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Katori Shinto-ryu-Risuke Otake 2009-02-01

True Path of the Ninja-Antony Cummins 2011-07-12 True Path of the Ninja is the first authoritative translation in English of the Shoninki—the famous 17th century ninjutsu manual. Authors Antony Cummins and Yoshie Minami worked closely with Dr. Nakashima Atsumi, author of the most comprehensive modern Japanese version of the Shoninki, thus making this English translation the closest to the original scrolls. The information and insights found in this translation are invaluable for understanding the skills, techniques and mentality of the historical shinobi. Whether it involved tips for surviving in the wild, advice on intelligence-gathering techniques, or methods for creating chaos in the enemy camp, this ninja book unveils secrets long lost. Along with its practical applications, this book is an important guide to the mental discipline that ninjas must have to ensure success in accomplishing their mission. True Path of the Ninja covers the following topics: What a ninja is and what equipment he needs The skills of infiltration and information gathering How to disrupt and distract the enemy How to be mentally prepared to carry out ninja missions In addition to the translation of the Shoninki, this book also includes the first written record of the oral tradition "Defense Against a Ninja" taught by Otake Risuke, the revered sensei of the legendary Katori Shinto Ryu school of swordsmanship. Sensei reveals for the first time these ancient and traditional teachings on how the samurai can protect himself from the cunning wiles of a ninja. About this new edition: This second edition contains a new introduction by the translator, and has been thoroughly updated to reflect developments that shed new light on the original Japanese text.

Martial Arts Teachers on Teaching-Carol A. Wiley 1995 Teaching is an art. Effective martial arts teachers must not only be competent practitioners but must also develop the communication and interpersonal skills of any good teacher. In this collection, twenty-six experienced martial arts teachers discuss the process of learning and teaching a martial art, from the 'nuts and bolts' of teaching technique to the philosophical underpinnings of training.

Journal of Asian Martial Arts- 2007

Black Belt- 1986-02 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 marital arts figure in the world.

Kendo-Kiyota 2013-12-19 First published in 1995. Routledge is an imprint of Taylor & Francis, an informa company.

Shinkage-Ryu Sword Techniques-Tadashige Watanabe 1993

The Sword in Japanese Martial Traditions, Vol. 2-Michael DeMarco If the Way of the warrior is the soul of Japan, their magnificent swords were the tools utilized to form the nation and forge their spirit. You'll find an abundance of information in this special anthology in support of this thesis. Kimberley Taylor wrote four chapters, the first being an interview with 7th-dan Matsuo Haruna. Haruna offers great advice for practitioners based on his first-hand experience. Taylor's two highly researched chapters give overviews of two major iaido schools. Excellent photos and descriptions of katas accompany the text. Taylor's finale is a short piece describing two of his favorite techniques, while Deborah Klens-Bigman's chapter deals with two of her favorite techniques. Another top ranking swordsman, Nicklaus Suino, gets to the finicky details of sword-drawing techniques as performed by masters. From his two chapters, we learn how to watch for telltale signs of expertise and come to a greater appreciation of the art of drawing the sword. Jonathan Seckler's chapter translates and comments on an essay written by Chozanshi Shissai in 1729. He argues that Neo-Confucianism rather than Zen became the foundation of swordsmanship, and illustrates how the sword arts began to be appreciated for their use for self-development. Andrew Bryant's chapter focuses on poems passed down within the Muso Jikiden Eishin-ryu School of Iaido. These poems correspond to techniques contained within the system created in the 17th century. The author presents each poem and offers provides textual descriptions of their corresponding applications with each sword technique illustrated. Joseph Svinth's research presents the earliest kendo clubs to form in Canada. The socio-cultural settings add much flavor to this chapter. Information is provided regarding notable instructors, training, and competitions. Another way to better understand a martial tradition of one country is to compare it with another. Matthew Galas compares and contrasts sword arts in Germany with the Japanese traditions. The focus is on general principles and combat philosophy. Devotees to sword practice are well award that scabbards get damaged. Michael Babin's chapter shows "how to" build a serviceable scabbard according talents of anyone moderately handy with tools. The twelve chapters described above should inspire further research and practice in the Japanese sword arts, plus bring a greater appreciation for their unique place in world history and culture.

