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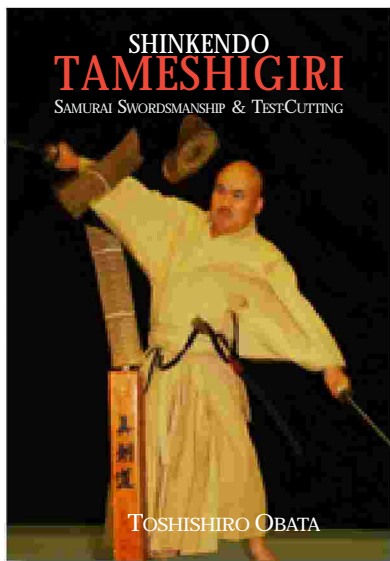
[Publication: "Shinkendo Tameshigiri"]

SHINKENDO TAMESHIGIRI

Samurai Swordsmanship & Test-Cutting



>>> THE TRADITIONAL practice of *tameshigiri* – test-cutting with a Japanese sword – has become increasingly popular in the study of swordsmanship, and in recent years has developed into a nearly ubiquitous training method in the martial arts community around the world. Shinkendo Tameshigiri is the world's first tameshigiri manual for students, written by the renowned swordsman and expert on tameshigiri Toshishiro Obata. This definitive volume on tameshigiri explores its history, the different types of tameshigiri (including sword-testing), proper execution and rules for safety, cutting techniques, traditional etiquette, and even the criteria for choosing an appropriate sword. Martial artists may gain insight into their own studies and more fully realize the significance of tameshigiri in sword practice, and a general readership will have the opportunity for a rare glimpse into the arts so deeply cherished by the samurai, and may be surprised at the level of dedication with which these ancient traditions are practiced today.



TOSHISHIRO OBATA, the founder of Shinkendo and a world-renowned tameshigiri champion, was the first person to introduce tameshigiri outside of Japan. Shinkendo Tameshigiri is the second volume about Shinkendo by the art's founder, and is the result of decades of experience studying and refining the art of swordsmanship.

>DETAILS

- Over 200 photographs and illustrations
- Includes pictures of the author's record-breaking *kabutowari* (helmet-splitting) test
- Discussion of test-cutting methods, materials, and technique
- Detailed diagrams and step-by-step procedures
- Index and glossary of Japanese terms

>ORDERING

For ordering information or to view a complete catalog of publications, contact the International Shinkendo Federation at (213) 625-1989 or obata@shinkendo.com, or visit the publication website at www.shinkendo.com/product.html.

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