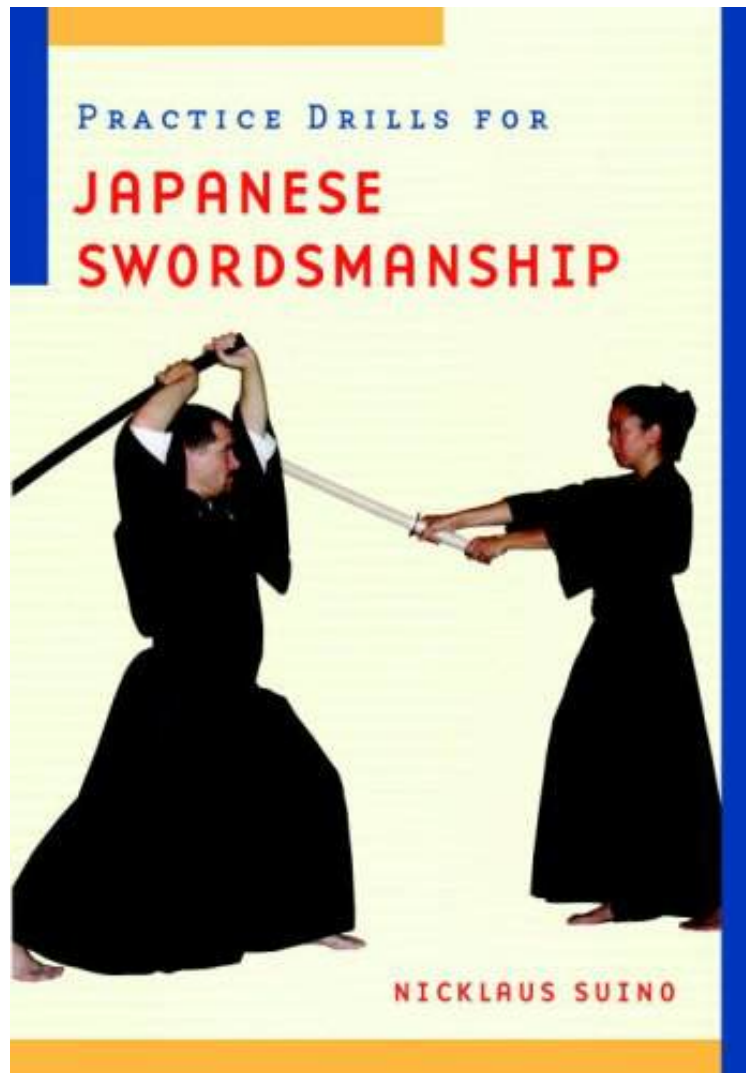


Practice Drills for Japanese Swordsmanship

By Nicklaus Suino

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By Nicklaus Suino : Practice Drills for Japanese Swordsmanship jul 03 2015
the warrior class of feudal japan the samurai have become almost mythical with their reputation for personal fortitude and toughness on the battlefield solo training of kata is the primary form of practice in some martial arts such as iaido Practice Drills for Japanese Swordsmanship:

To become an expert swordsman one must pay close attention to detail be highly self critical and practice diligently

every day under the guidance of a good teacher Unfortunately contact time with a worthy mentor is limited for most Practice Drills for Japanese Swordsmanship fills this obvious gap in the training of the modern swordsman by providing bokuto wooden sword drills to supplement the formal class activity of forms practice Both single and

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