Sword Techniques of Musashi and the Other Samurai Masters-Fumon Tanaka 2013 "Originally published in Japanese as Zusetsu Miyamoto Musashi to Kengotachi no Kenpo by Kodansha, Tokyo, 2011."

The Book of Ninja-Anthony Cummins 2013-10-03 The Book of Ninja, the ultimate ninjutsu manual, was penned in 1676 by a ninja known as Fujibayashi. Born in the post-civil war era of Japan, Fujibayashi collected and combined information from the ninja clans of Iga - regarded to be the homeland of the ninja - and compiled it into an authoritative book. Known as The Bansenhukai, this book has now been translated into English by the Historical Ninjutsu Research Team. It is widely considered to be the 'bible' of 'ninjutsu', the arts of the ninja. The Book of Ninja begins with an in-depth introduction to the history of Fujibayashi's scripture. Then the teachings themselves, appealingly rendered in this translation, take us into the secrets of guerilla warfare and espionage. We learn how to become the ultimate spy, whether through a network of spies or by hiding in plain sight. Through the stealth and concealment tactics of night-time infiltration and through weapon and tool building skills, as well as mission planning, we can learn much both about warfare and about adopting the right mindset for tackling our own inner and outer enemies. Adding to the mix for the spycraft lover, there are sections on capturing criminals, performing night raids, making secret codes and signs, and even techniques for predicting the weather and using an esoteric Buddhist system of divination. An exciting and engaging tome of lost knowledge, The Book of the Ninja is the final say in the world of the ninja and the ultimate classic for samurai and ninja enthusiasts alike.

The Protection Officer Training Manual-IFPO 2003-09-26 This revised edition retains the exceptional organization and coverage of the previous editions and is designed for the training and certification needs of first-line security officers and supervisors throughout the private and public security industry. * Completely updated with coverage of all core security principles * Course text for the Certified Protection Officer (CPO) Program * Includes all new sections on information security, terrorism awareness, and first response during crises

Bible of Karate Bubushi- 2015-11-03 This comprehensive translation of the Bubushi—the ancient manual of karate—is the most complete available. Karate historian and authority Patrick McCarthy spent over ten years researching and studying the Bubushi and the arts associated with it. The English translation of this remarkable tome includes numerous explanations and notes. McCarthy's work also includes groundbreaking research on Okinawan and Chinese history, as well as the fighting and healing traditions that developed in those countries, making it a gold mine for researchers and practitioners alike. For the final word on the true origins and spirit of classic Okinawan martial arts, one need look no further. No other classic work has had as dramatic an impact on the shaping and development of karate as the Bubushi.

○○○○○-○○○○ 2003 This is a translation of an important classic on Zen swordfighting. Yagyū'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. Yagyū 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). Yagyū's'

Muye Dobo Tongji-Duk-Moo Yi 2000 In 1789, King Chongjo, ruler of the Yi dynasty, ordered General Yi Duk-moo to compile an official textbook on all martial art forms then present in Korea to preserve them for future generations. The result, the Muye Dobo Tongji, is the only surviving classical text on the Korean arts of war. Based on the earliest known Korean martial arts treatise, the Muye Chebo written in 1599, the Muye Dobo Tongji clearly shows the influence of the neighbouring Japanese and Chinese armies. Through hundreds of wars and invasions, Korean soldiers adapted battlefield skills and tactics from their enemies, creating a unique system of their own. Organised into 24 distinct disciplines comprised of empty hand fighting, weaponry and horsemanship, this book is an accurate historical snapshot of the warrior arts of the hermit kingdom in the late 18th century. The release of 'The Comprehensive Illustrated Manual of Martial Arts of Ancient Korea' marks the first time this volume is available in English. Carefully translated from the original text and illustrated with reproductions of ancient woodblock carvings, this book provides fascinating insights into Korea's martial arts legacy.

