

Shoshin Nagamine. ***The Essence of Okinawan Karate-Do***. Tuttle: 1998.  
*Shoshin Nagamine's book is invaluable to anyone who studies Shorin-ryu Karate, or a school related to or derived from Shorin-ryu. Although Nagamine's volume was originally published in English in 1976, it still sets the standard for other books on the subject of Okinawan karate. It is also the only English language Shorin-ryu manual to include complete demonstrations of ALL 18 kata of this style, all of which are demonstrated by Mr. Nagamine himself (photos, foot position & stepping diagrams, and narrative). They include: Fugyu Kata I & II, Pinan 1 through 5, Naihanchi 1-3, Ananku, Wankan, Rohai, Wanshu, Passai, Gojushiho, Chinto, and Kusanku. Another attractive feature of this book is the excellent autobiography which Mr. Nagamine includes. He writes about personal aspects of his life, his interest in karate and other martial arts (he was also a skilled judoka), and includes a subsection on each of his teachers describing his experience and what he learned. He describes training with his first teacher, Ankichi Arakaki, and then the famed Chotoku Kyan, and the kempo master Choki Motobu. Nagamine offers his personal thoughts on karate training, including a series of precepts which have guided his own studies. The section on basic techniques (preceeding the lengthy section on kata) shows exactly how each movement is to be performed, and includes detailed photographs from the start of the technique to its finish. There are also sections on Kumite (showing 7 sequences and also brief information on breaking objects and makiwara training) and Kobudo (weapons such as sai, bo, nunchaku, etc.).*

Shoshin Nagamine and Patrick McCarthy. ***Tales of Okinawa's Great Masters***. Tuttle: 2000.  
*Grand Master Shoshin Nagamine's Tales of Okinawa's Great Masters was originally published in Japanese; this English translation, by Patrick McCarthy, recounts the lives and histories of ten of Okinawa's greatest masters. Nagamine Sensei spent a lifetime researching these masters and either training with them or interviewing their families and students. Tode Sakugawa, Sokon Matsumura, Kosaku Matsumora, Anko Itosu, Gichin Funakoshi, Chotoku Kyan, Choki Motobu, Kanryo Higaonna and Ankichi Arakaki, are just a few of the luminaries profiled in the book. History buffs will also appreciate the numerous photographs and illustrations from Nagamine Sensei's personal collection.*

Marc Tedeschi. ***Essential Anatomy: For Healing and Martial Arts***. Weatherhill: 2000.  
*This unique book will familiarize healing practitioners and martial artists with basic concepts of the human body, as defined by both Western and Eastern medical traditions, allowing those engaged in healing and martial arts to develop a more complete, holistic, and scientifically forward-looking understanding of the body. Overviews of philosophical and conceptual underpinnings are followed by detailed drawings and diagrams of the body's internal systems, as seen by both traditions. This lavishly illustrated book includes:*

- *Over 147 color drawings and 54 duotone photographs*
- *An easy-to-understand overview of Western anatomical concepts*

- *A detailed overview of Eastern medical principles, including information previously available only in specialized, costly medical texts*
- *A comprehensive listing of Oriental pressure points and meridians in English, Chinese, Japanese, and Korean, cross-referenced to nerves, blood vessels, and other anatomical landmarks*
- *Twenty essential self-massage and revival techniques*
- *Detailed principles of pressure point fighting, as used in traditional Asian martial arts*

Mark Bishop. ***Okinawan Karate: Teachers, Styles and Secret Techniques***. Tuttle: 1999.

