



Looking at a Far Mountain: A Study of Kendo Kata (Tuttle Martial Arts)

Paul Budden

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Looking at a Far Mountain is a remarkable comprehensive survey of the core of kendo, an internationally practiced martial sport derived from the ancient Japanese warrior art of the sword and heavily influenced by the tenets of Shinto, Confucianism, and, particularly, Zen Buddhism.

This is the first study outside of Japan and the first in English of the history, philosophy, and technical aspects comprising the system of predetermined sword techniques known as Teikoku Kendo Kata.

Lavishly illustrated with historical photographs and encompassing a history of the kendo kata tradition, technical training and advice, the individual kata themselves, lineage charts of particular schools and notable kendo masters, and a complete glossary of kendo terms, *Looking at a Far Mountain* remains firmly anchored in the Japanese tradition while addressing the growing international corps of kendo practitioners.



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