



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

*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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