

Andrea Re

## KAMAE

### BASIC POSTURES IN KATORI SHINTO RYU

*This publication is dedicated to the study of kamae, the fundamental postures of Tenshin Shoden Katori Shinto Ryu, one of the oldest schools of Japanese swordsmanship still active today.*

*Not intending to take anything away from other books describing the history and status of Katori Shinto Ryu in Japan, this volume is dedicated to filling an information gap, concerning its technical aspects.*

*The kata that are practised within the school are nothing more than kamae made dynamic by movements that connect them to each other. For this reason the in-depth study of kamae is of primary importance.*

**Andrea Re**, is 7th Dan - Menkyo Okuden of this school and one of the most active teachers of it. He studied with Goro Hatakeyama sensei, one of the most important figures of reference in the world of Katori Shinto Ryu.



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KAMAE - BASIC POSTURES IN KATORI SHINTO RYU

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Andrea Re



## KAMAE

### BASIC POSTURES IN KATORI SHINTO RYU



# Katori Shinto Ryu Manual

**Michael DeMarco**

A red circular graphic with a gradient, appearing as a stylized sun or a lens flare, positioned to the right of the author's name.

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