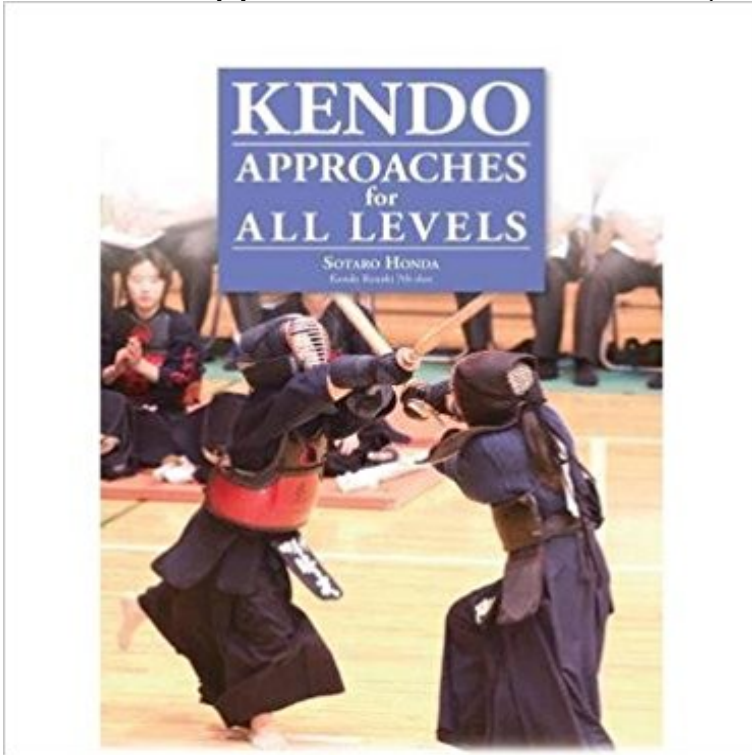


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Dr. Sotaro Honda (R7-dan), student of H8-dan Masatake Sumi-sensei, has been a longtime contributor to Kendo World, and has spent much of his kendo career helping international kenshi. His latest book is a must have for all practitioners and instructors, and explains various aspects of kendo training in a way that is both accessible and eye-opening. He covers the basics from footwork, to various ke...

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