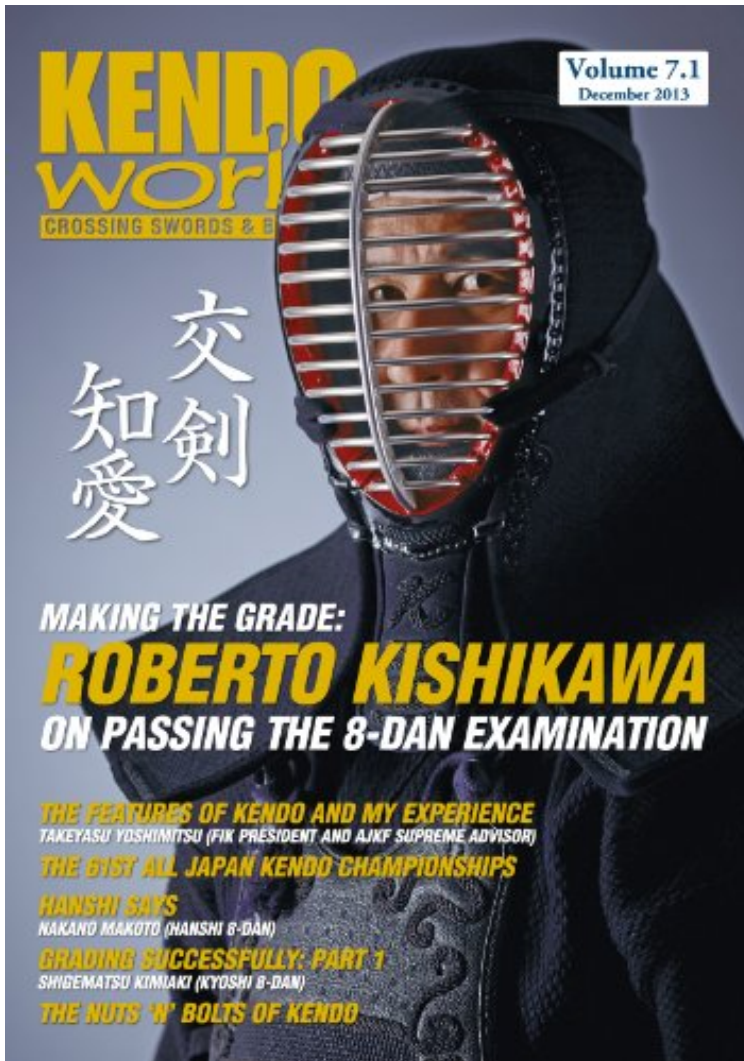


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The 61st All Japan Kendo ChampionshipsBy Michael Ishimatsu-PrimeA summary and thoughts on the 61st All Japan Kendo Championships which Tokyos Uchimura Ryichi won for the third time.

Hanshi SaysHanshi Says is a popular series in which Japan's top Hanshi teachers give hints of what they are looking for in grading examinations based on wisdom accumulated through decades of training. This issue features Nakano Makoto-sensei from Ibaraki prefecture who passed the 8-dan examination in 1979, and was awarded the title of Hanshi in 1989. Nakano-sensei asserts that in order to pass grading examinations, examinees need to make the examiners lean forward in their seats. He also discusses the importance of striking opportunities and the how kiri-kaeshi and uchikomi are a necessity.

Grading Successfully: Part 1By K8-dan Shigematsu Kimiaki-senseiIn Grading Successfully Part 1, Shigematsu Kimiaki-sensei, a kendo instructor with Chiba Prefectural Police Force, gives a detailed explanation of how to approach a grading. He covers a vast array of topics such as sonkyo, seme, hassei, datotsu, waza selection, and many more. This is an essential guide for those who are about to take a grading, particularly for the higher dan levels.

Nuts n Bolts of Kendo: Effective Training Methods Waza TrainingBy Nakano Yasoji (Hanshi 9-dan)In this article, Nakano-sensei discusses the different types of keiko and how they should be carried out, as well as different types of waza and ideal situations in which they should be employed.

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