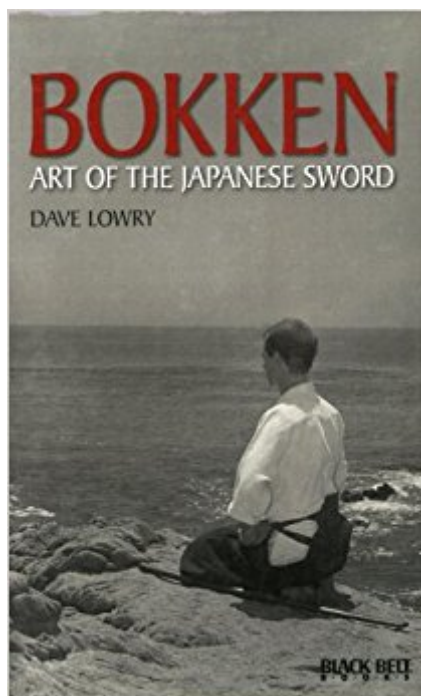


The book was found

Bokken: Art Of The Japanese Sword (Literary Links To The Orient)



Synopsis

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.

Book Information

Paperback: 192 pages

Publisher: Black Belt Communications; Later Printing edition (February 1, 1986)

Language: English

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Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 12 ounces

Average Customer Review: 4.2 out of 5 stars 35 customer reviews

Best Sellers Rank: #710,209 in Books (See Top 100 in Books) #61 in Books > Sports & Outdoors > Individual Sports > Fencing #1591 in Books > Sports & Outdoors > Individual Sports > Martial Arts #8783 in Books > Health, Fitness & Dieting > Exercise & Fitness

Customer Reviews

Dave Lowry has written several books about Japanese culture and the martial arts. Since 1986, his writing has been featured in Black Belt magazine in a monthly column called "Karate Way."

I was prepared to be disappointed-but was pleasantly surprised. I have studied the sword for years, and yet learned something from this book. For a beginner, too, its clear, concise explanations, coupled with well thought out photographs, will prove an excellent study guide or workbook. There are minor deficiencies, occasionally, but they will provide the student an incentive to put down the book and physically explore what Lowry is trying to demonstrate. There are few like Musashi, who need little personal instruction. This book is not a substitute for a good teacher, but an excellent adjunct to one. The Way is not a set of rules. It is only the Way.

After just reading a few pages, it became very helpful and showed the truth behind what it really is like to study Kenjutsu. The book is set for practitioners with Katana length Bokkens (keep in mind).

dave lowry!!!still remember his letter in a certain ninja magazine asking people to kneel down in front of him with eyes closed...seriously book is awesome worth every penny. its get a little woody but still a must have if your serious about real kenjutsu.

I had this book as a teaching resource many years ago. I lost during a move and bought a new copy. This book has been very vaulable to me. I would highly recommend it to anyone needing a cross reference for a Bokken class.

This is my first book on the subject of the Japanese sword, and it is a fine book for the beginner.

Good Book!

Great stuff

Glad to add this to my collection, Dave Lowry is an outstanding author, one of the best!

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