



The Art of Japanese Swordsmanship: A Manual of Eishin-Ryu Iaido

Nicklaus Suino

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The original purpose of iaido was to slay an opponent with one stroke of the sword upon unsheathing; today it is practiced as a martial art, one that improves concentration, develops strength and coordination, and cultivates awareness of an ancient culture and its traditions. This manual of Eishin-Ryu (or "Pure Faith") iaido teaches the most widely practiced sword style, and is illustrated with step-by-step drawings to help students, from beginners to advanced, hone their forms and techniques. Introductory chapters explain the history and evolution of the art, the Japanese sword and related equipment, and the etiquette and code of the samurai, while an extensive glossary and bibliography are provided for further reference.

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