*This is the definitive survey and examination of traditional martial arts of the island. With detailed lineage charts of most of the major Okinawan martial arts systems, sequential photographs displaying the distinctive techniques of his subjects, solid reportage, and frank quotes from interview subjects, Okinawan Karate is a complete and encyclopedic source of information.*

Dave Lowry. ***The Karate Way: Discovering the Spirit of Practice***. Shambhala: 2009. *One of America's foremost experts on the Japanese martial arts shows that karate is not just a sport or a hobby—it's a lifetime study toward perfection of character. Dave Lowry illuminates the culture, philosophy, and practice of this popular martial art and covers myriad subjects of interest to karate practitioners of all ages and levels including: The relationship between students and teachers; Cultivating the correct attitude during practice; The differences between karate in the East and West; Whether a karate student really needs to study in Japan to perfect the art; The meaning of rank and the black belt; Detailed descriptions of kicks, punches, evasions, and techniques and the philosophical concepts that they manifest; What practice means and looks like as one ages; and How the practice of karate aims toward cultivating character and spiritual development.*

Dave Lowry. ***In the Dojo: A Guide to the Rituals and Etiquette of the Japanese Martial Arts***. Weatherhill: 2006.

*In this collection of lively, detailed essays, Dave Lowry, one of the most well-known and respected swordsmen in the United States, illuminates the history and meaning behind the rituals, training costumes, objects, and relationships that have such profound significance in Japanese martial arts, including the dojo space itself, the teacher-student relationship, the act of bowing, what to expect—and what will be expected of you—when you visit a dojo, the training, weapon, the hakama (ceremonial skirt) and dogi (practice uniform), and the Shinto shrine.*

Dave Lowry. ***The Best of Dave Lowry (Karate Way Columns 1995 to 2005)***. Black Belt Communications: 2005.

*Dave Lowry started writing for Black Belt over 20 years ago, sharing his traditional take on the martial arts in a monthly column called "Karate Way". Lowry's*

*entertaining, sometimes controversial voice is evident throughout his columns, gathered here for the first time. Whether examining the origins of the tonfa or the popularity of mixed-martial arts tournaments, Lowry consistently provides a unique historical and philosophical take on his subjects.*

Dave Lowry. ***Persimmon Wind: A Martial Artist's Journey In Japan***. Koryu: 2005. *Persimmon Wind--part memoir, part martial arts history, and part travelogue--relates Dave Lowry's experiences as he travels to Japan to reunite with his sensei, visit the graves of others of his martial lineage, and explore a country and culture that profoundly influenced his life. Lowry's account reveals a Japan unlikely to be witnessed by the average Westerner. Drawing on his deep knowledge of the martial arts, Lowry acts as an interpreter of sorts, deftly describing for the reader the myriad ways in which Japan's subtle, yet rich customs and rituals inform and enrich the seemingly mundane practices of life. On his journey, he interweaves musings from his daily encounters--his introduction to an old ryokan-keeper; a contemplative visit to Kyoto's Daitokuji, "Temple of Great Virtue"; he even spots a ghost or two--with reflections on local history and the philosophies and origins of the Shinkage-ryu, one of Japan's oldest schools of classical swordsmanship. At the same time, Lowry's experiences in Japan serve as an unexpected opportunity bringing him to terms with the extraordinary relationship that exists between teacher and student, with his own past, his place in the long line of swordsmen from whom he has come, and with the challenge he faces in integrating the cultural streams of East and West.*

Dave Lowry. ***Clouds in the West: Lessons from the Martial Arts of Japan***. The Lyons Press: 2004. *In Clouds in the West, Dave Lowry continues the fascinating, lifelong philosophical journey through the essence of traditional Japanese martial arts that he began years ago in Autumn Lightning and Sword and Brush, and developed more fully in Moving Toward Stillness. Here Lowry addresses a variety of topics that demonstrate how varied and multifaceted are the lessons and insights gained from training, how the budo are integrated into daily life for the serious practitioner, and how they resonate, from ancient times to today. Among the topics that Lowry explores in Clouds in the West:*

- *Why Zen has very little to do with Japanese martial arts*
- *Why johinsa, or "a cultured refinement," is as important as a good front kick*
- *Gaman, or "perseverance"*
- *Nakaima, or the "Eternal Present"*
- *Austerity--the dominant aesthetic of martial culture*
- *Kosei, or "individualism," in the context of martial arts*
- *What martial arts and the art of flower arranging have in common*
- *And much more, including discussions on the mythic origins of the ninja, creating kata, and kata as a protection against the arbitrary.*

Dave Lowry. ***Autumn Lightning: The Education of an American Samurai***. Shambhala: 2001.