Samurai and Ninja-Antony Cummins 2016-08-09 The myths of the noble Samurai and the sinister Ninja are filled with romantic fantasy and fallacy. Samurai and Ninja expert Antony Cummins shatters the myths and exposes the true nature of these very real—and very lethal—medieval Japanese warriors. The Samurai and Ninja were in fact brutal killing machines trained in torture and soaked in machismo. Many were skilled horsemen and sword-fighting specialists, while others were masters of deception and sabotage. Some fought for loyalty, others for personal gain. What these warriors all shared in common was their unflinching personal bravery, skill and brutality. In Samurai and Ninja, Cummins separates myth from reality and shows why the Japanese were the greatest warriors of all time: He describes the Samurai and the Ninja as they really were in earlier times when battles raged across Japan—not in later times when war became obsolete and Japanese warriors became philosophers, scholars and courtiers. He describes the social context of the day and the feudal world into which the warriors were trained to fight and die for their lords. He exposes the essentially brutal nature of warfare in medieval Japan. This book is illuminated by many rare Japanese manuscripts and texts which are translated into English for the very first time.

The Illustrated Guide to Viking Martial-Antony Cummins 2012-02-29 Martial Arts researcher Antony Cummins reveals the hitherto hidden world of Viking hand-to-hand combat, which employed the sword, the spear, the axe and the shield. Based upon a careful analysis of the Viking sagas, the techniques described are recreated precisely, from knocking down a spear in mid-flight to the shield cleave. Illustrated with over 250 images, The Illustrated Guide to Viking Martial Arts in effect represents the earliest combat manual in the world. This insight into the warriors who were the scourge of Dark Age Europe is a feat of textual interpretation - and imagination.

Armed Martial Arts of Japan-G Hurst I 1998-07-11 This unique history of Japanese armed martial arts—the only comprehensive treatment of the subject in English—focuses on traditions of swordsmanship and archery from ancient times to the present. G. Cameron Hurst III provides an overview of martial arts in Japanese history and culture, then closely examines the transformation of these fighting skills into sports. He discusses the influence of the Western athletic tradition on the armed martial arts as well as the ways the martial arts have remained distinctly Japanese. During the Tokugawa era (1600-1867), swordsmanship and archery developed from fighting systems into martial arts, transformed by the powerful social forces of peace, urbanization, literacy, and professionalized instruction in art forms. Hurst investigates the changes that occurred as military skills that were no longer necessary took on new purposes: physical fitness, spiritual composure, character development, and sport. He also considers Western misperceptions of Japanese traditional martial arts and argues that, contrary to common views in the West, Zen Buddhism is associated with the martial arts in only a limited way. The author concludes by exploring the modern organization, teaching, ritual, and philosophy of archery and swordsmanship; relating these martial arts to other art forms and placing them in the broader context of Japanese culture.

The Lost Samurai School-Antony Cummins 2016-10-25 This stunning English translation of a medieval Japanese text is at once an illustrated martial arts manual and a historical account of the teachings of a samurai grandmaster Available for the first time in English, this book explores the essential practices of the samurai school known as Mubyoshi Ryu. Complete with more than 350 images, The Lost Samurai School collects and translates ancient documents that contain the teachings of grandmaster Hagiwara Juzo—revealing for the first time to western readers the enthralling martial arts, secret weapons, magic, and espionage as they were practiced by samurai in their daily lives. The ancient Mubyoshi Ryu scrolls contain fascinating descriptions of “civilian” samurai skills—which concentrate more on personal protection than battlefield warfare—including the full ninja curriculum and elements of esoteric magic. Martial arts expert Antony Cummins contextualizes these translated documents by providing a history of the era and the school itself. The abundant illustrations form a useful martial arts manual, bringing to life the skills required to master everything from jujutsu and shuriken-jutsu (throwing blades) to swords, chain weapons, and the quarterstaff. The Lost Samurai School is a journey into the past that will preserve such skills for future generations and will appeal to anyone interested in martial arts or Japanese history.

