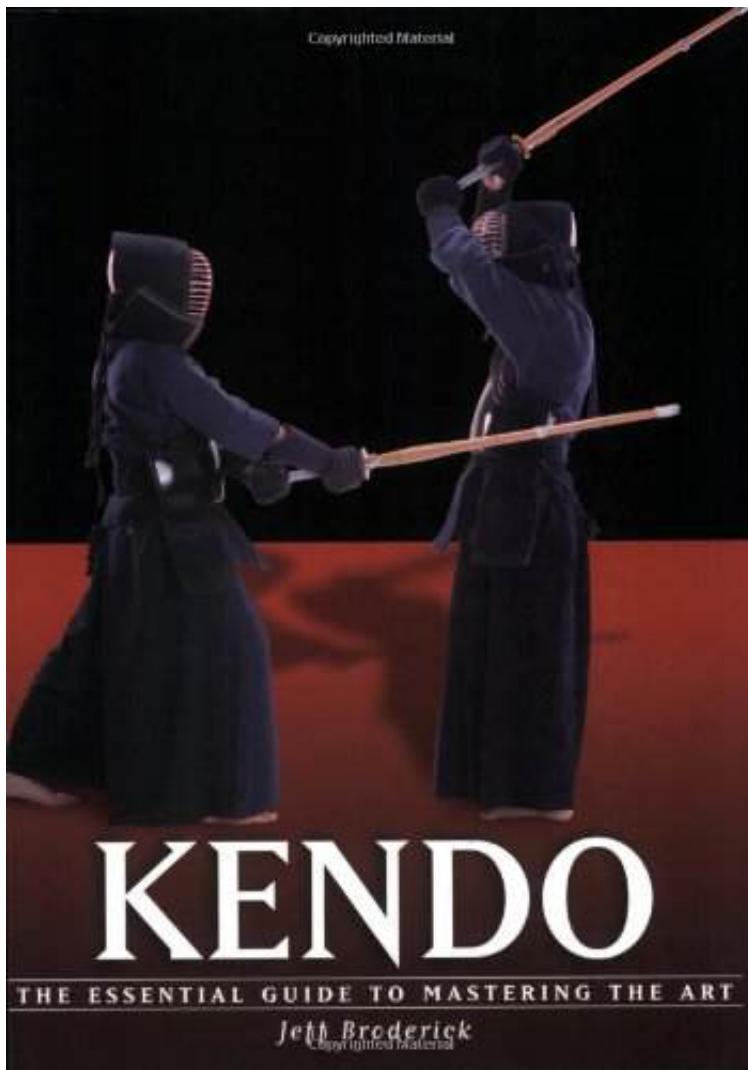


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Kendo: The Essential Guide to Mastering the Art (Martial Arts)

By Jeff Broderick, Ed Chart, Misoo Ko
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1 of 1 review helpful Kendo for the beginning athlete By Marc Esser I have absolutely no experience in any martial arts but was always intrigued by sword fighting especially the concentration it takes and the controlled movements of the weapon itself this book gives very good instructions accompanied by excellent pictures probably not recommended for the experienced Kendoka but good advise nonetheless 0 of 0 review help The Japanese art of sword fighting from ken sword and do way has its origins in the samurai warrior tradition and was developed over several centuries Modern kendo dates from the 18th century when protective equipment and the bamboo sword were introduced Kendo was banned after World War II because of its nationalistic and militaristic associations but was revived as a sport in the 1950s Like other martial arts kendo is used as a way of building character About the Author Jeff Broderick began studying the Japanese sword arts in 1991 starting with iaido and kenjutsu and then adding kendo and jodo To further his study of Japanese martial arts he lived in Japan for two years in Nagasaki prefecture earning his f

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