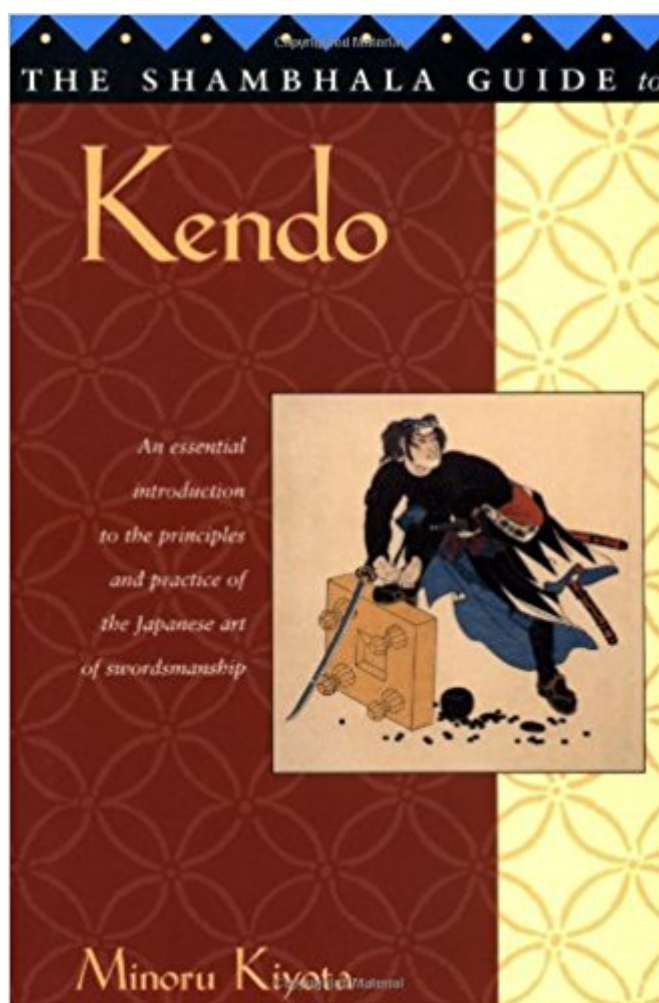


The book was found

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



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 practice—such as strikes, shouts, and stances—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:

- Kendo as an expression of complete body-mind integration
- The historical development of kendo from the twelfth century to today
- The cultivation of the "mind of no-mind" in kendo, a state of egolessness and fearlessness
- The Buddhist "infrastructure" of kendo
- The practice of kendo meditation
- 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

Paperback: 272 pages

Publisher: Shambhala; 1 edition (April 16, 2002)

Language: English

ISBN-10: 1570629277

ISBN-13: 978-1570629273

Product Dimensions: 5.9 x 0.5 x 9 inches

Shipping Weight: 0.8 ounces

Average Customer Review: 3.4 out of 5 stars 4 customer reviews

Best Sellers Rank: #278,886 in Books (See Top 100 in Books) #21 in Books > Sports & Outdoors > Individual Sports > Fencing #610 in Books > Sports & Outdoors > Individual Sports > Martial Arts #692 in Books > Politics & Social Sciences > Philosophy > History & Surveys

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 several times. The notes and glossary are great. If your interested in Japanese 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 information. 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.

[Download to continue reading...](#)

The Shambhala Guide to Kendo: Its Philosophy, History, and Spiritual Dimension The Wonders of the Colorado Desert (Southern California), Vol. 1 of 2: Its Rivers and Its Mountains, Its Canyons and Its Springs, Its Life and Its ... Journey Made Down the Overflow of the Colo Manifesto for Philosophy: Followed by Two Essays: "the (Re)Turn of Philosophy Itself" and "Definition of Philosophy" (Suny Series, Intersections, Philosophy and Critical Theory) Full Color Illustrations of the Fourth Dimension: Tesseract and Glomes (The 4th Dimension Book 1) Full Color Illustrations of the Fourth Dimension: Hypercube- and Hypersphere-Based Structures (The 4th Dimension Book 2) Hagakure (Shambhala Pocket Classic): The Book of the Samurai (Shambhala Pocket Classics) Shambhala: The Sacred Path of the Warrior (Shambhala Classics) Symbolism, Its Origins and Its Consequences (Art, Literature and Music in Symbolism, Its Origins and Its) Kendo: A

Comprehensive Guide to Japanese Swordsmanship Kendo: The Definitive Guide The Spirit of the Sword: Iaido, Kendo, and Test Cutting with the Japanese Sword Kendo - Approaches for All Levels This is Kendo: The Art of Japanese Fencing Looking at a Far Mountain: A Study of Kendo Kata (Tuttle Martial Arts) The Subtle Power of Spiritual Abuse: Recognizing and Escaping Spiritual Manipulation and False Spiritual Authority Within the Church World History, Ancient History, Asian History, United States History, European History, Russian History, Indian History, African History. (world history) Cutting Through Spiritual Materialism (Shambhala Classics) The Spiritual Dimension of Therapeutic Touch Evidence For God: A Case for the Existence of the Spiritual Dimension The Spiritual Dimension of the Enneagram: Nine Faces of the Soul

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)