
Kendo World Kendo World Magazine Volume English Edition

A Study of Kendo Kata
 The Essence of Budo
 Code of the Samurai
 A Comprehensive Introduction to the Philosophy and Practice of the Art of the Sword
 WHFSC Grandmaster's Council: a compendium of the world's leading Grandmasters
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*Kendo World Kendo World Magazine
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PETERSON HERMAN

A Study of Kendo Kata Lulu.com

The English translation of Hirakawa Nobuo's 1993 book on kendo. It covers kendo basics such as how to stand and move, swing the shinai, wear bogu, and make basic strikes and defensive moves. Also described are many advanced shikake-waza and oji-waza techniques as well as the Nippon Kendo Kata.

The Essence of Budo Shambhala Publications

A mysterious killer has left a trail of dead swordsmen in their wake, and the grisly corpses hint at a fiend possessed. A chance to confront the culprit presents itself, but Kuroko finds herself in unfamiliar territory-when, for the first time, an opponent completely outclasses her in combat! In order to win (or even survive) against this unparalleled swordsman, Kuroko's going to need an ace up her sleeve, and her answer is...movie magic?!

Code of the Samurai Meyer & Meyer Verlag

Miyamoto Musashi (1584-1645) is the most famous Samurai who

ever lived. His magnum opus, the Go-Rin-Sho or Book of Five Rings is a classic that is still read by tens of thousands of people each year—Japanese and foreigners alike. Alex Bennett's groundbreaking new translation of The Book of Five Rings reveals the true meaning of this text for the first time. Like Sun Tzu's The Art of War, Musashi's book offers unique insights, not just for warriors, but for anyone wanting to apply the Zen Buddhist principle of awareness to achieve success in their endeavors. This book sheds new light on Japanese history and on the philosophical meaning of Bushido—the ancient "code of the Japanese warrior." Unlike other translations that are based on incomplete and inaccurate versions of Musashi's work, Bennett's is the first to be based on a careful reconstruction of the long-lost original manuscript. Capturing the subtle nuances of the original Japanese classic, the result is a far more accurate and meaningful English version of The Book of Five Rings text. Richly annotated and with an extensive introduction to Musashi's life, this version includes a collection of his other writings—translated into English for the first time. A respected scholar, as well as a skilled martial

artist, Bennett's understanding of Musashi's life and work is unparalleled. This book will be widely read by students of Japanese culture, history, military strategy, and martial arts. It sets a new standard against which all other translations will be measured.

[A Comprehensive Introduction to the Philosophy and Practice of the Art of the Sword](#) Kodansha International

Bushido: the samurai code of Japan is one of the most influential books ever written on "the way of the warrior." A classic study of Japanese culture, the book outlines the moral code of the samurai way of living and the virtues every warrior holds dear. In Bushido, Nitobe points out similarities between Western and Japanese history and culture. He argues that "no matter how different any two cultures may appear to be on the surface, they are still created by human beings, and as such have deep similarities." Nitobe believed that connecting Bushido with greater teachings could make an important contribution to all humanity, that the way of the samurai is not something peculiarly Japanese, but of value to the entire human race.

[WHFSC Grandmaster's Council: a compendium of the world's leading Grandmasters](#) Tuttle Publishing

Part of the Sport, Culture and Society series, this book aims to illuminate the contribution of philosophy of sport to the understanding of contemporary sport. It addresses some of the different fields of philosophy and their application in philosophy of sport including: aesthetics, ethics, philosophy of education, and more.

