



# Tenshin Shoden Katori Shinto Ryu Budo Kyohan

*Yoshio Sugino, Kikue Ito*

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**Tenshin Shoden Katori Shinto Ryu Budo Kyohan** Yoshio Sugino, Kikue Ito

Having been taught for almost 600 years, Tenshin Shoden Katori Shinto Ryu is one of the oldest Japanese martial arts. This is the first English translation of the book, which was originally published in Japan in 1941. With its many pictures and texts it presents the Tenshin Shoden Katori Shinto Ryu's basic techniques and kata with the sword (iai-jutsu, ken-jutsu), bo (bo-jutsu) and the naginata (naginata-jutsu) in great depth. This book also describes the relevance and the aim of budo and budo training methods to the reader, as well as the essential basics of budo (kamae, ma-ai, metsuke, zanshin, munen-muso, etc.). Additionally, it provides information on the origin and history of the Katori Shinto Ryu style, which was founded by Iizasa Choisai Ienao sensei (1387 - 1488). This book is complemented by historical and biographical texts written by Yoshio Sugino. Both the 20th Soke of the Katori Shinto Ryu Yasusada Iizasa sensei and Yukihiro Sugino sensei have also kindly provided a preface.

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