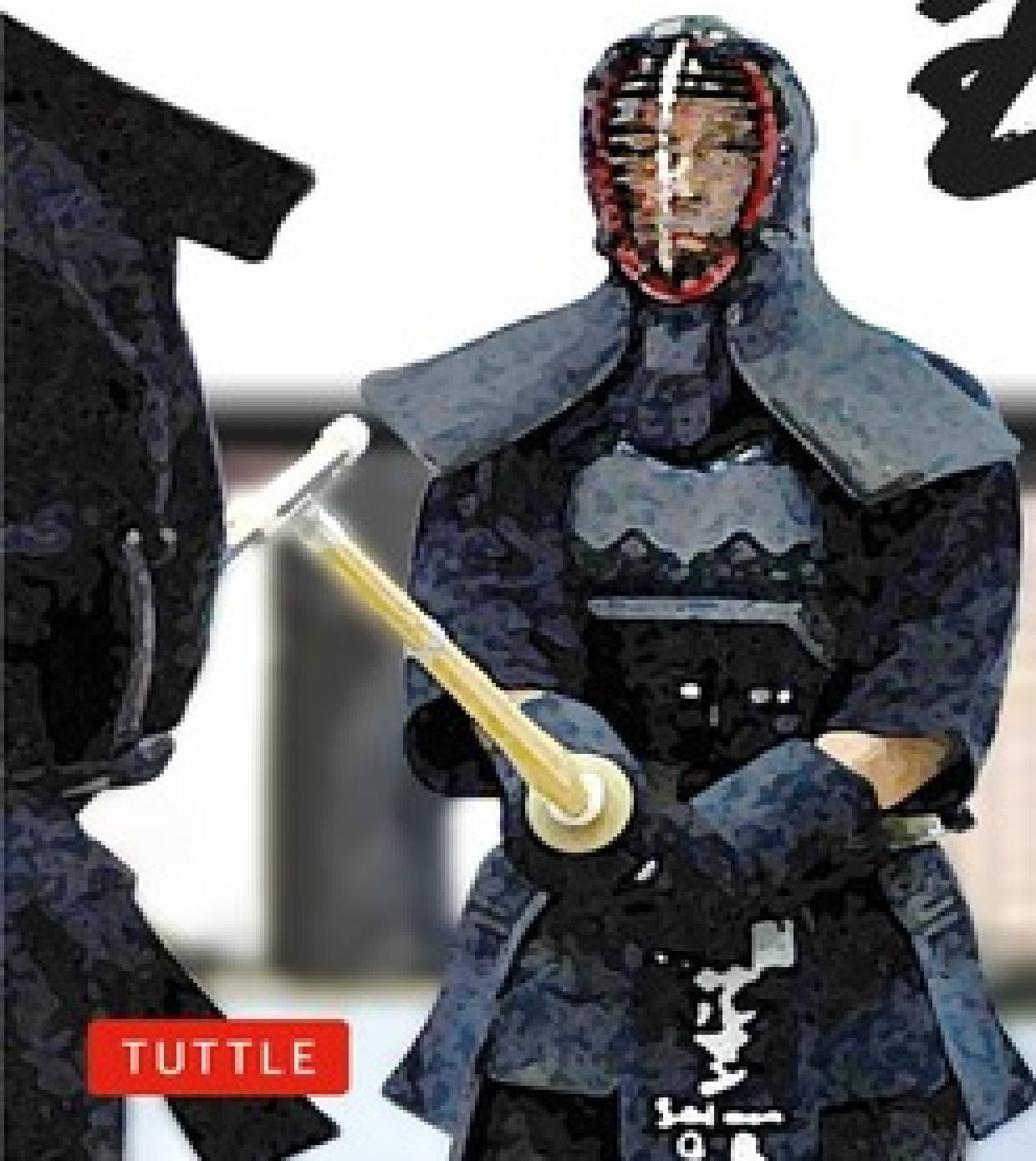


GEOFF SALMON

KENDO

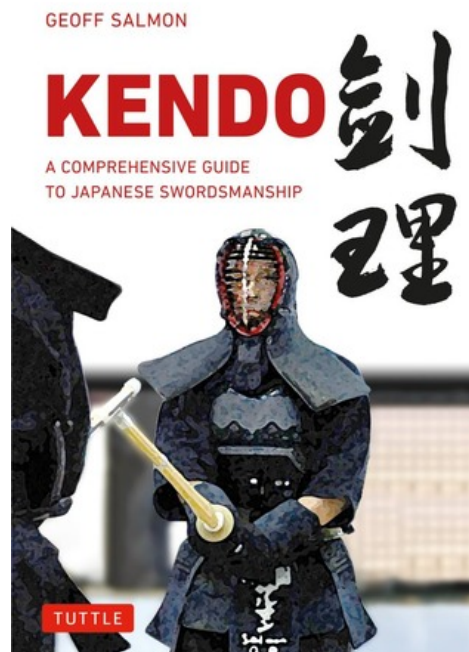
A COMPREHENSIVE GUIDE
TO JAPANESE SWORDSMANSHIP

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* Kendo: A Comprehensive Guide to Japanese Swordsmanship *



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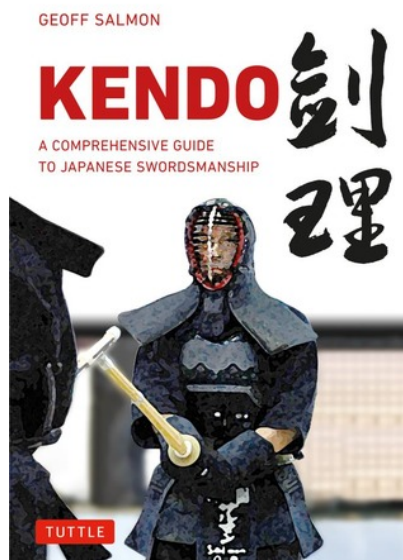
Books Descriptions

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 practical 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



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