Iaido Sword-Richard W. Babin 2003-01-01 Iaido is the classical Japanese discipline of drawing and cutting with the long sword in defence of an unanticipated attack, throwing off the blood and returning the sword to its sheath. It is the direct inheritor of techniques perfected by centuries of samurai whose life and honour depended upon their spirit and prowess. Author Richard W Babin brings together all the practical and theoretical information needed to pursue a formal study of the classical Japanese martial art of Iaido. You will learn how to choose a sword, how to cut with it, how to take care of it, how to assume the clothing and how to enter a dojo. He covers not only the basic moves and positions, but the entire curriculum of forms of the muso shinden ryu of iaido. Equally important, he puts the art in its historic and social perspective, helping to clarify for the reader the spiritual pathway that the way of the sword offers.

The Compassionate Samurai-Brian Klemmer 2009-02-26 Become an extraordinary results-producing champion for humanity and yourself! In life there are two types of people. The first are those who are nice, good-hearted, and compassionate but can't make much happen. The other kind can make everything happen—they're the creators, the go-getters, and the aggressive producers in society—however, they're often self-centered, greedy, and unethical. Wouldn't it be great if you could make things happen in a really big way but not lose your integrity? The Compassionate Samurai will show you the way to produce extraordinary results in a dog-eat-dog world and still maintain the highest levels of ethics. You'll learn: · How to always be satisfied and motivated regardless of your circumstances · Why all people have freedom but very few have liberty · What competing commitments are and how they prevent you from having what you want in life · The secret to operating optimally in an untrustworthy environment · How to make the shift from scarcity to abundance even if you're knee deep in debt . . . and much, much more!

The Lone Samurai-William Scott Wilson 2013 The life of Miyamoto Musashi (1584-1645), Japan's greatest samurai swordsman, is chronicled in this first authoritative, "lively and balanced" ("Library Journal"), English-language biography of the impressive warrior. Included is original artwork by Musashi plus Glossary, map, and Appendices.

Living Aikido-Bruce Klickstein 1987 Living Aikido contains excellent tips that would help sharpen the novice

technique through the advanced practitioner. In the process of reading it, one undergoes an enlightening experience.

Martial Arts Studies-Paul Bowman, Professor of Cultural Studies at Cardiff University, UK 2015-04-09 This book disrupts disciplinary boundaries to make a case for the future direction and growth of martial arts studies as a unique field

Handbook of Japanese Mythology-Michael Ashkenazi 2003-01-01 An introductory guide to the mythology of Japan—one of the most pervasive yet least understood facets of Japanese culture.

Judo Training Methods-Takahiko Ishikawa 2011-12-20 A product of over twenty years of exhaustive research, Judo Training Methods is a comprehensive examination of the Japanese Judo. Written by martial arts authority Donn Draeger and judo champion and instructor Takahiko Ishikawa, it is an expert martial arts guide. Although the examples are geared toward judo, the training and conditioning methods set out are valuable for all martial artists and athletes, whatever their art or sport. Judo Training Methods is an "encyclopedia of judo" covering not only Judo techniques and training methods but also dojo etiquette, tournament rules, and promotion requirements. This illustrated judo book features over 1,000 photos and 200 conditioning exercises. A perfect introduction to Judo for beginners, the exercises in this classic text are also valuable conditioning exercises for football, basketball, track, swimming, wrestling, boxing, tennis, baseball, mixed martial arts and more! Chapters introduce readers to the principles and practice of Judo, including: Physical Judo Re-Examined Classification of Exercises and Muscle Groups Kinesiological Principles About Muscle Judo Training Advice Judo and Weight Training Judo Training Routines Preparatory Exercises Supplementary Exercises Compound Exercises Auxiliary Exercises

