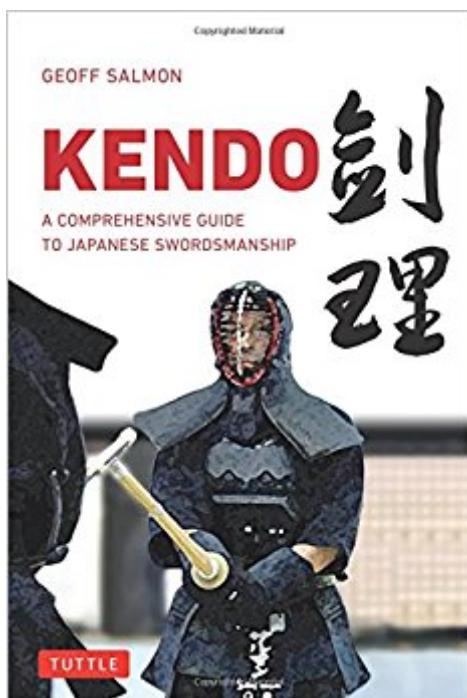


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# Kendo: A Comprehensive Guide To Japanese Swordsmanship



## Synopsis

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.

## Book Information

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## Customer Reviews

"It's chock full of sketches and illustrations [â] that convey the movements and actions the

author describes."  Black Belt Magazine

Geoff Salmon holds the All Japan Kendo Federation rank of Kyoshi and the grade of 7th Dan and has competed regularly in the prestigious Kyoto Taikai competitions. He teaches kendo in the UK and Europe and has held a number of key posts including chairman of the British Kendo Association and manager of the British National Kendo Squad. He has refereed at the European Championships on numerous occasions and also at the recent World Championships. He writes regularly about kendo on his popular blog [www.kendoinfo.net](http://www.kendoinfo.net). Salmon spent three years living and training in Japan, dividing his time between the Osaka Shudokan and several dojo in Hyogo. He was fortunate to study directly with several great 2nd generation kendo teachers including Matsumoto Toshio, Hanshi 9th Dan. He visits Japan often to further his knowledge of this sport.

Finally getting back into Kendo, this book is a great help.

Son enjoyed reading this book!

Seems like a pretty great book, arrived creased on the cover quite a bit though, so I'm gonna take it down 2 stars. I'd gladly bump it back to 5 for a replacement but I'm out of the period allowed so I'm not gonna get my hopes up.

Perfect for me as a reference book since I am a non-Japanese speaker or reader. Helps me review my basics and remember the terms used in class.

it's ok

The author provides the student with a good explanation on the basics of Kendo. Detailed descriptions really helped me better understand the fundamentals of Kendo (I've been doing Kendo for over 10 years).

This is a very good book to get a basic understanding of what kendo is all about. Perfect for beginners, great as a reference for more advance students.

Haven't finished it yet, but learning a lot. Great for beginners.

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