



Martial Arts Training in Japan: A Guide for Westerners

David Jones

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Learn the techniques of Japanese martial arts along with the cultural background and philosophy!

Martial Arts Training in Japan: A Guide for Westerners is the first book of its kind. Part travel guide, part survey of the many martial arts styles practiced in Japan, and part introduction to the basics of Japanese etiquette in and out of the dojo, this martial arts book is an excellent introduction to the ways of the Japanese martial arts and the philosophy that energizes martial arts practice even today. With information ranging from the mundane but crucial—such as how to go about testing for rank in a Japanese dojo—to a discussion of the four philosophical worlds of budo, author David Jones has provided an essential reference.

Martial Arts Training in Japan includes contact information and advice for training in Japan in the traditions of:

- Aikido: The Way of Harmony
- Iaido: The Way of Drawing the Sword
- Jodo: The Way of the Staff
- Judo: The Gentle Way
- Karate: The Way of the Empty Hand
- Kendo: The Way of the Sword
- Kyudo: The Way of the Bow
- Naginatado: The Way of the Halberd
- Ninjutsu: The Art of Stealth

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