



Bokken: Art of the Japanese Sword (Literary Links to the Orient)

By Dave Lowry

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Bokken: Art of the Japanese Sword (Literary Links to the Orient) By Dave Lowry

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 spirit of the traditional swordsman. This history of the bokken combines the author's concise, eloquent writing style with more than 100 photographs to provide the reader with the traditional and modern perspectives of this vital, historically rich practice tool.

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Bokken: Art of the Japanese Sword (Literary Links to the Orient) By Dave Lowry Bibliography

- Sales Rank: #615652 in Books
- Brand: Dave Lowry
- Published on: 1986-02-01
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .40" w x 6.00" l, .56 pounds
- Binding: Paperback
- 192 pages

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About the Author

Dave Lowry has written several books about Japanese culture and the martial arts. Since 1986, his writing has been featured in *Black Belt* magazine in a monthly column called "Karate Way."

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