

Kendo Training Guide

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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 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

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

a practical guide for establishing a kendo club where there is none available back cover

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

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 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

few countries stimulate the senses like japan its extraordinary history artistic and cultural heritage unique traditions and philosophies as well as its immense technological achievements result in a complex nation confronting the visitor with a vast range of choices this guide offers a perceptive carefully considered selection of the japanese experience a gourmet s choice for the discerning traveler this informative and handy book will help you confront the bewildering array of choices available in japan by choosing the best of where to go and what to do as well as highlighting some of the lesser known and undiscovered aspects of a profoundly fascinating land this friendly and informed guidebook is indispensable at the same time its portfolio of brilliant photos provide the reader with a true sense of place and a colorful souvenir of memorable sights and experiences

too old to start kendo think again whether you ve admired kendo from afar practiced martial arts in your youth or are simply looking for a new challenge later in life this book proves that it s never too late to pick up the shinai and step onto the dojo floor written from the perspective of someone who returned to kendo after many years beginner s guide to kendo for adults over 40 is designed to help you start or restart with confidence wisdom and respect for both your body and the art inside you ll discover practical guidance for adult beginners how to train smarter not harder the fundamentals of kendo mindset and culture goal setting and motivation sustainability for the long term this is not just a how to manual it s a companion for the older beginner who wants to practice kendo with balance purpose and joy whether you re stepping into the dojo for the first time at 40 50 or beyond this guide will help you start right train wisely and stay motivated on the long road ahead pick up your shinai the journey doesn t end at 40 it begins

this book examines the underlying philosophy behind each martial art and the physical benefits to be gained and presents the most popular techniques and some of the more advanced moves

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 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 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

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