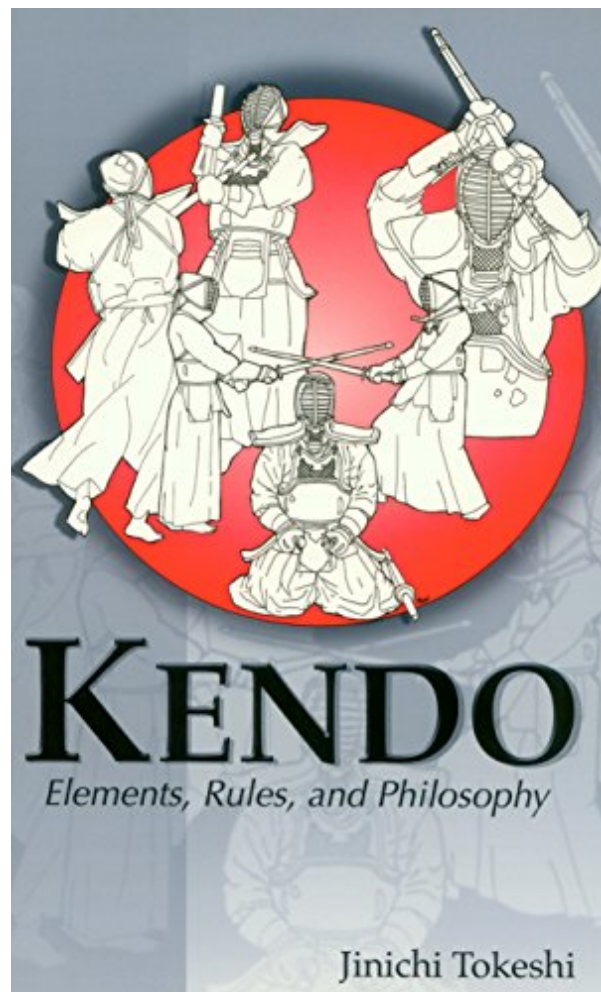
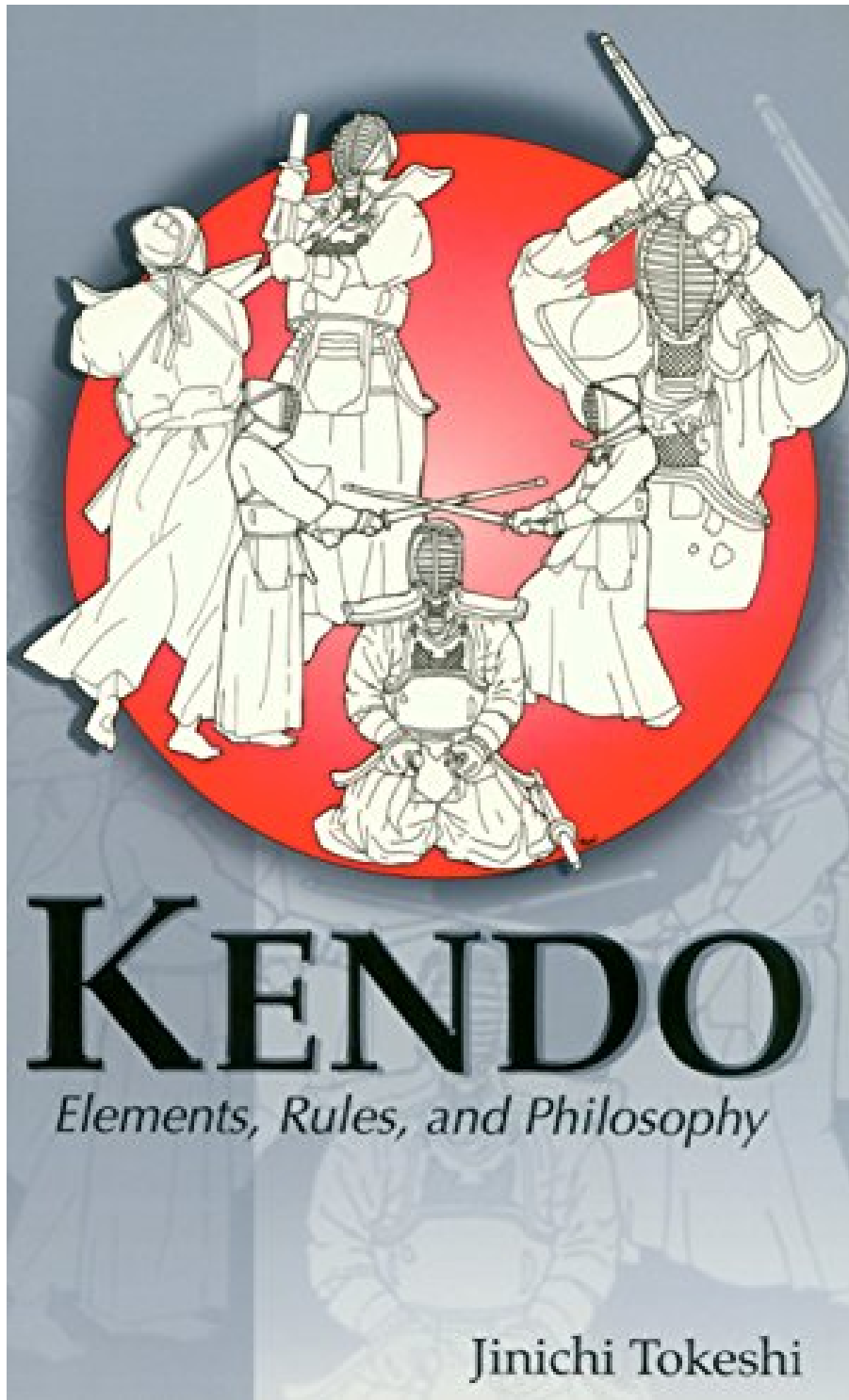


