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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, ... Author: Minoru Kiyota; Publisher: Shambhala Publications; ISBN: 1570629277; Category: Sports & Recreation; Page: 160

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

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

Minoru Kiyota (Author of The Shambhala Guide to Kendo)

The Shambhala Guide to Kendo: Its Philosophy, History, and Spiritual Dimension: Kiyota, Minoru: 9781570629273: Books - Amazon.ca

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

4.0 out of 5 stars The Shambhala Guide to Kendo: Its Philosophy, History, and Spiritual Dimension. Reviewed in the United States on September 2, 2012. Verified Purchase. This is a well written and informative book. I found it to be enjoyable reading and structured very well. On the whole I would recommend it and it is one of those books I will ...

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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 a useful glossary that includes the Japanese ...

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 two important schools of Japanese swordsmanship.

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

The Shambhala Guide to Kendo: An Essential Introduction to the Principles of the Japanese Art of Swordsmanship. Boston, Mass.: Shambhala Publications, 1995. After finishing Alexander Bennet's Kendo: Culture of the Sword, I searched for another book that covered some of the same topics and themes.

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

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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