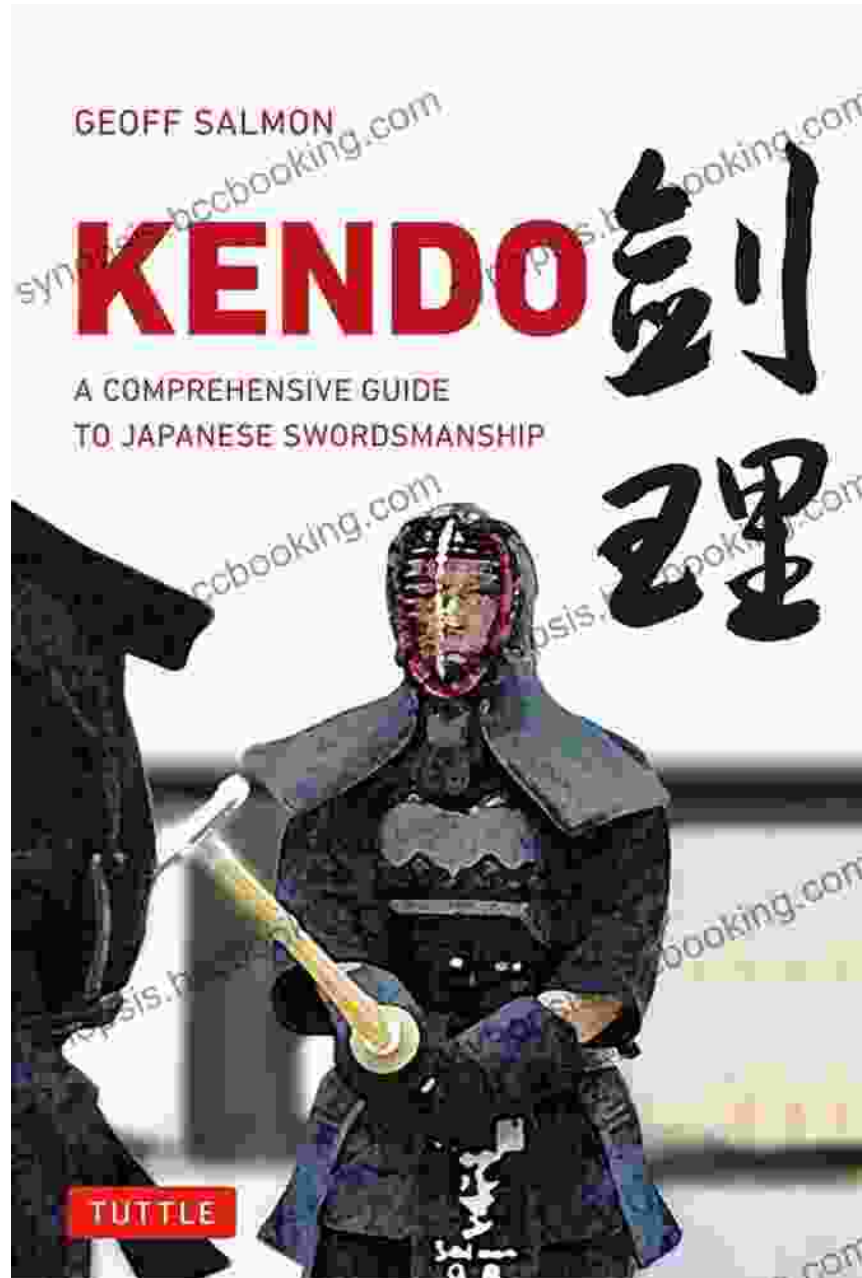


# Kendo: The Comprehensive Guide to Japanese Swordsmanship



Kendo is a modern Japanese martial art that descends from the ancient art of swordsmanship. It is a refined and elegant sport that emphasizes

discipline, respect, and skill. This comprehensive guide to kendo will teach you everything you need to know to get started in this fascinating art.

Inside, you'll find:



## Kendo: A Comprehensive Guide to Japanese Swordsmanship by Geoff Salmon

★★★★☆ 4.6 out of 5

Language : English  
File size : 4499 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 248 pages



- A detailed history of kendo, from its origins to its modern incarnation
- Step-by-step instructions for all the basic kendo techniques, from stance to strikes to footwork
- An in-depth look at kendo equipment, including swords, armor, and protective gear
- Strategies and tactics for kendo competition
- Profiles of famous kendo masters
- And much more!

**Whether you're a beginner interested in learning about kendo or an experienced practitioner looking to improve your skills, this book is the perfect resource for you.**

Kendo is more than just a martial art. It is a way of life that teaches us about discipline, respect, and self-improvement. This book will help you to not only master the physical techniques of kendo but also to understand the deeper meaning of this ancient art.

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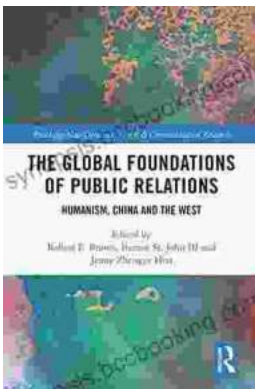
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