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Bokken: Art of the Japanese Sword (Literary Links to the ... Focusing his expertise on the techniques and history of the bokken—the wooden training sword used by both ancient samurai and today ' s swordsmen—the author maintains that training with the bokken is important on two levels for the modern practitioner: to build the physical stamina, rhythms, and adroit body movements of traditional swordsmanship and to achieve something of the animating ...

Bokken: Art of the Japanese Sword - Dave Lowry - Google Books

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[Paperback] by Dave Lowry (ISBN: 8601416675282) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

Bokken: Art of the Japanese Sword (Literary Links to the ...
Bokken Art of the Japanese Sword (Literary Links to the Orient) Author Dave Lowry of the ancient sword school Yagyū Shinkage-Ryū teaches the basics of Japanese swordsmanship using the bokken, the wooden training sword. Lowry covers stances, body movement, striking, combination techniques and techniques with a partner.

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A bokken is a Japanese wooden sword used for training in

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kenjutsu. It is usually the size and shape of a katana, but is sometimes shaped like other swords, such as the wakizashi and tantō. Some ornamental bokken are decorated with mother-of-pearl work and elaborate carvings. Sometimes it is spelled "boken" in English. Bokken are traditionally composed of red oak or white oak, although any hard wood can be used. In comparison, practice swords made of flexible, soft wood such as bamboo are ...

Bokken - Wikipedia

The Bokken is a wooden saber used in various Japanese martial arts: (ninjutsu, kenjutsu, aikido...). The idea of this sabre was to replace the katana of steel when carrying out the training. This wooden saber becomes popular between

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1300 and 1500 AD, because it was used by warriors drawn to the art of dueling, rather than fighting until death against an opponent on the battlefield.

Bokken - Japanese Weapons - Weapons.- Medieval Shop
Bokken: Art of the Japanese Sword (Literary Links to the Orient) Paperback – February 1, 1986 by Dave Lowry (Author), Mike Lee (Editor) 4.4 out of 5 stars 46 ratings See all formats and editions

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Bokken: Art of the Japanese Sword, by Dave Lowry. April 23, 2017. April 27, 2017. My Copy: 9780897501040. My love of too many wushu flicks comes to light because I found myself with a book trying to learn proper swordplay from the Japanese side. Granted “ play ” is the wrong part of that word to start with. A sword, even a wooden one, can be a deadly weapon—and it ’ s right to treat it as such.

Bokken: Art of the Japanese Sword, by Dave Lowry – The ...

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Bokken: Art of the Japanese Sword. Bokken. : David Lowry. Ohara Publications, 1986 - Sports & Recreation - 191 pages. 1 Review. Focusing his expertise on the techniques and history of the...

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In martial arts, bokken is used in aikido, kendo, kenjutsu and jodo - and while bokken often appear in popular culture (and are even used by modern police forces), they should not be confused with the related, but different, art of Japanese katana training. Our selection of high-quality bokken include versions made from foam, synthetic polymer substitutes, and polypropylene, in addition to authentic wooden bokken for martial arts training and competition.

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Bokken | Authentic Martial Arts Training Sword

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