



Devil's Gloves and the One Cut: An introduction to Ono-ha Itto-ryu Kata

By Mr Paul Budden

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The ancient art of Kendo has been studied and practiced throughout Japan for centuries and has along with similar Japanese cultures spread worldwide. Thus the appeal of this unique activity is therefore no longer limited to its homeland, this may be attributed to the plain and simple fact that Kendo can actually be understood and put into practice anywhere, by anyone and at any time or place. This is the first study outside of Japan and the first in English, covering a brief history, the philosophical aspects and technical elements that make up this classical school of swordsmanship dating from the 17th century known as Ono ha Itto ryu. It will be of specific interest to those who practice Kendo, and also to the numerous enthusiasts of all Far Eastern martial arts.

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Editorial Review

About the Author

Paul Budden was born in 1949 in Cheltenham. When not involved with Kendo he continues to assist in the family business, a well established international exhibition company. Having graduated in Kendo to Kyoshi 7th Dan, his involvement in Kendo has increased over his illustrious 30 years of study and practice. As Technical Director of the Maltese Kendo Federation and a highly respected International coach. Dividing his time between residences in the UK and Malta. Organising, running and assisting with courses throughout Europe and at international competitions. And at Kodokan Kendo UK (since 1980), where both adults & junior practitioners attend regular practice sessions, together with seminars and supporting various charity events. His previous work 'Looking at a Far Mountain' continues to be a 'benchmark' in the study & practice of Kendo Kata and the author still believes very strongly in maintaining the traditional interpretation of Kendo through Kata and is dedicated to the classical practice of Koryu and the philosophy that it personifies.

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