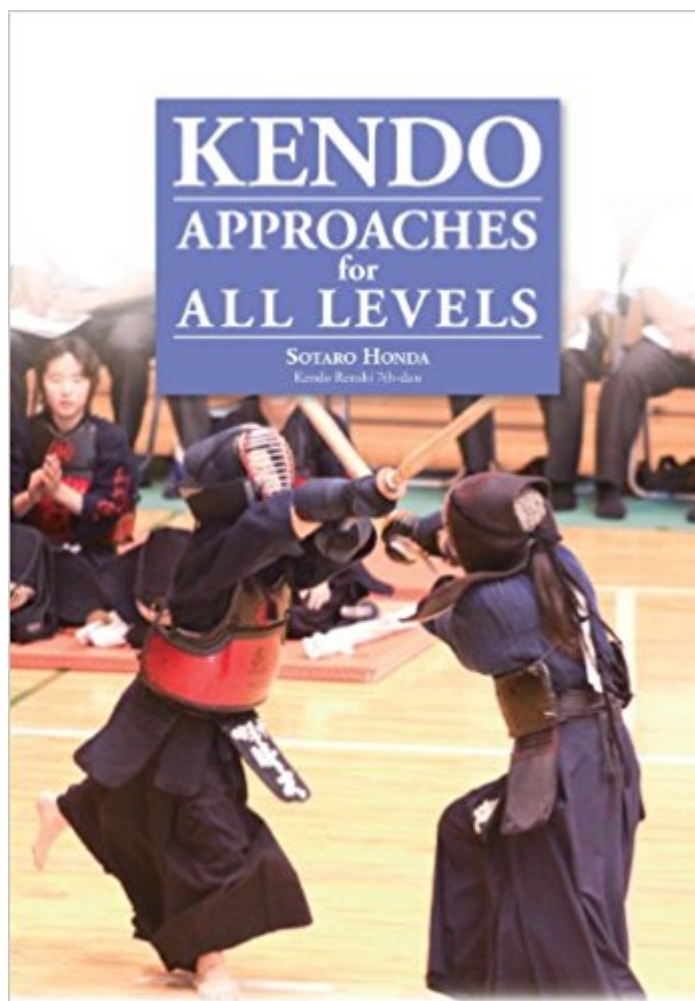


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# Kendo - Approaches For All Levels



## Synopsis

Dr. Sotaro Honda (R7-dan), student of H8-dan Masatake Sumi-sensei, has been a longtime contributor to Kendo World, and has spent much of his kendo career helping international kenshi. His latest book is a must have for all practitioners and instructors, and explains various aspects of kendo training in a way that is both accessible and eye-opening. He covers the basics from footwork, to various keiko methods such as kakari-geiko and ji-geiko, and offers many useful hints for shiai strategy.

## Book Information

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## Customer Reviews

The book is best for people with some experience as some of the other reviews have stated. It is divided into two main sections. The first half or so is about practice: footwork, drills, etc.. The second half or so is about jigeiko and shiai. The first part of the book is not really a how-to guide, but more high level discussion. That being said it does contain some very good drills and discussions about body mechanics. This portion also contains detailed discussion about how and why certain things are done in practice. It is probably best suited for new instructors or people helping out running practices. Basically, to really follow along you need to have a fair understanding of Kendo. The latter part of the book was also interesting. It goes over attitudes and approaches to jigeiko and tactics in shiai. I liked this more than the first section as these are things usually not talked about, or at least not commonly. The other good part in these chapters was that all the discussions are partitioned by level, e.g. kyu, 1-2dan, etc..

While there are an increasing number of books in English on the subject of kendo, this one is unique in that it is not a mechanical description of history, equipment, terminology and technique but rather is a clear and extensive narrative, with diagrams and photos as needed, of both method and purpose of kendo practice in a variety of scenarios. The book is well organized so that it can be useful both to a beginning practitioner as well as to those more experienced who wish to augment their instructional repertoire.

I have read Honda Sensei's writings on the BKA website before. I had thought that was the majority of this book, so I put off buying it. Now I wish I bought it earlier. Finally, there's a book that talks about how you should view and approach practice when you are not someone who is Japanese and practiced since you were 5 years old. While this is probably not useful for someone that has never practiced kendo, I think anyone who has actually done kendo would find something useful out of it.

There is nothing special from this book. All can be got from internet with Google. It should not cost that much of \$7.99

Very good book about techniques, but i dont think is suitable for people that is new to kendo. There is a lot of knowledge that you must receive in your dojo before be able to fully understand the content of this book. I recommend also buying the english-japanese kendo dictionary (mentioned a lot in the book) because the book is full of kendo terminology and is easy to get lost in the way

It is a good book, but I think it is expensive, for that price I expected more technical aspects of kendo, rules in the dojo, a bigger glossary and so on

Very useful and interesting. It provides information useful both for beginners and higher level students. I found in the book many tips provided by various instructors during my kendo life. Reading them again was useful to focus my actual training.

Good book for all level kendo practice people.

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