



Kendo Kata: Essence and Application

By Inoue Yoshihiko

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The heart of this work is the philosophy behind the creation of the All Japan Kendo Federation Kendo Kata. Inoue sensei looks at the history behind the formation of the kata using records taken at the time, and also examines the theoretical underpinnings of the kata. In addition, there is a full photo section covering all the kata from 1 to 10, and an analysis of the changes to the 2001 Kendo Seminar Guidelines for teaching the kata. A valuable resource for all beginner and experienced kendoka alike.

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