



This is Kendo: The Art of Japanese Fencing

Junzo Sasamori, Gordon Warner

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"This is Kendo" is a fully illustrated introduction to the traditional art of Japanese fencing--its essential nature and its basic techniques. It is the first book in English to describe and analyze this famous sport. Features include: over 100 photographs and drawingsorigin and history of kendobasic kendo principles and techniquesphysical and psychological aspects of kendorelationship between kendo and Zentraditions governing kendo etiquette and techniqueclear-cut descriptions of the most important strikes, offensive and defensive positions, and training exercises.



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