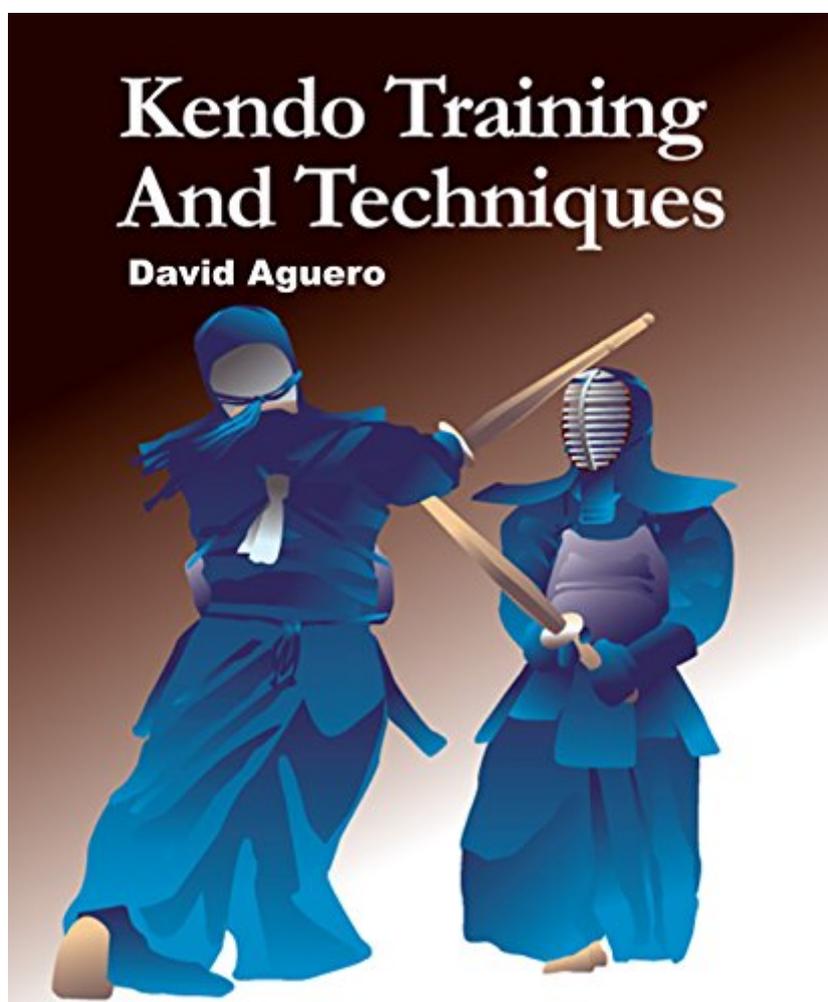


The book was found

Kendo Training And Techniques



Synopsis

This is a reference guide for kendo training that includes a range of waza (techniques) for intermediate to advanced kenshi. For intermediate to advanced students this book has all the techniques that were in the previous book *Best Kendo Waza* • newly revised plus even more techniques (counters to hiki-waza and more) a total of eighty-two illustrated techniques are represented in this book. Of course many of the advanced kendo techniques contained in this book are not possible to accomplish without a certain level of experience/training and as such I do not include a large amount of description because there are aspects of kendo that cannot be described with words. The intention of this book is not to suggest that you become familiar with every technique under the sun, the purpose of this book is to help you find a few techniques that suit your style of kendo. It is far better to use strategy with technique than technique alone. This kendo guide does not intend in any way to replace proper instruction in kendo training. However there are many aspects of kendo this guide will cover in addition to kendo techniques, equipment and equipment maintenance, basic kendo subjects, injury prevention, training at home, how to make a kendo dummy and more. I hope you will find this Kendo training guide exactly what you need as a beginner and as an advanced student, in what ultimately is the realization of the meaning of the Way of the sword (kendo).

Book Information

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Customer Reviews

Aguero's waza descriptions are too vague to be of much use- very similar to a dozen other kendo books.

Great for learning the basics.

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