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## About the Author

Jinichi Tokeshi, M.D., was born and raised in Okinawa, Japan. After completing his medical studies in Hawai'i, he opened a private practice in Honolulu and began teaching at the John A. Burns School of Medicine, University of Hawai'i, He has attained a yondan in kendo and a sandan in iaido.

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All students of kendo--the formal art and practice of Japanese swordsmanship--will welcome this manual by an advanced practitioner with a deep understanding of the martial art. The work begins with a history of kendo in Japan, followed by a study of basic equipment and its proper care and use and a detailed description of forms and rules--essential aspects of any martial art. Beginners will find this section particularly helpful because of the close attention paid to fundamental techniques of kendo, including the rare two-sword form (nitô ryû), largely unknown outside of Japan. Each technique is accompanied by clear, easy-to-follow illustrations. The Nihon Kendo Kata and Shiai and Shinpan rules and regulations are useful references for those learning the Kata and participating in matches. The author, who is also a practicing physician, is attentive throughout to injury prevention and safety--concerns often overlooked in martial arts manuals. The elements of kendo philosophy, which can mystify even experienced practitioners, are explained in simple terms to aid understanding. The manual concludes with biographies of Japan's most celebrated swordsmen, an extensive glossary of kendo terms, and a history of kendo in Hawaii, where it has been practiced for more than a century and where some of the world's top practitioners can be found.

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By Jason Nieuwoudt

Jinichi Tokeshi provides a succinct albeit comprehensive guide to Kendo and all that it entails. It begins with a short history of Kendo in an effort to familiarize the reader with the origins of the "sport". Tokeshi then spends some time on the necessities such as equipment and the correct manner in which to wear the kendogi and bogu! He also pays strict attention to appropriate etiquette and behaviour. The book deals with the movements, strikes, general philosophy, rules, regulations and ends with short biographies on historically significant samurai/Kendo masters! All in all the book amicably demonstrates the "elements, rules, and philosophy" of Kendo and as a new student to the Japanese art of fencing it has proved indispensable.

8 of 9 people found the following review helpful.

this book is really useful

By SYI

Dr. Tokeshi's book is great. It covers everything from the philosophy and history behind kendo to waza

(techniques) and the basics of equipment care. Not to mention the comprehensive section on nitto ryu and the Nihon Kendo Kata. Using Dr. Tokeshi's book I've learned to take apart and maintain my shinai and how to fold my keikogi and hakama. I especially like the sections where he explains the reasons behind the different kamae and what the different kata is supposed to teach you.

2 of 2 people found the following review helpful.

Excellent new addition to the English Kendo Library

By Jason Jarvis

I am a beginner in Kendo so take this all with a grain of salt.

I thought this was a tremendous book. Well written, clear, and thorough. I think it rivals "Kendo: the Definitive Guide" as one of the two best Kendo books. Particularly interesting, though not useful unless you're already a sandan or so, are the sections on Nito and Jodan. I haven't seen info on those kamae in English anywhere else.

Good book and a worthy addition to your library.

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