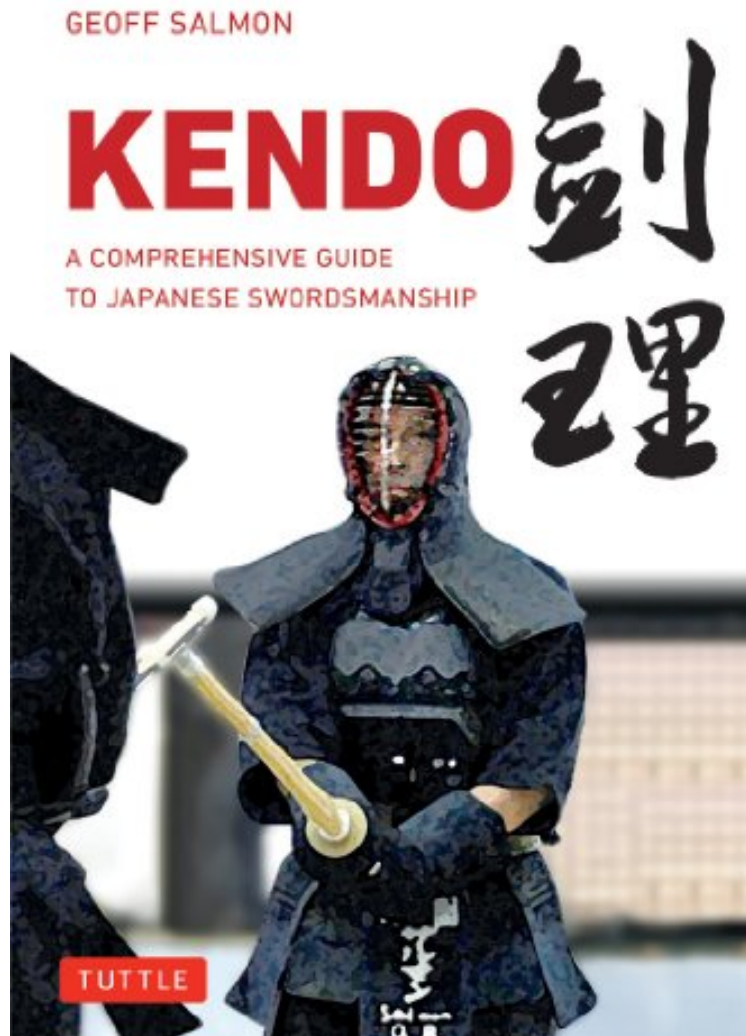


[Read ebook] Kendo: A Comprehensive Guide to Japanese Swordsmanship

Kendo: A Comprehensive Guide to Japanese Swordsmanship

Von Geoff Salmon

*Download PDF | ePub | DOC | audiobook | ebooks



 Download

 Read Online

Produktinformation -Verkaufsrang: #252476 in eBooksVerffentlicht am: 2013-05-28Erscheinungsdatum: 2013-05-28File Name: B00CYNTXGI | File size: 39.Mb

Von Geoff Salmon : Kendo: A Comprehensive Guide to Japanese Swordsmanship before purchasing it in order to gage whether or not it would be worth my time, and all praised Kendo: A Comprehensive Guide to Japanese Swordsmanship:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich.
Danke!Von TsvetelinSehr gud! I really like this book ... what else to say - I like kendo as well. I strongly recommend

this book.

Kurzbeschreibung Master the art of Kendo Japanese Swordsmanship with this illustrated and comprehensive martial arts guide. Kendo or the "Way of the Sword" holds a special place within the martial arts as one of the few practices tracing back directly to Japan's ancient samurai heritage. Modern students flock to kendo for physically and mentally challenging activity that combines traditional martial arts values with strenuous physical activity. Author Geoff Salmon has over 40 years of kendo experience gained in and outside of Japan. His goal in this kendo guide is to dispel many misconceptions about the sport and to make kendo training accessible and effective for anyone. His simple, straightforward writing style is especially helpful for beginning students and martial artists from other disciplines who wish to add kendo training to their repertoire. The core of this kendo book is a series of detailed instructional sequences demonstrating the basic kendo techniques. The author also presents the fundamental principles and philosophy that make kendo as much an exercise of the mind as of the sword. For many adherents, the goal is to train your mind to achieve a state of mushin (no-mind). Beyond that, this book also shows you how to win competitions and integrate kendo into your personal fitness routines. This is the first book to clearly link the philosophical and mental elements of kendo to the physical techniques, thereby enabling readers to gain a holistic understanding of the martial art. It offers a comprehensive training program similar to those given by leading kendo teachers in Japan, past and present. Pressestimmen "It's chock full of sketches and illustrations [] that convey the movements and actions the author describes." Black Belt Magazine "It's chock full of sketches and illustrations [...] that convey the movements and actions the author describes." --Black Belt Magazine "It's chock full of sketches and illustrations [...] that convey the movements and actions the author describes." --Black Belt Magazine Kurzbeschreibung Master the art of Kendo Japanese Swordsmanship with this illustrated and comprehensive martial arts guide. Kendo or the "Way of the Sword" holds a special place within the martial arts as one of the few practices tracing back directly to Japan's ancient samurai heritage. Modern students flock to kendo for physically and mentally challenging activity that combines traditional martial arts values with strenuous physical activity. Author Geoff Salmon has over 40 years of kendo experience gained in and outside of Japan. His goal in this kendo guide is to dispel many misconceptions about the sport and to make kendo training accessible and effective for anyone. His simple, straightforward writing style is especially helpful for beginning students and martial artists from other disciplines who wish to add kendo training to their repertoire. The core of this kendo book is a series of detailed instructional sequences demonstrating the basic kendo techniques. The author also presents the fundamental principles and philosophy that make kendo as much an exercise of the mind as of the sword. For many adherents, the goal is to train your mind to achieve a state of mushin (no-mind). Beyond that, this book also shows you how to win competitions and integrate kendo into your personal fitness routines. This is the first book to clearly link the philosophical and mental elements of kendo to the physical techniques, thereby enabling readers to gain a holistic understanding of the martial art. It offers a comprehensive training program similar to those given by leading kendo teachers in Japan, past and present.