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Bokken Art Of The Japanese

Bokken: Art of the Japanese Sword (Literary Links to the Orient)
Paperback – 1 Dec. 1986. by Dave Lowry (Author) 4.2 out of 5 stars 31 ratings. See all formats and editions. Hide other formats and editions. Amazon Price. New from. Used from.

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Focusing his expertise on the techniques and history of the bokken—the wooden training sword used by both ancient samurai and today's swordsmen—the author maintains that training with the bokken is important on two levels for the modern practitioner: to build the physical stamina, rhythms, and adroit body movements of traditional swordsmanship and to achieve something of the animating ...

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Bokken: Art of the Japanese Sword (Literary Links to the ...
Bokken Art of the Japanese Sword (Literary Links to the Orient)
Author Dave Lowry of the ancient sword school Yagyu Shinkage-Ryu teaches the basics of Japanese swordsmanship using the bokken, the wooden training sword. Lowry covers stances, body movement, striking, combination techniques and techniques with a

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Bokken Art of the Japanese Sword by Dave Lowry

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A bokken is a Japanese wooden sword used for training in kenjutsu. It is usually the size and shape of a katana, but is sometimes shaped like other swords, such as the wakizashi and tant?. Some ornamental bokken are decorated with mother-of-pearl work and elaborate carvings. Sometimes it is spelled "boken" in English. Bokken are traditionally composed of red oak or white oak, although any hard wood can be used. In comparison, practice swords made of flexible, soft wood such as bamboo are ...

Bokken - Wikipedia

The Bokken is a wooden saber used in various Japanese martial arts: (ninjustsu, kenjutsu, aikido...). The idea of this sabre was to replace the katana of steel when carrying out the training. This wooden

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saber becomes popular between 1300 and 1500 AD, because it was used by warriors drawn to the art of dueling, rather than fighting until death against an opponent on the battlefield.

Bokken - Japanese Weapons - Weapons.- Medieval Shop

Bokken: Art of the Japanese Sword (Literary Links to the Orient)

Paperback – February 1, 1986 by Dave Lowry (Author), Mike Lee (Editor) 4.4 out of 5 stars 46 ratings See all formats and editions

Bokken: Art of the Japanese Sword (Literary Links to the ...

How to Master the Japanese Art of the Sword. Handling swords is not an easy thing to master, it takes years of instruction to use one correctly, and even then you will still make some mistakes. ... Don't start with a live (a weapon with a ground and sharpened edge) blade

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right away, a bokken is the best, but if your dead set on steel, try an ...

How to Master the Japanese Art of the Sword (with Pictures)
Bokken: Art of the Japanese Sword, by Dave Lowry. April 23, 2017. April 27, 2017. My Copy: 9780897501040. My love of too many wushu flicks comes to light because I found myself with a book trying to learn proper swordplay from the Japanese side. Granted “play” is the wrong part of that word to start with. A sword, even a wooden one, can be a deadly weapon—and it’s right to treat it as such.

Bokken: Art of the Japanese Sword, by Dave Lowry – The ...
Bokken: Art of the Japanese Sword. Bokken. : David Lowry. Ohara

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Publications, 1986 - Sports & Recreation - 191 pages. 1 Review.
Focusing his expertise on the techniques and history of the...

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In martial arts, bokken is used in aikido, kendo, kenjutsu and jodo - and while bokken often appear in popular culture (and are even used by modern police forces), they should not be confused with the related, but different, art of Japanese katana training. Our selection of high-quality bokken include versions made from foam, synthetic polymer substitutes, and polypropylene, in addition to authentic wooden bokken for martial arts training and competition.

Bokken | Authentic Martial Arts Training Sword

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Focusing his expertise on the techniques and history of the bokken—the wooden training sword used by both ancient samurai and today's swordsmen—the author maintains that training with the bokken is important on two levels for the modern practitioner: to build the physical stamina, rhythms, and adroit body movements of traditional swordsmanship and to achieve something of the animating spirit of the traditional swordsman. This history of the bokken combines the author's concise, eloquent writing style with more than 100 photographs to provide the reader with the traditional and modern perspectives of this vital, historically rich practice tool.

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The jo appears to be the lowliest of all tools--an ordinary length of wood--yet it's an exceptional weapon. While no one speaks of famous jo makers the way they do of sword smiths, the jo is capable of snapping the best swords ever forged. Packed with information on correct grips, stances, postures and etiquette, the book also outlines striking methods, combination techniques, and a 31-count formal solo exercise called tandoku renshu, making it the ultimate resource for those who appreciate Japan's most subtle weapon.

The goals of the budo—the martial arts and Ways of Japan—lie in refining the body and spirit. The techniques, methods, and rituals of the budo can provide invaluable lessons for today's martial artists—and serve as guides to a well-lived life. In Traditions, Davy Lowry discusses unique aspects of the budo ranging from hacho, or

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deliberate asymmetry, to uke-waza, the art of "receiving" an attack. The spirit of ryomi, the process of self-evaluation and improvement, is illustrated through the story of Kaofujita, a master swordsman who never stopped practicing the first movement he learned. You'll also learn the importance of yuyo, the distance where an attacker must focus his strike, from the story of Jubei, whose mastery of yuyo saved him in a life-and-death encounter, and the significance of shikaku—, the dead zone, on maintaining balance in combat and in life. With its focus on traditional martial arts, and fascinating stories that illustrate key martial arts principles and philosophy, Traditions will be required reading for serious martial artists.

