



The Samurai Sword: Spirit * Strategy * Techniques: (Downloadable Media Included)

Kohshyu Yoshida

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The Samurai Sword is an indispensable guide to theory and practice that respects both the physical and spiritual aspects of martial arts practice with the samurai sword. Featuring guidance for selecting, maintaining and using your sword, it also delves into the practical value of meditation and provides brief, inspirational biographies of some of the greatest samurai, men whose words and deeds embodied the true spirit of the samurai warrior.

Written by a descendant of samurai warriors, *The Samurai Sword* provides both a strong, hands-on foundation for beginners and advice for the practiced swordsperson.



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