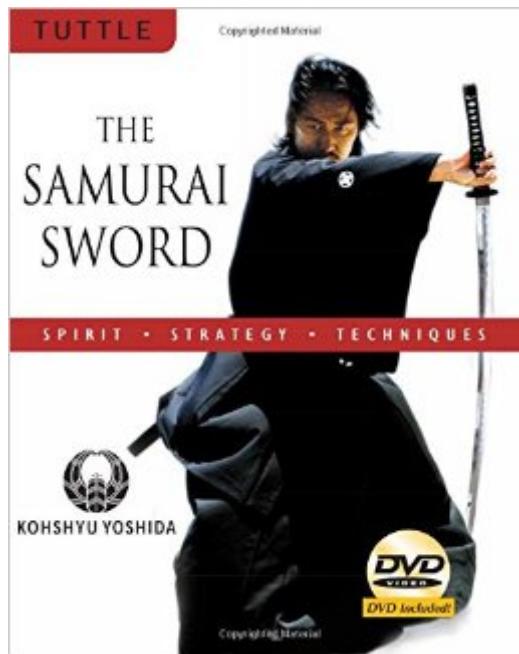


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# The Samurai Sword: Spirit \* Strategy \* Techniques: [DVD INCLUDED]



## Synopsis

The Samurai Sword is the essential illustrated guide to the Japanese way of the sword. Japan's famous samurai warriors were more than just soldiers – they were adherents to a strict code of honor who respected the deeper, spiritual meaning of the way of the sword. To the samurai, battle was sacred. This indispensable guide to theory and practice respects both the physical and spiritual aspects of martial arts practice with the katana. This sword book features:

- Beautiful, step-by-step photos and easy-to-understand text
- Guidance for selecting, maintaining, and using your sword
- Wisdom about the practical value of meditation
- Inspirational biographies of some of the greatest samurai swordsmen, men whose words and deeds embodied the true spirit of the samurai warrior

Whether you're a beginner or an experienced swordsperson, this book will broaden your practical knowledge with detailed instruction on stances, cuts, guards, forms, and sparring techniques and strategy. Author Kohshyu Yoshida was born and raised in Chiba, Japan. The great-grandson of a ronin samurai warrior, he has studied martial arts from all over the world and now teaches martial arts in Los Angeles, CA. He has appeared in Hollywood films including *Blade* and *The Last Samurai*. He also starred as the Red Ranger in the international hit television show *Mighty Morphin' Power Rangers*.

## Book Information

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Product Dimensions: 8.5 x 0.7 x 11 inches

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Average Customer Review: 4.4 out of 5 stars See all reviews (10 customer reviews)

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## Customer Reviews

While this book offers an attractive mix of history, philosophy and technique, it does better with the first two than it does with sword skills. There are two problems that really make this book earn a low

review. First, in many of the illustrations and even in the DVD, the author clearly seems to be using the blade of his sword to block his opponent's strike. Any sword fighter would know this is a great way to get your own blade dulled and chipped very quickly. For those who'd argue that this is just a poor camera angle, I feel it appears in too many images to be a mere coincidence, and it says something about the author that these pictures weren't taken more carefully. Second, and to me far worse, is that for a book that claims to teach sword movements, there is absolutely no instruction in how to draw the sword! You can't get more fundamental than that, and yet this critical basic skill is nowhere to be found, neither in the book nor the DVD. While the section on selecting and maintaining a sword is helpful, the gaps and mistakes in this book make it a risky choice, at best, for beginners.

The content of this book are most like photos of kata with very well-written illustration. However, these photos are not in a good sequence and you have to watch the including DVD to get the detail of author's motion. I'm practicing Kendo and Iaido, and have some kenjishu DVDs from Japan. From my point of view, this book is great to take you through how Hollywood actors play katana in a crazy awesome cool way. (ex: Wesley Snipes in "Blade") If you would like to explore the simple, plain traditional kenjishu, you may get lots of demos from different ryus on YouTube. From the same publisher, "Mastering the Samurai Sword: A Full-Color, Step-by-Step Guide" would be a good reference book for a serious martial art trainer.

The book and DVD are excellent instructions. It's simple, clear, easy to understand. Of course, you can't expect to pick up the \$20 book of Samurai sword and become expert or samurai warrior next week or next month. Learning Martial Arts is a long journey required to be patient and discipline. If you already learned from other martial arts discipline, all foot works and movements are similar. I look at this book as another different skills set to learn from something different to add to my martial arts journey, and I appreciated Kohshyu Yoshida has spent his time to pass on his skills and knowledge.

Love this book and DVD. I believe it will help someone become a better person of who they are and will help you become a better swordsman (swords maiden). Thanks for selling this Great Book/DVD)

This book is the closest thing to the training I had been doing, so happy I ran across it!

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