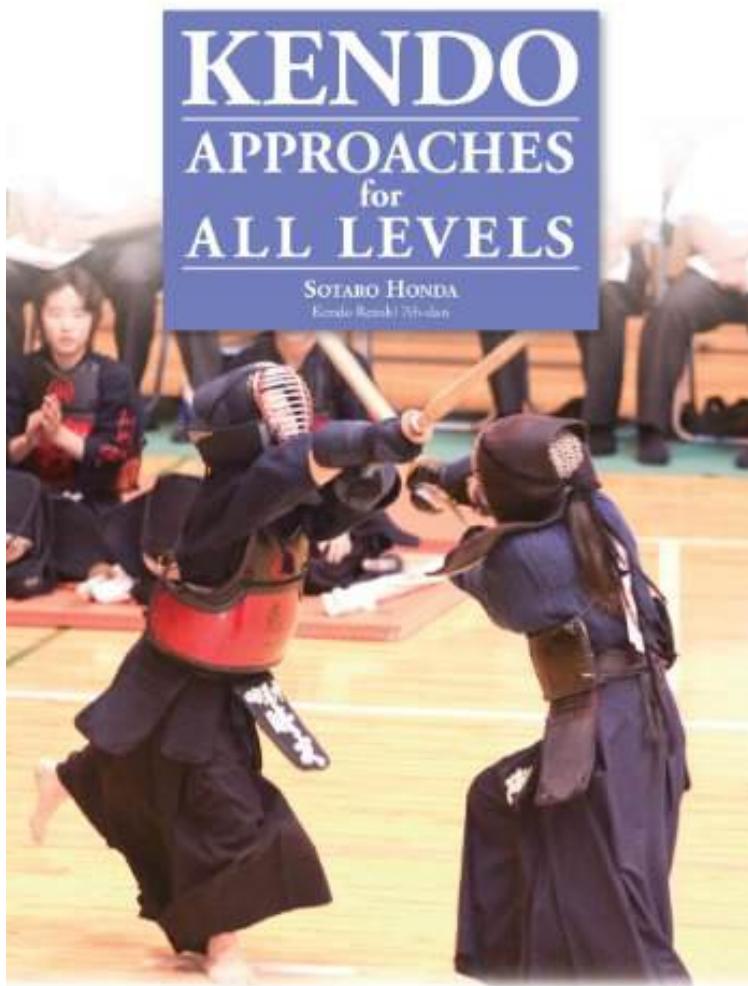


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## Kendo - Approaches for All Levels

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1 of 1 review helpful Experience Needed By Andy The book is best for people with some experience as some of the other reviews have stated It is divided into two main sections The first half or so is about practice footwork drills etc The second half or so is about jigeiko and shiai The first part of the book is not really a how to guide but more high level discussion That being said it does contain some Dr Sotaro Honda R7 dan student of H8 dan Masatake Sumi sensei has been a longtime contributor to Kendo World and has spent much of his kendo career helping international kenshi His latest book is a must have for all practitioners and instructors and explains various aspects of kendo training in a way that is both accessible and eye opening He covers the basics from footwork to various keiko methods such as kakari geiko and ji geiko and offers many useful hints

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