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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 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.

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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.

Kendo is the first in-depth historical, cultural, and political account in English of the Japanese martial art of swordsmanship, from its beginnings in military training and arcane medieval schools to its widespread practice as a global sport today. Alexander Bennett shows how kendo evolved through a recurring process of "inventing tradition," which served the changing ideologies and needs of Japanese warriors and governments over the course of history. Kendo follows the development of Japanese swordsmanship from the aristocratic-aesthetic pretensions of medieval warriors in the Muromachi period, to the samurai elitism of the Edo regime, and then to the nostalgic patriotism of the Meiji state. Kendo was later influenced in the 1930s and 1940s by ultranationalist militarists and ultimately by the postwar government, which sought a gentler form of nationalism to rekindle appreciation of traditional culture among Japan's youth and to garner international prestige as an instrument of "soft power." Today kendo is becoming increasingly popular internationally. But even as new organizations and clubs form around the world, cultural exclusiveness continues to play a role in kendo's ongoing evolution, as the sport remains closely linked to Japan's sense of collective identity.

Complete Kendo is a thorough introduction to the Japanese martial way of the sword and a guided tour of the principles and philosophy upon which the art is founded. This martial arts guide covers everything from the care and handling of hakama, the pleated trousers worn by kendoka (practitioners of kendo), all in an easy conversational dialogue that is a great pleasure to read. Structured to echo the organization of the *Book of Five Rings* by Miyamoto Musashi, Complete Kendo is a modern version of the swordsman's primer by a martial artist skilled not only in the art of kendo but, like Musashi, in many traditional Japanese arts, and with a superb understanding of the martial tradition and culture of Japan. The author uses lessons learned from a long career of teaching martial arts and academic subjects to impart clearly and concisely the fundamentals of kendo and the martial way. With explanatory line drawings by Kathleen Sweeney illustrating significant points of discussion, a handy glossary of kendo terminology and related concepts, and an unusually helpful bibliography, Complete Kendo is an essential volume for every kendoka's personal library.

All students of kendo—the formal art and practice of Japanese swordsmanship—will welcome this manual by an advanced practitioner with a deep understanding of the martial art. The work begins with a history of kendo in Japan, followed by a study of basic equipment and its proper care and use and a detailed description of forms and rules—essential aspects of any martial art. Beginners will find this section particularly helpful because of the close attention paid to fundamental techniques of kendo, including the rare two-sword form (*nitô ryû*), largely unknown outside of Japan. Each technique is

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accompanied by clear, easy-to-follow illustrations. The Nihon Kendo Kata and Shiai and Shinpan rules and regulations are useful references for those learning the Kata and participating in matches. The author, who is also a practicing physician, is attentive throughout to injury prevention and safety--concerns often overlooked in martial arts manuals. The elements of kendo philosophy, which can mystify even experienced practitioners, are explained in simple terms to aid understanding. The manual concludes with biographies of Japan's most celebrated swordsmen, an extensive glossary of kendo terms, and a history of kendo in Hawaii, where it has been practiced for more than a century and where some of the world's top practitioners can be found.

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.

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 practical 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 fitness routines. This is the first book to decidedly 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.

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