Kendo World 7.1 Packt Publishing Ltd

#1 NEW YORK TIMES BESTSELLER • The book that sparked a revolution and inspired the hit Netflix series Tidying Up with Marie Kondo: the original guide to decluttering your home once and for all. ONE OF THE MOST INFLUENTIAL BOOKS OF THE DECADE—CNN Despite constant efforts to declutter your home, do papers still accumulate like snowdrifts and clothes pile up like a tangled mess of noodles? Japanese cleaning consultant Marie Kondo takes tidying to a whole new level, promising that if you properly simplify and organize your home once, you'll never have to do it again. Most methods advocate a room-by-room or little-by-little approach, which doom you to pick away at your piles of stuff forever. The KonMari Method, with its revolutionary category-by-category system, leads to lasting results. In fact, none of Kondo's clients have lapsed (and she still has a three-month waiting list). With detailed guidance for determining which items in your house "spark joy" (and which don't), this international bestseller will help you clear your clutter and enjoy the unique magic of a tidy home—and the calm, motivated mindset it can inspire.

[Essence and Application](#) Bold Type Books

The study of budo, or the Japanese martial arts for self-cultivation, is a lifelong path toward perfection of character. Here, Dave Lowry, a sword master who has practiced and taught budo for over forty years, addresses the myriad issues, vagaries, and inconsistencies that arise for students of karate-do, judo, kendo, kenjutsu, aikido, and iaido as their training develops. He examines such questions as: • What is the relationship between the student and teacher, and what should one expect from the other? • What does rank really mean? • How do you correctly and sensitively practice with someone less experienced than you? • What does practice look like as one ages? • Why do budo arts put such an emphasis on etiquette? • And many others Lowry also gives practical advice for beginning and advanced students on improving structural integrity in posture and movement, focusing under stress, stances and preparatory actions before engaging with an opponent, and recognizing a good teacher from a bad one.

Kendo Tuttle Publishing

The Packt Beginner's Guide format is designed to make you as comfortable as possible. Using practical examples, this guide will walk you through the ins and outs of web application development with easy step-by-step instructions. If you want to build your own application but don't know where to start, then this is the book for you. With easy-to-follow, step-by-step and real-life examples, you will be building your own applications in a matter of weeks not years.

[Hagakure](#) Tuttle Publishing

This is the first book in English that adopts a critical socio-historical perspective to examine the important themes and challenges of Asian indigenous culture and sport. Written by leading sport historians and scholars, the chapters in the book contain real-life case studies and comparative studies in Asian sport. The book examines the history, contemporary governance and management, gender, and ethnic issues embedded in folk sports and physical culture, and the challenges faced by Asian indigenous sports and their evolution. Based on cutting-edge research from China, Japan, Korea, Israel and beyond, this book will be a valuable addition to any course in sport history, sport culture, sport development and sport sociology. It will stimulate those who are seeking ways to promote and develop indigenous sports, from intangible cultural heritage protection to global sport partnership. It will also be of interest to students, researchers, and practitioners, who wish to understand the changing face of Asian society and Asian indigenous sport. The chapters in this book were originally published as a special issue of The International Journal of the History of Sport.

Tuttle Publishing

This comprehensive guide to Kendo features easy-to-follow line drawings to demonstrate techniques, basic information on equipment and lists of official rules and clubs. The book is aimed at beginners and experts alike.

□□□□ Greenwood Publishing Group

The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known martial arts figure in the world.

The Japanese Art of Decluttering and Organizing Routledge

This is a translation of an important classic on Zen swordfighting. Yagyu's Buddhist spirituality is reflected in his central idea of the 'life-giving sword' - the notion of controlling an opponent by the spiritual readiness to fight, rather than during the fight. This is a translation of an important classic on Zen swordfighting. Yagyu Munenori was so widely renowned that he was appointed official sword instructor to two Tokugawa shoguns. (The position was always coveted by Miyamoto Musashi, but he never succeeded in gaining the post). Yagyu's'

Building Mobile Applications Using Kendo UI Mobile and ASP.NET Web API Random House Trade Paperbacks

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A Memoir Kendo World 6.3 Kendo World is devoted to the art of Japanese sword fencing (kendo), and the dissemination of its vast

practical, philosophical and historical aspects to the non-Japanese speaking kendo community. Kendo World Magazine is a twice yearly print publication packed full of articles on kendo and related budo arts (iaido, jodo, jukendo, naginata, and koryu arts). The articles for Kendo World are written by an international network of experienced martial artists spread across Japan and the world. Translations of articles and books published in Japanese, including our supporters Kendo Nippon and Kendo Jidai magazines, are included in many of our pages.

