



# The Way of Kendo and Kenjitsu: Soul of the Samurai

*Darrell Max Craig*

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The old Kendo teachers loved to ask their new students "What is Kendo?" Then they would sit back and listen to them philosophize about the way of the sword. The question is like a Zen question. If you find an answer, it will always be wrong for there is no answer. Kendo is something different to each and every student who picks up a Japanese sword. Old Kenjitsu had no rules. Modern Kendo sometimes described as sport Kendo, does. This is the difference between the two. To learn Kendo properly you must not think of it or practice it as a sport. You must think of it as a way of life. When taking up Kendo the student must keep in mind that the Japanese sword is like no other sword in the world and the skills required to master it are as ancient as time itself. This book addresses advance level Kendo skills including equipment, exercises, wazas and the last three katas of the All Japan Kendo Federation, which uses the short sword (Wakizashi). Equipment of Kendo and its care Advanced Waza Fundamental Movements All Japan Kendo Federation Short Sword (Kodachi) Katas About the Samurai and his swords Sword Collecting Sword Nomenclature

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