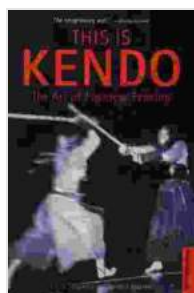


# This Is Kendo: The Art of Japanese Fencing

Kendo is a traditional Japanese martial art of fencing that uses bamboo swords. It is a modern sport derived from kenjutsu, which was developed by samurai warriors in feudal Japan. Kendo is practiced by people of all ages and genders, and it is a popular sport in Japan and around the world.



## This is Kendo: The Art of Japanese Fencing by Holly Black

★★★★☆ 4.3 out of 5

Language : English  
File size : 5035 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 160 pages



## History of Kendo

The origins of kendo can be traced back to the 10th century, when samurai warriors began to develop techniques for fighting with swords. These techniques were originally used in battle, but they were later adapted for use in sport.

In the 17th century, kendo became a popular sport among the samurai class. It was during this time that the basic rules and techniques of kendo were established.

In the 19th century, kendo was introduced to Japan's public schools. It quickly became a popular sport among students, and it is now practiced in

schools throughout Japan.

## **Philosophy of Kendo**

Kendo is more than just a sport. It is also a way of life. The philosophy of kendo emphasizes the importance of discipline, respect, and self-control.

Kendo practitioners believe that the best way to learn is to practice with a partner. Through practice, kendo practitioners learn to control their emotions and to develop their physical and mental skills.

Kendo is also a way to cultivate a spirit of cooperation and teamwork. Kendo practitioners learn to trust their partners and to work together to achieve a common goal.

## **Techniques of Kendo**

Kendo is a complex martial art that requires a great deal of skill and practice. The basic techniques of kendo include:

- Footwork
- Swordsmanship
- Blocking
- Attacking

Footwork is essential in kendo. It allows kendo practitioners to move quickly and to avoid their opponents' attacks.

Swordsmanship is the art of using a sword. Kendo practitioners learn to hold their swords correctly and to use them to attack and block their

opponents.

Blocking is an important part of kendo. Kendo practitioners learn to use their swords to block their opponents' attacks.

Attacking is the ultimate goal of kendo. Kendo practitioners learn to attack their opponents with precision and power.

## **Benefits of Kendo**

There are many benefits to practicing kendo. These benefits include:

- Improved physical fitness
- Increased mental focus
- Developed self-discipline
- Enhanced self-confidence
- Cultivated spirit of cooperation and teamwork

Kendo is a challenging and rewarding martial art that offers a variety of benefits. If you are interested in learning more about kendo, I encourage you to visit a local kendo dojo and try a class.

## **This Is Kendo: The Art of Japanese Fencing**

This Is Kendo: The Art of Japanese Fencing is a comprehensive guide to the history, philosophy, and techniques of kendo. This book is written by a team of experienced kendo practitioners, and it provides a wealth of information for both beginners and experienced kendo practitioners.

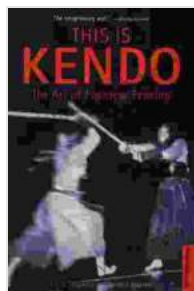
This Is Kendo: The Art of Japanese Fencing is a valuable resource for anyone who is interested in learning more about kendo. This book is well-written and easy to follow, and it is packed with information and insights.

If you are interested in learning more about kendo, I highly recommend that you read This Is Kendo: The Art of Japanese Fencing.

## Free Download Your Copy Today!

This Is Kendo: The Art of Japanese Fencing is available now from Our Book Library.com. Free Download your copy today and start your journey to becoming a kendo master.

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