6.4 Content in this issue: Editorial By Michael Ishimatsu-Prime In the editorial, Michael Ishimatsu-Prime reflects on visiting the 109th Kyoto Embu Taikai in May and discusses some of the highlights, most notably the participation of the last two Hanshi 7-dan sensei who are 99 and 90 years old, and also the bout between Sakud Masao-sensei and Hamasaki Mitsuru-sensei which was the epitome of "katte-utsu" - "win and then strike." The upcoming Sport Accord Combat Games that will be held in St. Petersburg, Russia, is also discussed along with Olympic kendo.

Kiwada Daisuke Interview By Blake Bennett KENDO WORLD EXCLUSIVE!! Staff writer Blake Bennett visited the Osaka Police training centre to interview the current All Japan Champion, Kiwada Daisuke. Kiwada discusses his motivations, difficulties and aims in kendo.

Hanshi Says Hanshi Says is a popular series in which Japan's top Hanshi teachers give hints of what they are looking for in grading examinations based on wisdom accumulated through decades of training. This issue features Aoki Hikoto-sensei from Oita prefecture who passed the 8-dan examination in 1987, and was awarded the title of Hanshi in 1995. He talks about the importance of cultivating one's overall capacity and using seme effectively.

Nuts n' Bolts of Kendo: Effective Training Methods - Kirikaeshi By Nakano Yasoji (Hanshi 9-dan) In this article, Nakano-sensei discusses the importance of kirikaeshi and points to consider for both the kakarite and motodachi.

sWords of Wisdom: "Remember, then forget" By Alex Bennett H z in In'ei was a Buddhist monk at the K fuku-ji temple in Nara who founded a prominent school of s jutsu (spearmanship) known as the H z in-ry . This article discusses In'ei's encounter with another renowned warrior of the Warring States period called Kani Saiz, and a valuable lesson that he taught him.

Reidan Jichi: Kihon D sa - Part 4 By ya Minoru (Kendo Ky shi 7-dan) Kihon-d sa, or basic movements, refers to kamae, footwork and manipulation of the shinai. In other words, it entails all of the principles behind the striking and thrusting movements for scoring y k -datosu (valid attacks) in kendo. This article examines striking basics and the theory behind striking motion.

Unlocking Japan Part 24: Gaijin Style By Lockie Jackson Lockie Jackson's column continues as he ruminates on the image of foreign men in Japan.

The 43rd Kanagawa-ken Yonsha Taik Kendo Taikai By Michael Ishimatsu-Prime On Sunday February 17, 2013, Michael Ishimatsu-Prime visited the Kangawa Prefectural Budokan in Yokohama to report on the 43rd Kanagawa-ken Yonsha Taik Kendo Taikai (The 43rd Kanagawa Prefecture Four Team Kendo Competition). This exciting competition pits 15-member teams of the prefecture's strongest police, teachers, company workers and students against each other in a league.

The Kendo Coach: Sports Psychology in Kendo: Part 9 - Aggression in Kendo - part 4 By Blake Bennett Blake Bennett's continuing series of articles on aggression in kendo uncover the factors as to why the kendo student is willing to undergo and tolerate ongoing harsh training methods. Following on from part 3 of this series, this article will examine the issues of kitae and shitsuke (discipline) in the dojo, in addition to discussing group identity, the use of j ge-kankei, and the idea of k ken-chiai in an attempt to show how the objective of polishing the mind in kendo is facilitated. Overall, the various aspects of kendo that generate

a motivation in the student to willingly undergo and tolerate ongoing harsh training methods will be examined.Kendo World 7.1

Editorial By Alex Bennett Alex Bennett reminisces on the Kendo World's journey from its first to this, its 25th edition. He then goes on to discuss recent changes to attitudes in Japan in budo and kendo with regards to harsh training regimens.

