

# Kendo Training Guide

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## JOHNNY LEBLANC

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 This site and its resources are intended for those who want to find out more about this martial art. Kendo has a long and rich history that is interconnected to the broader Japanese culture, but at the same time, in the years after the Second World War it slowly started to spread beyond the borders of this island nation, and gradually found its place in the modern society ...  
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 Kendo training is similar to katana (sword) training. You can use the sword or bokken (bokuto) or shinai. #kendoforlife #kendoguide  
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