



Flashing Steel, Second Edition: Mastering Eishin-Ryu Swordsmanship

Masayuki Shimabukuro, Leonard Pellman

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Flashing Steel, the best-selling and highly acclaimed book on *iaijutsu* (alternatively called *iaido*), is as much about bringing life into focus as it is about techniques of swordsmanship. *Iaijutsu* was the martial art of the samurai of feudal Japan who remain the most enduring of warrior icons, equally popular in the East and the West. *Iaijutsu* sword training has philosophical tenets that inform the warrior's life, building compassion and self-discipline both inside and outside the dojo.

Shimabukuro Shihan and Pellman Sensei combine practical exercises, photographs, and historical and cultural context in a thoughtful guide to this most popular of Japanese sword arts. The book features Master Masayuki Shimabukuro's renowned expertise and classical training, with Leonard Pellman adapting the information for a Western audience. Included here are dozens of *kata* (formal training patterns) that govern *iaijutsu*, with partner exercises applying the principles of the art in realistic attack and defense situations. These *kata* are also widely practiced by students of kendo, aikido, and other sword-based martial arts, giving the book a wider relevance beyond *iaijutsu*. This second edition of *Flashing Steel* includes new techniques, updated photographs, and theoretical explanations for both new and existing sword forms.

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