The Features of Kendo and My Experience By Takeyasu Yoshimitsu Takeyasu-sensei was until recently president of the All Japan Kendo Federation. He has since retired from that position but acts as the supreme advisor to the AJKF as well as president of the International Kendo Federation. In this article Takeyasu-sensei gives his congratulations to Kendo World on reaching its 25th edition, discusses the development of kendo and his 80 years of kendo experience.

Making the grade: Roberto Kishikawa on passing the 8-Dan examination Interview by Dr. Stephen R. Nagy November 27, 2013, marks an important date for kendoka around the world. That early evening, Roberto Kishikawa, a Brazilian national and permanent resident of Hong Kong, was promoted to 8-dan by the All Japan Kendo Federation (AJKF). As the first, non-Japanese kendoka to pass the 8-dan grading in Japan, Kishikawa-sensei has excited and inspired the overseas kendo community to strive for the highest levels of kendo. This article is an interview with Kishikawa-sensei concerning his exam experience, views on kendo and journey to 8-dan.

The 61st All Japan Kendo Championships By Michael Ishimatsu-Prime A summary and thoughts on the 61st All Japan Kendo Championships which Tokyo's Uchimura Ry ichi won for the third time.

Hanshi Says Hanshi Says is a popular series in which Japan's top Hanshi teachers give hints of what they are looking for in grading examinations based on wisdom accumulated through decades of training. This issue features Nakano Makoto-sensei from Ibaraki prefecture who passed the 8-dan examination in 1979, and was awarded the title of Hanshi in 1989. Nakano-sensei asserts that in order to pass grading examinations, examinees need to make the examiners lean forward in their seats. He also discusses the importance of striking opportunities and the how kiri-kaeshi and uchikomi are a necessity.

Grading Successfully: Part 1 By K8-dan Shigematsu Kimiaki-sensei In "Grading Successfully Part 1," Shigematsu Kimiaki-sensei, a kendo instructor with Chiba Prefectural Police Force, gives a detailed explanation of how to approach a grading. He covers a vast array of topics such as sonkyo, seme, hassei, datotsu, waza selection, and many more. This is an essential guide for those who are about to take a grading, particularly for the higher dan levels.

Nuts n' Bolts of Kendo: Effective Training Methods - Waza Training By Nakano Yasoji (Hanshi 9-dan) In this article, Nakano-sensei discusses the different types of keiko and how they should be carried out, as well as different types of waza and ideal situations in which they should be employed.

"Why am I alive?" By Hamish Robison This is the first part in a series of articles on Ogawa Ch tar (1901-1992), one of the great kendoka of the post-war era.

Reidan Jichi: Kihon D sa - Part 5 By ya Minoru (Kendo Ky shi 7-dan) Kihon-d sa, or basic movements, refers to kamae, footwork and manipulation of the shinai. In other words, it entails all of the principles behind the striking and thrusting movements for scoring y k -datosu (valid attacks) in kendo. This article looks at the four basic techniques of men, kote, d and tsuki in detail.

Unlocking Japan Part 25: Oh the Shame By Lockie Jackson The final entry in Lockie Jackson's column finishes with an account of witnessing a yakuza throwing his weight around and the feelings of shame that followed.

sWords of Wisdom: "Mummy wo kiru" (Sever ignorance) By Alex BennettKendoA Comprehensive Guide to Japanese Swordsmanship

