



Sword Of The Samurai: The Classical Art Of Japanese Swordsmanship

George R. Parulski

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Discover the colorful history of sword making, the ryu of Japan, the samurai code of honor and the Zen tradition of swordsmanship. Parulski covers the uniform and how it's worn, fighting postures, conditioning, training with the suburito and traditional etiquette. Photos and text reveal the kihon--prearranged attacks and defenses--and the kata of drawing one and two swords, with applications to actual attacks.

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