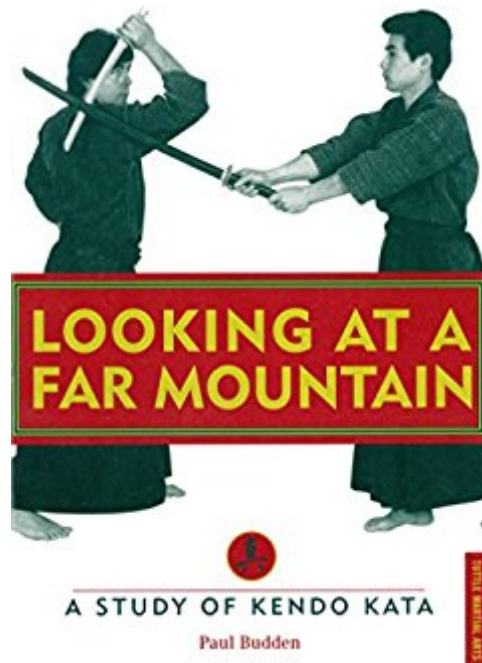


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# Looking At A Far Mountain: A Study Of Kendo Kata (Tuttle Martial Arts)



## Synopsis

Looking at a Far Mountain is a remarkable comprehensive survey of the core of kendo, an internationally practiced martial sport derived from the ancient Japanese warrior art of the sword and heavily influenced by the tenets of Shinto, Confucianism, and, particularly, Zen Buddhism. This is the first study outside of Japan and the first in English of the history, philosophy, and technical aspects comprising the system of predetermined sword techniques known as Teikoku Kendo Kata. Lavishly illustrated with historical photographs and encompassing a history of the kendo kata tradition, technical training and advice, the individual kata themselves, lineage charts of particular schools and notable kendo masters, and a complete glossary of kendo terms, Looking at a Far Mountain remains firmly anchored in the Japanese tradition while addressing the growing international corps of kendo practitioners.

## Book Information

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## Customer Reviews

Being Japanese it is easy for me to read about Kendo, as there are many books on this subject available in my home country. 'Looking at a far Mountain', or 'Enzan No metsuke' is the first book in English to study the aspects of Kata in depth. I first discovered it back in 1992 at its first publication.

I found it to be extremely informative historically and clear in the technical explanation. The format is unusual, each section following the photographic layout.i.e. Uchidachi and Shidachi and I must say that I really appreciate the endeavours of the author. I am positive that this book, now available in paperback will inform and assist many practitioners of Kendo everywhere Signed: M Itoh.

This book is the perfect companion for anyone interested in Kendo, and more specifically, the kata associated with it. Kata seems to be one of the least written about aspects of Kendo, and by purchasing this book, one is able to improve their kata quite a bit. A must have for Kenshi!

This book contains detailed information on the kendo katas. It has all the notes one would like to have on how to perform each one. With this I do not need to worry about taking notes after classes and I can focus on performance. I especially like the shidachi and the uchidachi shown in opposing pages, so one can view the complete sequence at a glance. It also have interesting historical information with pictures. This book is a "must have" to practice far from Japan.

...this is just a very well done book, appealing to the eyes and full of useful information. Importantly, it covers the kata of kendo and presents them in a meaningful way.A well done volume which goes beyond the basic repetitive kendo books which have been "done before". What a delight that this volume was finally reprinted! Enjoy!

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