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The Shambhala To Kendo

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

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two important schools of Japanese swordsmanship.

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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 teaching

The Shambhala Guide to Kendo: Its Philosophy, History, and ...

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

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a useful glossary that includes the Japanese ...

The Shambhala Guide to Kendo : Its Philosophy, History ...

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, ... Author: Minoru Kiyota. Publisher:Shambhala Publications. ISBN:1570629277.

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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

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The Shambhala Guide to Kendo: An essential introduction to ...

Minoru Kiyota is the author of The Shambhala Guide to Kendo (3.88 avg rating, 41 ratings, 4 reviews, published 1995), Beyond Loyalty (4.57 avg rating, 7 ...

Minoru Kiyota (Author of The Shambhala Guide to Kendo)

The Shambhala Guide to Kendo: Its Philosophy, History, and Spiritual Dimension. by Minoru Kiyota | Apr 16, 2002. 3.7 out of 5 stars 5. Paperback Get it as soon as Thu, Oct 1. FREE Shipping on your first order shipped by Amazon. Only 1 left in stock - order soon. More Buying ...

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The immediate notion of kamae in kendo refers to the stance one assumes with the shinai or bokuto, e.g., chudan, jodan,

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gedan, etc. Kiai, "Energy integration/union." Initially, in kendo, this refers to the shouts used when attacking; the verbal expression of our "fighting spirit." Ki ken tai no itchi, "Spirit/energy, sword, the body ...

The Fundamental Theorem of Kendo?

Please note: there is another book by Eva Wong called "Taoism: An Essential Guide." It is available both in print and as a Kindle edition. It is the same text as the Shambhala Guide to Taoism, except updated in 2011.

The Shambhala Guide to Taoism (Shambhala Guides): Wong ...

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Beginning students in Japanese martial arts, such as karate, judo, aikido, iaido, kyudo, and kendo, learn that when they are in the dojo (the practice space), they must don their practice garb with ritual precision, address their teacher and senior students in a specific way, and follow certain unwritten but deeply held codes of behavior.

In the Dojo - Shambhala Publications

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AUSKF - Resources - Kendo

JS: Since I have written books on three of the other most important martial artist masters of the 20th century-Tesshu Yamaoka (kendo), Awa Kenzo (kyudo), and Morihei Ueshiba (aikido)-I felt it imperative to write a book on Jigoro Kano, the founder of Kodokan judo, to round out the picture. Shambhala: How are the masters different? JS: While both Tesshu and Awa based their teachings on Zen, and ...

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