Budo Training in Aikido-Morihei Ueshiba 1997 Budo Training in Aikido was originally published as Budo Renshu in 1933, and remains the first and foremost resource on the topic. Since the art of Aikido has splintered into many different factions there is a developing trend to return to its "roots" and Budo Training in Aikido will appeal to this growing number of Aikido purists. Written by the founder of modern Aikido this reissue provides the full text of the original with minor editorial corrections (obvious errors have been corrected to match the 424 original illustrations). The principles and essence of technique (standing and rear, sitting, half-sitting, and others) are explained in detail with technical illustrations throughout. Budo Training in Aikido provides an all-encompassing and essential guide to modern Aikido.

Nerdlandia-Gary Soto 1999-07-19 A hip, funny, Latino rendition of Grease, this play features three cool muchachos who come to the aid of Martin, a chicano nerd who loves a beautiful, popular girl, Ceci, from afar. With the help of his friends, Martin changes his miage and impresses Ceci and her friends, without letting on who he is. This is a problem for Ceci, because, in the meantime, she's transformed herself into a Chicana nert to win the heard of her secret love--Martin. A totally modern, totally cool tale of teenage romance.

Enduring Identities-John K. Nelson 2000-03-01 Enduring Identities is an attempt to understand the continuing relevance of Shinto to the cultural identity of contemporary Japanese. The enduring significance of this ancient yet innovative religion is evidenced each year by the millions of Japanese who visit its shrines. They might come merely seeking a park-like setting or to make a request of the shrine's deities, asking for a marriage partner, a baby, or success at school or work; or they might come to give thanks for benefits received through the intercession of deities or to legitimate and sacralize civic and political activities. Through an investigation of one of Japan's most important and venerated Shinto shrines, Kamo Wake Ikazuchi Jinja (more commonly Kamigamo Jinja), the book addresses what appears through Western and some Asian eyes to be an exotic and incongruous blend of superstition and reason as well as a photogenic juxtaposition of present and past. Combining theoretical sophistication with extensive fieldwork and a deep knowledge of Japan, John Nelson documents and interprets the ancient Kyoto shrine's yearly cycle of rituals and festivals, its sanctified landscapes, and the people who make it viable. At local and regional levels, Kamigamo Shrine's ritual traditions (such as the famous Hollyhock Festival) and the strategies for their perpetuation and implementation provide points of departure for issues that anthropologists, historians, and scholars of religion will recognize as central to their disciplines. These include the formation of social memory, the role of individual agency within institutional politics, religious practice and performance, the shaping of sacred space and place, ethnic versus cultural identity, and the politics of historical representation and cultural nationalism. Nelson links these themes through a detailed ethnography about a significant place and institution, which until now has been largely closed to both Japanese and foreign scholars. In contrast to conventional notions of ideology and institutions, he shows how a religious tradition's lack of centralized dogma, charismatic leaders, and sacred texts promotes rather than hinders a broad-based public participation with a variety of institutional agendas, most of which have very little to do with belief. He concludes that it is this structural flexibility, coupled with ample economic, human, and cultural resources, that nurtures a reworking of multiple identities--all of which resonate with the past, fully engage the present, and, with care, will endure well into the future.

Bubishi- 2016-05-31 Treasured for centuries by karate's top masters, the Bubishi is a classic Chinese work on philosophy, strategy, medicine, and technique as they relate to the martial arts. Referred to as the "bible of karate" by famous master Chojun Miyagi, for hundreds of years the Bubishi was a secret text passed from master to student in China and later in Okinawa. All of karate's legendary masters have studied it, applied its teachings, or copied passages from it. No other classic work has had as dramatic an impact on the shaping and development of karate as the Bubishi. Karate historian and authority Patrick McCarthy spent over ten years researching and studying the Bubishi and the arts associated with it. The first English translation of this remarkable martial arts manual includes numerous explanations and notes. McCarthy's work also includes groundbreaking research on Okinawan and Chinese history, as well as the fighting and healing traditions that developed in those countries, making it a gold mine for researchers and practitioners alike. For the final word on the true origins and spirit of classic Okinawan martial arts, one need look no further. This karate book is one of the best karate training supplements available.

