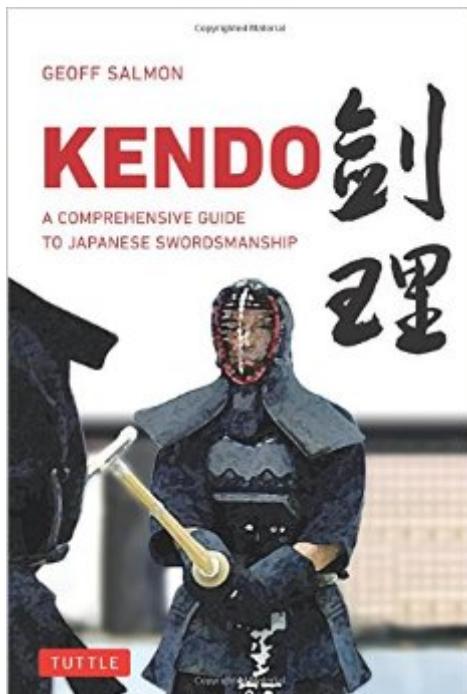


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# Kendo: A Comprehensive Guide To Japanese Swordsmanship



## Synopsis

Master the art of Kendoâ "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 physicallyâ "and mentallyâ "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

Finally a kendo book that feels like it was written for how westerners approach learning. Nice

diagrams along with explanations that not only explain the 'how' of the mechanics, but the when and why of waza as well. It approaches kendo without the assumption of cultural knowledge and even previous experience that many other kendo books do. As new comer to the art, I really appreciate the lack of assumptions and more verbose explanations.

This book has something for everyone. For people who know nothing about kendo you'll get a good introduction to what kendo is all about as well as a catalog of kendo techniques. For beginning kenshi you'll get hints and tips for your own practice. For advanced practitioners, you'll get some ideas about the theory behind techniques and practice that will help you continue to advance. My only quibble with this book, and the reason I'm not giving it 5 stars is the use of line drawings rather than photos. In some cases the drawings are quite schematic and, if you are not already familiar with the technique being described you need to use quite a bit of imagination. All and all this is a valuable addition to the English language kendo literature.

One of the most appealing aspects of this book is that it has something to say for both the beginner and seasoned Kendo practitioner. Most Kendo books will focus on one type of audience and one type of Kendo element, be it kata, waza, etc. However, the very easy to read, and approachable, writing style adopted by the author allows all readers to take something beneficial away from the book. Highly recommended for anyone involved in Kendo, regardless of level.

Salmon Sensei creates a great reference book that I think will be useful for all levels of Kenshi - the comprehensive guide is just what it says on the cover. The book, perhaps the first third, starts with an outline of how to behave in the dojo, take care of your equipment and behave with your teachers and students. For me that main part of is the latter 2/3 where techniques are described in detail. One of the highlights of the book is the great diagrams which manage to tightly integrate with the text giving you an idea of how to do what is described. Descriptions and text provide a precise actionable outline. And while the words describe the dos and do-nots of techniques, they also spend time talking about how any action should feel giving you a real sense that you could try out the advice in the dojo. That said, I feel that the main benefit I will get from "Kendo: A comprehensive guide" is not the first read through that this review represents, but repeated re-visits when I struggle to understand something and when I need some thinking time out at home instead of practice time in at the dojo.

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).

Technically, a very good piece of work. Good illustrations and pictures, clear definitions and descriptions. As a book though it is rather boring and of very little use to those who do not practice the art. It seems to be mostly intended for reference by practitioners of Kendo. Should be excellent for beginners in the art.

Very easy to follow. The pictures are detailed without being confusing, and although the author uses the traditional terms to explain, the book was written for beginners. It can work for those starting out, or those interested in a reference.

It is difficult to find Kendo books written by a native English speaker. This book is very easy to follow and covers many areas of Kendo, from etiquette, different strikes, blocks, etc. It's also laid out in such a way that you can return to it as a reference book after you've read through it. I imagine I will be coming back to this book as I progress, finding clarification in things that I am having trouble with.

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