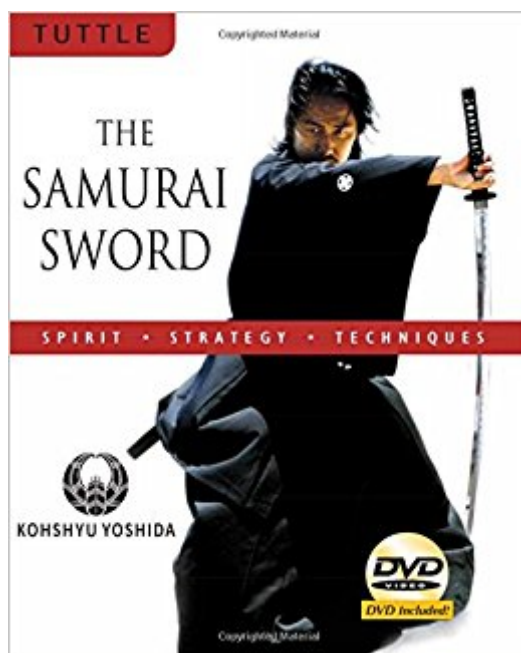


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The Samurai Sword: Spirit * Strategy * Techniques: [DVD INCLUDED]



Synopsis

The Samurai Sword is the essential illustrated guide to the Japanese way of the sword. Japan's famous samurai warriors were more than just soldiers – they were adherents to a strict code of honor who respected the deeper, spiritual meaning of the way of the sword. To the samurai, battle was sacred. This indispensable guide to theory and practice respects both the physical and spiritual aspects of martial arts practice with the katana. This sword book features: Beautiful, step-by-step photos and easy-to-understand text Guidance for selecting, maintaining, and using your sword Wisdom about the practical value of meditation Inspirational biographies of some of the greatest samurai swordsmen, men whose words and deeds embodied the true spirit of the samurai warrior Whether you're a beginner or an experienced swordsperson, this book will broaden your practical knowledge with detailed instruction on stances, cuts, guards, forms, and sparring techniques and strategy. Author Kohshyu Yoshida was born and raised in Chiba, Japan. The great-grandson of a ronin samurai warrior, he has studied martial arts from all over the world and now teaches martial arts in Los Angeles, CA. He has appeared in Hollywood films including Blade and The Last Samurai. He also starred as the Red Ranger in the international hit television show Mighty Morphin' Power Rangers.

Book Information

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Customer Reviews

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Angeles, CA. He has appeared in Hollywood films including Blade and The Last Samurai. He also starred as the Red Ranger in the international hit television show The Mighty Morphin' Power Rangers.

The book and DVD are excellent instructions. It's simple, clear, easy to understand. Of course, you can't expect to pick up the \$20 book of Samurai sword and become expert or samurai warrior next week or next month. Learning Martial Arts is a long journey required to be patient and discipline. If you already learned from other martial arts discipline, all foot works and movements are similar. I look at this book as another different skills set to learn from something different to add to my martial arts journey, and I appreciated Kohshyu Yoshida has spent his time to pass on his skills and knowledge.

Still reading this, and I'm impressed. Well written and clear. I still have so much to learn on this.

Excellent book

This book is the closest thing to the training I had been doing, so happy I ran across it!

very practical and easy to follow

Just what I wanted.

Awesome

I liked this book and it was a great introduction to samurai theory and use of the katana sword. The author is really enthusiastic about the subject matter.

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