



Mastering the Samurai Sword: A Full-Color, Step-by-Step Guide [DVD Included]

Cary Nemeroff

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Master the legendary weapon of the mighty samurai!

Memorialized in countless books and movies, the history of Japan's fearsome samurai warriors is known all over the world. Who can forget these Japanese masters' skills with the sword? Today, samurai swordsmen no longer exist, but their legacy of swordsmanship endures. Now, the way of the samurai sword is learned in the martial arts Iaijutsu and Kenjutsu. This Japanese sword book is the perfect introduction to using this beautiful and ancient weapon. In *Mastering the Samurai Sword*, you'll learn the sword's fascinating history, its evolution, and the philosophy behind its use. You'll also learn practical guidance for mastering the sword itself.

Full-color, step-by-step photographs detail many of the most useful and famous samurai moves, including:

- drawing the katana
- guard positions, cutting blows, and blocking
- falling and rolling techniques, and evasive strategies
- standing forms and kneeling forms

All of the martial arts techniques discussed in this samurai sword book are performed for readers in an instructional DVD to help you perfect your form. Beginners will learn everything from proper attire and behavior in the dojo to how they might practice at home, while more experienced samurai swordsmen will find a new appreciation for the deeper meaning and tradition behind the graceful way of the sword.

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