All students of kendo--the formal art and practice of Japanese swordsmanship--will welcome this manual by an advanced

practitioner with a deep understanding of the martial art. The work begins with a history of kendo in Japan, followed by a study of basic equipment and its proper care and use and a detailed description of forms and rules--essential aspects of any martial art. Beginners will find this section particularly helpful because of the close attention paid to fundamental techniques of kendo, including the rare two-sword form (nitô ryû), largely unknown outside of Japan. Each technique is accompanied by clear, easy-to-follow illustrations. The Nihon Kendo Kata and Shiai and Shinpan rules and regulations are useful references for those learning the Kata and participating in matches. The author, who is also a practicing physician, is attentive throughout to injury prevention and safety--concerns often overlooked in martial arts manuals. The elements of kendo philosophy, which can mystify even experienced practitioners, are explained in simple terms to aid understanding. The manual concludes with biographies of Japan's most celebrated swordsmen, an extensive glossary of kendo terms, and a history of kendo in Hawaii, where it has been practiced for more than a century and where some of the world's top practitioners can be found.

The Definitive Translations of the Complete Writings of Miyamoto Musashi--Japan's Greatest Samurai Tuttle Publishing

Here is a comprehensive and accessible introduction to Kendo, the Japanese "way of the sword," the ancient martial art that originated in the Japanese samurai tradition. Kendo is a way of life shaped by the discipline that produces perseverance, alertness, concentration, and introspection. It is very closely tied to Zen: it adepts traditionally also train in Zen meditation, and numerous Zen masters have been adept at the art of Kendo. Kendo's principles of ethics and mindful action have had a formative effect on the other Japanese martial arts practiced in America, such as Aikido. This book includes the history of the art of the sword, the basic equipment used, a glossary of terms, and instructions for all the basic forms uillustrated with more than 230 line drawings.

Black Belt Tuttle Publishing

Though generally perceived and advertised as means of self-defense, body sculpting, and self-discipline, martial arts are actually social tools that respond to altered physical, social, and psychological environments. This book examines how practitioners have responded to stimuli such as feminism, globalism, imperialism, militarism, nationalism, slavery, and the commercialization of sport.

Black Belt Tuttle Publishing

The comprehensive and accurate edition of the Hagakure is a must-have for serious martial artists or fans of samurai and the bushido code. The Hagakure is one of the most influential of all Japanese texts—written nearly 300 years ago by Yamamoto Tsunetomo to summarize the very essence of the Japanese Samurai bushido ("warrior") spirit. Its influence has been felt throughout the world, and yet its existence is scarcely known to many Westerners. This is the first translation to include the complete first two books of the Hagakure and the most reliable and authentic passages contained within the third book; all other English translations published previously have been extremely fragmentary and incomplete. Alex Bennett's completely new and highly readable translation of this essential work includes extensive footnotes that serve to fill in many cultural and historical gaps in the previous translations. This unique combination of readability and scholarship gives Hagakure: The Secret Wisdom of the Samurai a distinct advantage over all previous English editions.

The Definitive History of Racist Ideas in America Tuttle Publishing

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Black Belt Univ of California Press

The National Book Award winning history of how racist ideas were created, spread, and deeply rooted in American society. Some Americans insist that we're living in a post-racial society. But racist thought is not just alive and well in America -- it is more

sophisticated and more insidious than ever. And as award-winning historian Ibram X. Kendi argues, racist ideas have a long and lingering history, one in which nearly every great American thinker is complicit. In this deeply researched and fast-moving narrative, Kendi chronicles the entire story of anti-black racist ideas and their staggering power over the course of American history. He uses the life stories of five major American intellectuals to drive this history: Puritan minister Cotton Mather, Thomas Jefferson, abolitionist William Lloyd Garrison, W.E.B. Du Bois, and legendary activist Angela Davis. As Kendi shows, racist ideas did not arise from ignorance or hatred. They were created to justify and rationalize deeply entrenched discriminatory policies and the nation's racial inequities. In shedding light on this history, *Stamped from the Beginning* offers us the tools we need to expose racist thinking. In the process, he gives us reason to hope.

The Kendo Mind Ten Speed Press

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.

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