The Secret Traditions of the Shinobi-Antony Cummins 2012 A first English-language translation of a highly sought collection of historical documents illuminates the secret practices, techniques, philosophies and lifestyles of the shinobi, from the Shinobi Hiden "Secret Ninja Tradition" and the Edo period Koka Ryu Ninjutsu Densho to the three Gunpo Jiyoshu shinobi scrolls and 100 culturally informative ninjutsu poems. Original.

Classical Fighting Arts of Japan-Serge Mol 2001 The fierceness of the Japanese warrior and his fighting arts has fascinated Westerners since Europeans first came into contact with Japan more than 450 years ago. Classical Fighting Arts of Japan: A Complete Guide to Koryu Jujutsu is the first comprehensive English-language book on traditional jujutsu. Author Serge Mol-working almost exclusively from original Japanese source materials-vividly outlines the history of the close-quarter fighting methods that warriors developed not only to prove themselves on

the battlefield and in daily life, but also to the constantly ready to defend their feudal lords. A great number of jujutsu styles and techniques-armed and unarmed-have existed over the centuries, and many of the classical weapon schools also instructed in the use of jujutsu. The Classical Fighting Arts of Japan expertly guides readers through the rise and development of many of the major schools. The classical martial arts as practiced in the ancient ryuha were deeply interwoven. For this reason, this definitive guide to koryu jujutsu will not only be invaluable to practioners of traditional and modern jujutsu, but will be of great interest to enthusiasts of modern budo such as judo, aikido, kendo, and iaido. Mol explores the historical and cultural factors that helped shape jujutsu and the martial arts in general. He offers a detailed look at individual jujutsu ryuha, giving details on the school's history (where possible including illustrations of their founders and photos of ancient manuscripts). This book is richly illustrated with numerous photographs of rare documents and with many photos of exponents demonstration techniques, many of which have never before been shown outside Japan. In addition to his extensive research in original source material, Mol had regular access in conversation, over the course of years, to the insights of the grandmasters of several of the most important jujutsu schools that remain active today. Classical Fighting Arts of Japan will be a welcome addition to the personal collection of every serious student of Japanese martial arts.

Ninja Skills-Antony Cummins 2018-03-13 This is the world's only illustrated guide to the real ninja teachings of historic Japan. These original techniques are presented in a highly accessible 'how-to' format that combines easy-to-follow text with a fresh, contemporary design that includes step-by-step photographs. This is the first book ever to present the authentic ninja techniques in a highly accessible, illustrated 'how to' format. The shadowy figure of the ninja - expert commando, secret agent, maverick who operates outside social norms - continues to exert fascination in the West, yet much of what is presented as ninja fact today is distorted or wrong. Drawing on the scrolls created by historical Japanese ninjas (or shinobi, as they were then known), this book offers the real ninja teachings in 150 easy-to-follow, illustrated lessons designed to draw contemporary students of ninja straight into the world of these skilled spy-commandos. The truth about the ninja is so much more complex and intriguing than the Hollywood clichés we know today. We may think, for example, of a ninja as being always garbed in black and fighting with 'throwing stars' but in fact, a ninja had clothes in different colours to serve as disguises for different times of day, and their arsenal of weaponry could include anything from poison, poison gas, pepper spray and fire-creating tools to swords, spears and knives (but no throwing stars). The 150 lessons in this book cover all the basics of ninja warfare, including clever ideas for infiltrating an enemy compound (from wearing 'silent sandals' to faking passes and passwords), tactics for hiding and retreat (in the racoon dog retreat, a ninja will crouch low and halt, allowing the pursuer to collide with him at speed, whereupon the agent kills his enemy), and ways of crossing marshes and water (for example, with special shoes made of boards, or using a foldaway floating seat). The description is made all the more vivid by step-by-step photographs of the fighting techniques, diagrams outlining military tactics and beautiful samples of Japanese calligraphy.

