students learn katakana successfully in the United States and Japan. Picture mnemonics enhance memory by associating the shape and sound of each Japanese kana character with combinations of images and English words already familiar to students. This book is organized into three main sections: The first introduces the basic 46 katakana characters along with writing tips and opportunities to practice writing them. The second teaches the usage rules that allow students to write all Japanese sounds, providing more opportunities for practice. The third strengthens students' skills through a wide

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range of exercises (word searches, crossword puzzles, fill in the blanks, visual discrimination, timed recognition quizzes, etc) designed to both increase the knowledge of the Japanese language and reinforce newly acquired writing skills. A set of flash cards printed on perforated cardstock and a list of suggested flash card activities, are also provided at the end of the book. Each of these cards introduces a katakana character along with the picture mnemonic that helps to recognize and remember it.

Kendo Guide for Beginners is a book written to guide kendo beginners. The book introduces what real kendo equipment is, the concept of kendo as budo, how to behave at training, etiquette and manners and all the basic movements that beginners should learn thoroughly. Along with many pictures of the kendo basics, the detailed explanations will help you understand what you should or should not do when learning the basics. When learning kendo movements it is always helpful if you actually see what you have to do or not to do. And it is important for you to visualize the correct movements. With the pictures and detailed explanations, it makes it easy for you to review what you learned at your dojo. Practicing at the dojo and home, you will improve your basics your kendo correctly and quickly. This is a great advantage because by acquiring the good basics, you can move on to the next step easily; putting a set of armor on. With your solid basics, you will have fewer difficulties when you get a set of armor. That's why all the kendo people tell you to learn the basics thoroughly. You can learn the reasons behind the etiquette/manners in detail with this book. And if you learn the etiquette/manners in detail, you are also learning Japanese culture too. Even though the Japanese society is modernized, a lot of the etiquette/manners are still following the rules of the samurai era. By knowing the etiquette and manners, you will be able to understand what's going on at the dojo easily.

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And more importantly, you will NOT offend other people, especially Japanese people because of a lack of the knowledge. Since the book is written by a Japanese person, all the kendo terms are correctly spelled, so you will learn correct kendo terms. With this book, you can learn all you have to know at the beginning of kendo as a beginner and it makes your kendo life a lot easier.

"A practical guide for establishing a Kendo club where there is none available."--Back cover.

"An excellent introduction to traditional Japanese swordsmanship."—Daily Yamiuri This book introduces Kendo, the exhilarating mental and physical sport of Japan that has gained new popularity, with both sexes now participating, its own evolution and the efforts of a remarkable group of teachers it has progressed through the years to its present position as a sport. 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 kendo book in English to describe and analyze this famous sport. Features include: Over 100 photographs and drawings Origin and History of Kendo Basic Kendo Principles and Techniques Traditions Governing Kendo Etiquette and Technique Important Strikes Offensive and Defensive Positions Training Exercises The paramount point to be remembered in this book on an ancient art is that no one really stops learning more about the people who invented armor and developed combat techniques. It is our hope that the

reader will continue his study beyond the scope of this kendo guide.

Dr. Sotaro Honda (R7-dan), student of H8-dan Masatake Sumi-sensei, has been a longtime contributor to Kendo World, and has spent much of his kendo career helping international kenshi. His latest book is a must have for all practitioners and instructors, and explains various aspects of kendo training in a way that is both accessible and eye-opening. He covers the basics from footwork, to various keiko methods such as kakari-geiko and ji-geiko, and offers many useful hints for shiai strategy. The English translation of Hirakawa Nobuo's 1993 book on kendo. It covers kendo basics such as how to stand and move, swing the shinai, wear bogu, and make basic strikes and defensive moves. Also described are many advanced shikake-waza and oji-waza techniques as well as the Nippon Kendo Kata. 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.

"A man who has attained mastery of an art reveals it in his every action."--Samurai Maximum. Under the guidance of such celebrated masters as Ed Parker and the immortal Bruce Lee, Joe Hyams vividly recounts his more than 25 years of experience in the martial arts. In his illuminating story, Hyams reveals to you how the daily application of Zen principles not only developed his physical expertise but gave him the mental discipline to control his personal problems-self-image, work pressure, competition. Indeed, mastering the spiritual goals in martial arts can dramatically alter the quality of your life-enriching your relationships with people, as well as helping you make use of all your abilities. 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.

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