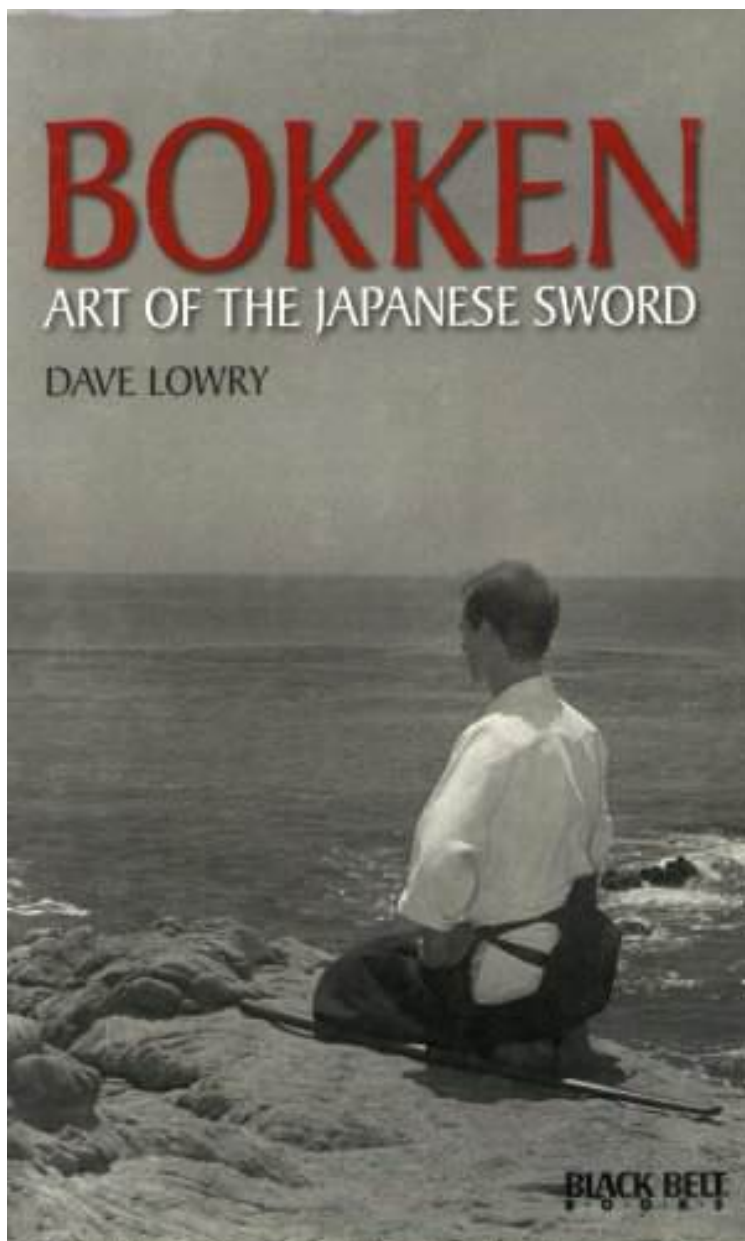


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Bokken: Art of the Japanese Sword (Literary Links to the Orient)

By Dave Lowry

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11 of 12 review helpful A good book for fundamentals and attitude By R A Martinek I was prepared to be disappointed but was pleasantly surprised I have studied the sword for years and yet learned something from this book For a beginner too its clear concise explanations coupled with well thought out photographs will prove an excellent study guide or workbook There are minor deficiencies occasionally but they w Focusing his expertise on the techniques and history of the bokken mdash the wooden training sword used by both ancient samurai and today rsquo s swordsmen mdash the author maintains that training with the bokken is important on two levels for the modern practitioner to build the physical stamina rhythms and adroit body movements of traditional swordsmanship and to achieve something of the animating spirit of the traditional swordsman This history of the bo About the Author Dave Lowry has written several books about Japanese culture and the martial arts Since 1986 his writing has been featured in Black Belt magazine in a monthly column called Karate Way

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