Warrior Fitness-Jonathan Haas 2011-03-03 Since ancient times, stories have abounded about the legendary physical prowess of martial artists. Today's lifestyle, coupled with a lack of knowledge about how to combine fitness and budo, has led to a rapid decline in martial artists levels of strength and conditioning. Warrior Fitness will help you and your students attain a new level of strength, flexibility and endurance -- quickly and with little chance of injury. Warrior Fitness combines old school fitness with modern exercise science. Warrior Fitness covers: Flexibility, Joint mobility, Flow drills, Breathing exercises, Strength exercises, Conditioning exercises, Recovery, And much more...

Modern Bujutsu and Budo-Donn F. Draeger 1974 This text is an analysis of modern bujutsu and budo.

Complete Kendo-John J. Donohue 2015-12-08 Complete Kendo is a thorough introduction to the Japanese martial way of the sword and a guided tour of the principles and philosophy upon which the art is founded. This martial arts guide covers everything from the care and handling of hakama, the pleated trousers worn by kendoka (practioners of kendo), all in an easy conversational dialogue that is a great pleasure to read. Structured to echo the organization of the Book of Five Rings by Miyamoto Musashi, Complete Kendo is a modern version of the swordsman's primer by a martial artist skilled not only in the art of kendo but, like Musashi, in many traditional Japanese arts, and with a superb understanding of the martial tradition and culture of Japan. The author uses lessons learned from a long career of teaching martial arts and academic subjects to impart clearly and concisely the fundamentals of kendo and the martial way. With explanatory line drawings by Kathleen Sweeney illustrating significant points of discussion, a handy glossary of kendo terminology and related concepts, and an unusually helpful bibliography, Complete Kendo is an essential volume for every kendoka's personal library.

Law Enforcement Bible No. 2-Robert A. Scanlon 1982

Italian Medieval Swordsmanship the Flos Duellatorum of Fiore Dei Liberi-Fiore Dei Liberi 2002-06-01 In early 1409, Fiore del Liberi da Premariacco, master-at-arms to the Marquise de Ferrara, sat down to compose an illustrative treatise summarizing all he had learned of fighting in his 40 years of combat on the battlefield and in the lists. The result is one of the earliest and most systematic martial arts treatises ever written. Long-time martial artist and mediaevalist Bob Charron presents not only translations of the text, but also includes photographic sequences reconstructing each technique, unlocking the secrets of this Italian swordmaster. Fiore's work represents a complete Western martial art, which stands on a par with its Eastern counterparts, and this is sure to nurture a whole new generation of Western martial artists.

Rurouni Kenshin Vol 1-Nobuhiro Watsuki

Iga and Koka Ninja Skills-Antony Cummins 2013-07-01 'A retainer of our domain, Renpeido Chikamatsu Hikonoshin Shigenori, each morning washed his face and hands, dressed himself in Hakama and prayed in front of the kamidana alter ...His prayer was thus: "Please afford me success in war." He kept to this routine all through his life.' Through patient and scholarly detective work, Antony Cummins and the Historical Ninjutsu Research Team have unearthed a Shinobi treasure. The 18th-century military historian Chikamatsu recorded the oral traditions of the Ninja and passed on those skills in lectures he gave at his Renpeido school of war in Owari domain during the early 1700s. Chikamatsu wrote specifically about the Shinobi of Iga and Koka, regions from which warriors were hired all over the land in the days of war. The lost scrolls are filled with unknown Shinobi teachings, skills that include infiltration, assassination, explosives, magic and commando tactics, including an in depth commentary on Sun Tzu's famous 13th chapter, 'The Use of Spies'.

Chinese Goju-Ron Van Clief 1999-09-01