In The Art of the Japanese Sword, master swordsmith Yoshindo

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Yoshihara offers a detailed look at the entire process of Japanese sword making, including the finishing and appreciation of Japanese blades. Japanese sword art stands out in many ways: functionality as a weapon, sophisticated metallurgy and metal smithing, the shape of the blade itself—all contribute to the beauty of these remarkable weapons. The Art of the Japanese Sword conveys to the reader Japanese samurai sword history and Japanese sword care, as well as explaining how to view and appreciate a blade. With 256 full-color pages, this sword book illustrates in meticulous detail how modern craftsmen use traditional methods to prepare their steel, forge the sword and create the unique hardened edge. By gaining a good understanding of how a sword is actually made, the reader will be able to appreciate the samurai sword more fully. Topics include: Appreciating the Japanese sword History of the Japanese sword

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Traditional Japanese steel making Making the sword Finishing the sword

Giving this book to the readers I deeply believe that I will contribute to the greater popularisation of aikido in the world. I have divided the book "Bokken. Sword in Aikido. Kihon Aikiken. Volume I" into two thematic blocks. The first of them has a historical background. In it I refer to the history of Japan and, above all, to the most important social and military conditions that shaped for centuries the art of sword. In this part I describe the Japanese warrior and the katana sword. I also present here important facts from the life of master Morihei Ueshiba and the profiles of his students. That's how I wanted to refresh the increasingly weakening memory of the people who participated in the creation the aikido

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art. I have devoted a few dozen pages to this because I think it is an extremely important element of the tradition of the art, giving meaning to the identity of people practising aikido. I have devoted the second thematic block to the technical grounds of aikiken. From this part, the reader will learn what is necessary for mastering the skills of wielding a bokken. It is obvious that the book in no way will replace the practice and knowledge derived from the teacher. However, I hope that not the book alone, but my experiences - collected for over twenty years - described in it will systematise the knowledge about aikiken and encourage you to start training with a sword. See you on the mat... Author of the book, Bartosz Ciechanowicz

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wazaEPILOGUEDICTIONARY

Western scholars and educators are generally far less familiar with the samurai in his original-and, ostensibly, primary-role as warrior and masters of arms than in his other functions as landowner, feudal lord, literature, or philosopher. Yet, any attempt to comprehend

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fully the samurai without considering his military abilities and training (bugei) is futile. With verve and wit, Karl Friday combines the results of nearly two decades of fieldwork and archival research to examine samurai martial culture from a broad perspective: as a historical phenomenon, as a worldview, and as a system of physical, spiritual, and moral education.

"An excellent introduction to traditional Japanese swordsmanship."—Daily Yamiuri This book introduces Kendo, the exhilarating mental and physical sport of Japan that has gained new popularity, with both sexes now participating, its own evolution and the efforts of a remarkable group of teachers it has progressed through the years to its present position as a sport. This is Kendo is a fully illustrated introduction to the traditional art of Japanese

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fencing—its essential nature and its basic techniques. It is the first kendo book in English to describe and analyze this famous sport. Features include: Over 100 photographs and drawings Origin and History of Kendo Basic Kendo Principles and Techniques Traditions Governing Kendo Etiquette and Technique Important Strikes Offensive and Defensive Positions Training Exercises The paramount point to be remembered in this book on an ancient art is that no one really stops learning more about the people who invented armor and developed combat techniques. It is our hope that the reader will continue his study beyond the scope of this kendo guide.

Master the wooden weapons used in Aikido with this comprehensive martial arts training manual. Although aikido is

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often thought of as a nonviolent, noncompetitive martial art, the use of weapons was introduced by the art's founder O'Sensei Morihei Ueshiba. In fact, aikido techniques that use wooden weapons can enrich all aspects of your practice, helping you to understand both basic and advanced aikido technical tactics as well as conceptual strategies and skills. Building on the authors' belief that no empty-hand system is complete without weapons training, *Aikido Weapons Techniques: The Wooden Sword, Stick, and Knife of Aikido* demonstrates weapon use both as a training tool to better illustrate aikido principles, and as a self-defense against weapon attacks, focusing on the three primary weapons used in aikido: Ken—the wooden sword Jo—the wooden staff Tanto—the wooden knife A complete discussion of each weapon is included, with descriptions of the stances, grips, techniques, forms, defenses, and

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training appropriate for each. With over 200 step-by-step photographs and detailed instructions, this aikido book provides an in-depth exploration of weapons use in aikido—from its spiritual implications to technical theory and practical use.

Along with Sun Tzu's *The Art of War*, *The Book of Five Rings* is considered to be one of the most insightful texts on the subtle arts of confrontation and victory to emerge from Asia. It analyzes the process of struggle and mastery over conflict that underlies every level of human interaction. For Musashi, the way of the martial arts was a mastery of the mind rather than simply technical prowess—and it is this path to mastery that is the core teaching in *The Book of Five Rings*. This brilliant manifesto is written not only for martial artists but for anyone who wants to apply the timeless principles of

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this text to their life.

In the early 1600's, master martial artist Muso Gonnosuke was defeated by Musashi Miyamoto. Humiliated, Muso isolated himself. During this period of time, he conceived the idea of a new form of staff fighting that used a shortened stick four feet in length. The Jo combines the techniques of the spear, sword and the naginata.

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