



Kendo: The Definitive Guide

Hiroshi Ozawa

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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

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Typically the book Kendo: The Definitive Guide has a lot info on it. So when you read this book you can get a lot of benefit. The book was published by the very famous author. Mcdougal makes some research previous to write this book. This book very easy to read you will get the point easily after reading this article book.

Tommie Matthews:

The reason why? Because this Kendo: The Definitive Guide is an unordinary book that the inside of the guide waiting for you to snap this but latter it will shock you with the secret this inside. Reading this book alongside it was fantastic author who else write the book in such amazing way makes the content within easier to understand, entertaining way but still convey the meaning totally. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This amazing book will give you a lot of gains than the other book possess such as help improving your proficiency and your critical thinking method. So , still want to postpone having that book? If I ended up you I will go to the reserve store hurriedly.

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