



The Kendo Mind: A Guide to Grading Successfully

Kimiaki Shigematsu

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Those who study kendo regard promotion examinations and matches as vehicles for cultivating self-discipline. Preparing to take a grading is especially motivating compared to regular training. It is, however, also a tremendous disappointment when you fail. There are those who manage to pass each examination without ever failing, and others who reach an impasse. So, what is the difference between these two groups? If you can figure this out, even just a little, you are one step closer to finding success. There are many things needed for success in an examination, not least of which is impressing the judges with resonating strikes. There is no way to achieve your goal without knowing how to accomplish this. The content of this book is based on lessons I learned from my sensei, my personal experiences in the dojo, and what I read in books and instruction manuals along the way. I hope that you will find the information in this small volume useful reference material as you tread down the path of kendo.

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