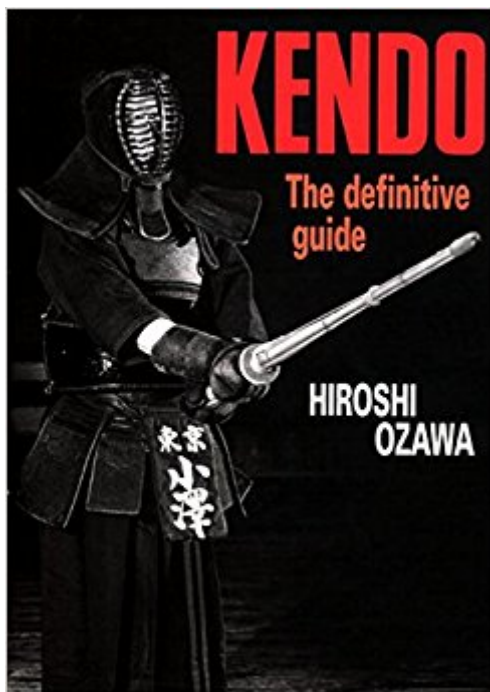


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# Kendo: The Definitive Guide



## 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

HIROSHI OZAWA is an associate professor at the Science University of Tokyo and Kendo kyoshi, 7th dan. He was born in Saitama prefecture in 1950 into a highly respected Kendo family which was instrumental in incorporating Kendo into the physical education curriculum as a core subject. He

makes regular trips abroad to demonstrate and teach Kendo, and also writes books about samurai ethics.

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.- Book does not explain how to put himos onto men. I would recommend getting this book in addition to one of the other 2 books to fill in some missing gaps. However even after owning all 3 books I find none of them cover the full body of knowledge that a beginner encounters. So these books are no substitute for a real class (obviously).

Excellent book. It contains all the basics of etiquette as well the Kendo techniques and katas. The book is plenty of good drawings and explanations, and it covers the way to put the bogu (armor) on, how to tie it, how to behave in a Dojo, the current rules, a Japanese glossary, and so on. A perfect reference book for a kenshi and for a sensei. A great work of Mr. Hiroshi Ozawa. I consult it every time.

It has everything you'd want to know about the sport of Kendo! If you are interested in being a part, then definitely get this! Study up and enjoy!! Worth the buy. It arrived in a good time and was in

good condition. :)

The book, as advertised presents an overview of the practice of Kendo; however, the best portion of the guide is the pictorials of various strike and defense practice, along with written instruction. For a new practitioner, like myself, Kendo: The Definitive Guide was well worth the purchase.

I ordered this book about 7 weeks ago once I started my Kendo training. I have to say that it is helpful, but certainly a little confusing for beginners. Beginners may receive more help from Kendo "how to videos". However, this is a good resource for those moving into the intermediate classes.

When it comes to martial arts, kendo is my second choice after karate. If you plan to enter a kendo dojo, read this book first. It introduces you to the world of this great art and makes you want to practice it even more. I recommend you the both: to read the book and to perform the art.

good book

The path of the sword is not taken lightly. It involves practice, improvement and confidence in the technique. This book is a good way to get you started. It covers basic techniques, etiquette, terms and some very good advice. I would recommend this book along with "Iai, the art of drawing the sword" by Darrel Craig as these books compliment each other very well.

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