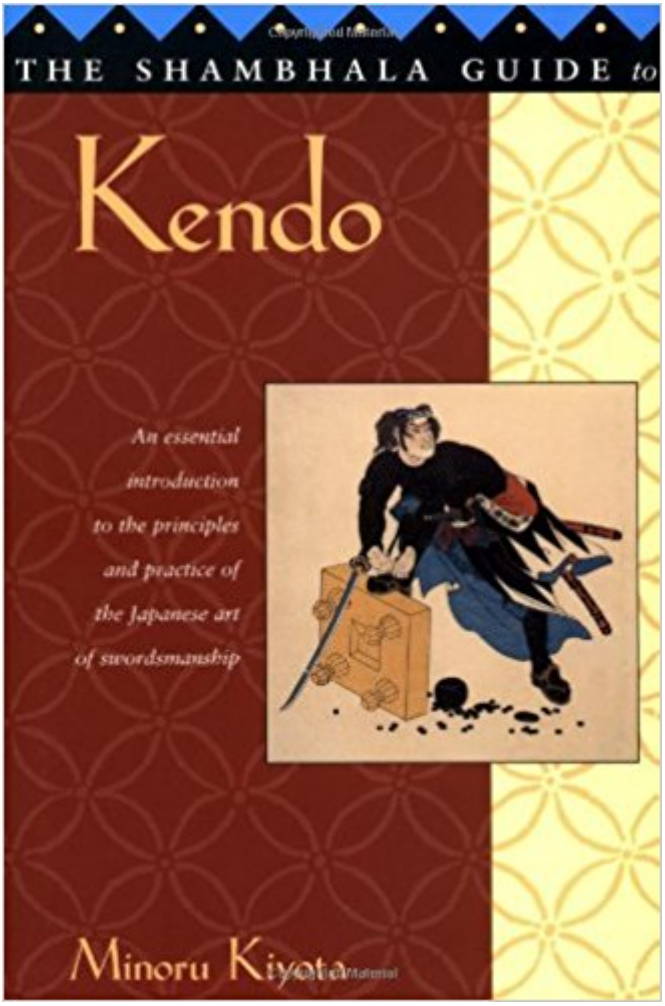
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The Shambhala Guide To Kendo: Its Philosophy, History, And Spiritual Dimension



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Synopsis

Kendo is the art of swordsmanship that was cultivated by the samurai in medieval Japan and it is an increasingly popular martial art studied in the West today. While most books on kendo focus primarily on kata, or the traditional movements or forms, The Shambhala Guide to Kendo provides a succinct overview of the art as a whole: its historical significance, spiritual teachings, and how it can be used by practitioners today as a means of strengthening the body and mind. The Shambhala Guide to Kendo (previously published in hardcover as Kendo: Its Philosophy, History, and Means to Personal Growth by Kegan Paul International, 1995), covers everything from the details of practiceÃ¢â ¬â •such as strikes, shouts, and stancesÃ¢â ¬â •to the history and philosophy of Japanese swordsmanship, including an overview of bushido, the code of the samurai. The author also demonstrates how the development of Buddhism influenced two important schools of Japanese swordsmanship. The Shambhala Guide to Kendo includes discussions of: Ã Â Ã Â Ã Â Ã¢â ¬Â¢Ã Â Kendo as an expression of complete body-mind integration Ã Â Ã Â Ã Â Ã¢â ¬Â¢Ã Â The historical development of kendo from the twelfth century to today Ã Â Ã Â Ã Â Ã¢â ¬Â¢Ã Â The cultivation of the "mind of no-mind" in kendo, a state of egolessness and fearlessness Ã Â Ã Â Ã Â Ã¢â ¬Â¢Ã Â The Buddhist "infrastructure" of kendo Ã Â Ã Â Ã Â Ã¢â ¬Â¢Ã Â The practice of kendo meditation Ã Â Ã Â Ã Â Ã¢â ¬Â¢Ã Â The significance of the dojo, or hall of practice The Shambhala Guide to Kendo also provides a useful glossary that includes the Japanese and English rendering of key terms and an informative list of ryu (or school) lineages. This accessible overview of the art will appeal to students of traditional Japanese culture as well as kendo practitioners.

Book Information

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Customer Reviews

This is a well written and informative book. I found it to be enjoyable reading and structured very well. On the whole I would recommend it and it is one of those books I will read serveral times. The notes and glossary are great. If your interested in Japenese fencing this book makes an excellent primer.

Actually my sensei's book! He doesn't teach the swordfighting techniques to kendo in the book much at all, this is to learn about the philosophy and discipline of kendo as well as the history and the different schools that have evolved. Great if you are thinking about taking a course and learning Kendo. Kendo is about mind and body integration, TRUST ME, you need both to really learn it well. If your sensei doesn't teach you the philosophy and discipline, get a new one. I only give it four because perhaps I am spoiled in comparison, but there is even more depth that I think should have expanded the book. Great if you are interested or brand new to kendo, but still useful read even if you've been practicing for a while.

Only a very very general information on Kendo. You can easily get that much information from the net. No chance that you can get any serious hands on infromation.The title is misleading, the book could have been a short informative newspaper article.

This book is very informative, and gives a clear background into Kendo practice. I highly recomend it to all who are intrested in Kendo, and Asian practices.

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