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*Kohshyu Yoshida*

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*The Samurai Sword* is the essential illustrated guide to the Japanese way of the sword.

Japan's famous samurai warriors were more than just soldiers — they were adherents to a strict code of honor who respected the deeper, spiritual meaning of the way of the sword. To the samurai, battle was sacred.

This indispensable guide to theory and practice respects both the physical and spiritual aspects of martial arts practice with the *katana*. This sword book features:

- Beautiful, step-by-step photos and easy-to-understand text
- Guidance for selecting, maintaining, and using your sword
- Wisdom about the practical value of meditation
- Inspirational biographies of some of the greatest samurai swordsmen, men whose words and deeds embodied the true spirit of the samurai warrior

Whether you're a beginner or an experienced swordsperson, this book will broaden your practical knowledge with detailed instruction on stances, cuts, guards, forms, and sparring techniques and strategy.

Author **Kohshyu Yoshida** was born and raised in Chiba, Japan. The great-grandson of a ronin samurai warrior, he has studied martial arts from all over the world and now teaches martial arts in Los Angeles, CA. He has appeared in Hollywood films including *Blade* and *The Last Samurai*. He also starred as the Red Ranger in the international hit television show *Mighty Morphin' Power Rangers*.

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