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KENDO, INHERITED WISDOM AND PERSONAL REFLECTIONS

Kendo,
Inherited Wisdom and
Personal Reflections
Geoff Salmon



Author of 'Kendo, A Comprehensive Guide to Japanese Swordsmanship'

Rethink Press. Paperback. Book Condition: New. Paperback. 178 pages. Dimensions: 8.4in. x 5.4in. x 0.6in. Whether you are a kendo fanatic or merely curious about the martial arts, this book will interest you. The author, Geoff Salmon, has taken the lessons learned over his 45 year kendo career and distilled them into a series of instructive, thought-provoking articles covering kendo training methods and techniques, as well as the attitudes and philosophies that make kendo a lifetimes pursuit for many people. It...

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