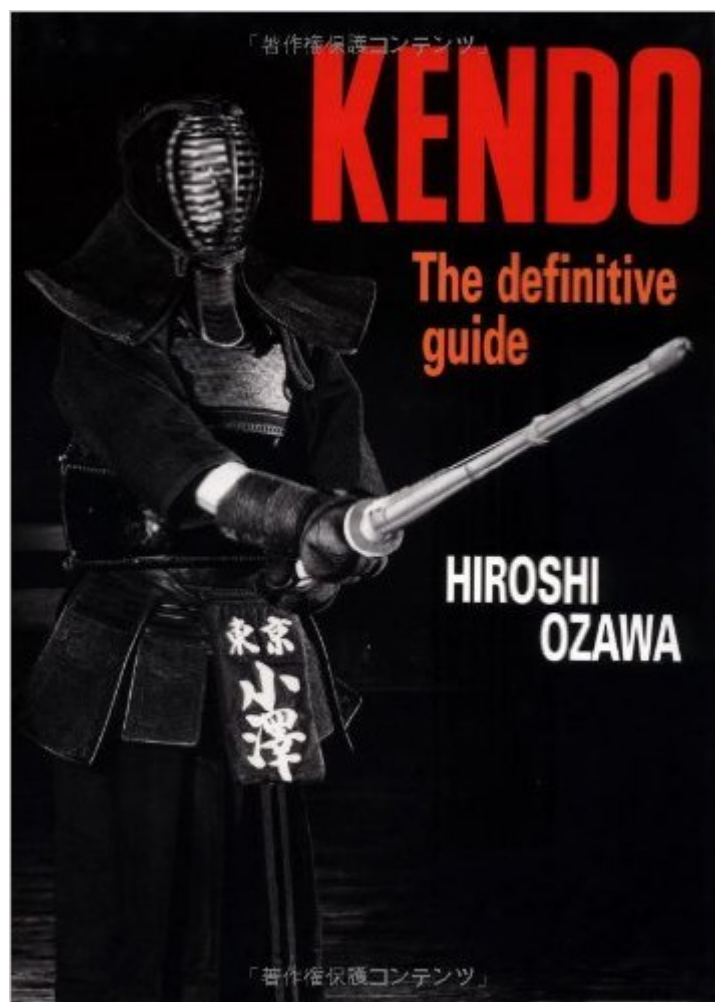


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# Kendo: The Definitive Guide



## Synopsis

Kendo-the Way of the Sword-is one of the oldest of Japan's martial arts and the one most closely associated with the samurai. Immortalized in the action movies of Akira Kurosawa and in the bestselling novel Musashi, Kendo--originally a form of swordsmanship-has in recent years developed into a popular and highly competitive sport enjoyed by thousands of men and women around the world. Kendo: The Definitive Guide is the first book in English to provide a practical and truly comprehensive approach to the subject. Everything that the novice needs to know, from basic information about purchasing, wearing, and maintaining essential equipment to competing in international tournaments, is explained in simple, straightforward language. Step-by-step explanations of fundamental techniques to be mastered to attain black belt level are illustrated in easy-to-follow line drawings. With appendices giving the rules at international competitions and important information about Kendo clubs outside Japan, Kendo is the definitive guide for all non-Japanese Kendoists. A special section about the history and development of this martial art and guidelines for running practice sessions also make it a unique resource for all teachers of Kendo. The definitive guide includes - basic Kendo principles and techniques - official International Kendo Federation regulations - list of Kendo clubs and national associations around the world

## Book Information

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## Customer Reviews

I own both the Complete Kendo book and the Heart of Kendo book. This book is by far better than the other 2 as far as providing technical information. Pros:- The pictures are much better drawn (at least when compared to the other 2 books). Still in some cases a photo would have been more

useful.- The section on kata is presented as numbered steps in 2 columns, one for uchidachi and the other for shidachi. This makes it much easier to understand.- Many of the movements are described as numbered lists. The other 2 books I looked at just write long paragraphs of text making it very difficult to decipher, even after you've learned the movement in class.- Goes thru a complete treatment on how to put on the equipment.- Extensive coverage of waza.Cons:- The information in the book is not ordered in the same order as you would learn things in a Kendo class so you will need to hop around chapters.- Sadly there is no index in this book either. I don't quite understand why in this day and age books don't have indices. All 3 Kendo books I own do not have them.- The descriptions are rather brief so it reads more like a manual than a book.- The sections on suburi describe that you should swing "big". So in most of the diagrams the shinai is shown drawn all the way behind and almost touching the person's back (even in shomen suburi). What the book does not say though is that this is intended initially to train beginners to swing big. But when you actually perform a strike you generally aren't supposed to swing that far behind your back. But I am nitpicking...- Book does not cover equipment maintenance.- There is some use of terms that are not defined in the book.

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