

CONTENTS

1. The Historical Setting	11
2. The Concept	22
3. The Rationale	31
4. The Method	41
5. The Formation of the Budo Systems	66
6. Classical Weapons Systems	70
From Kenjutsu to Kendo	
From Iai-jutsu to Iai-do	
Other Weapons Systems	
7. Classical "Weaponless" Systems:	
From Jujutsu to Judo	106
8. The Classical Budo Today	123
Glossary-Index	126