*Blending autobiography and history, Lowry offers an engaging portrait of the medieval Japanese samurai tradition and its survival in modern America.*

Dave Lowry. ***Traditions: Essays on the Japanese Martial Arts and Ways***. Tuttle: 2002.

*The goals of the budo - the martial arts and ways of Japan - lie in refining the body and spirit. These goals are not always the obvious ones and are learned only through the guidance and direction of great teachers. The techniques, methods and rituals of the sensei can serve as guides to a well-lived life and provide invaluable lessons for today's martial artists. This collection of essays includes discussions of: the spirit of ryomi; the importance of yuyo; and the significance of ma. With its focus on traditional martial arts and stories that illustrate key martial arts principles, "Traditions" aims to be required reading for serious martial artists.*

Dave Lowry. ***Moving toward Stillness: Lessons in Daily Life from the Martial Ways of Japan***. Tuttle: 1999.

Moving Toward Stillness is a collection based upon Dave Lowry's magazine articles from the past decade, mostly from his highly regarded column in Black Belt magazine. Written from an almost Japanese perspective, it offers an entertaining and informative view of the martial arts. Topics explored include entering the martial arts way, making the pursuit of traditional Asian martial arts a part of modern Western life, the paradoxes and conflicts such a path inevitably generates, how to adapt to the mindset necessary for true mastery of a foreign art, and much more.

Pascal Fauliot. ***Martial Arts Teaching Tales of Power and Paradox: Freeing the Mind, Focusing Chi, and Mastering the Self***. Inner Traditions: 2001.

*Even though it is now a cliché to say that learning a martial art is as much about learning to conquer oneself as it is about learning to conquer the enemy, most martial-arts books are still about the latter. Pascal Fauliot lends a refreshing voice to the field by excavating some of the great educative tales from the martial arts traditions of China and Japan. Not exactly moral tales, these stories exemplify the ideals of excellence in the martial arts, and are as entertaining as a feature film. Some of the scenarios you might expect: the master who is bushwhacked but comes out unscathed, or the master who sets his student to mundane tasks rather than fighting techniques. Others will surprise: the master who shatters an enormous piece of bamboo without touching it, or the bully who thrashes a little old man only to find himself bedridden the next day. Purportedly all true, these are inspirational stories about learning persistence, self-mastery, flexibility, concentration, and harnessing the invisible power of chi. They are also lighthearted, and retold with an expert touch that the master of any art would appreciate.*

Joe Hyams. ***Zen in the Martial Arts***. Bantam: 1982.

*Joe Hyams started his karate training back in 1952 with Ed Parker--a full ten years or more before the craze got started in America. He had the opportunity to train with*

*such greats as Bruce Lee, Bong Soo Han, Ed Parker, and Jim Lau from the very beginning. Joe encountered many trials and tribulations, frustrations, and disappointments during his training, but he never gave up. One reason is he often had the opportunity to discuss his problems with the many great teachers he trained under, and they often offered their wisdom and insights to help him through the difficult times. He took that wealth of personal experience and knowledge and put it all into this little book. Hyams gives a very clear, concise, and easy to understand introduction to Zen in the martial arts. The discussions are often illustrated and liberally peppered with fun anecdotes from his personal experiences with different masters, making this almost a personal journey through the dojos and minds of some of the most famous martial artists of our time. Hyams writes very well (he was a famous Hollywood screenwriter) and so rather than another dry, obscure, Zen philosophy tome, the book sounds more like an intimate conversation with a friend over a glass of wine and dinner. It sounds like he's personally talking right to you.*

Eugen Herrigel. ***Zen in the Art of Archery***. Vintage: 1999.

*So many books have been written about the meditation side of Zen and the everyday, chop wood/carry water side of Zen. But few books have approached Zen the way that most Japanese actually do--through ritualized arts of discipline and beauty--and perhaps that is why Eugen Herrigel's Zen in the Art of Archery is still popular so long after its first publication in 1953. Herrigel, a philosophy professor, spent six years studying archery and flower-arranging in Japan, practicing every day, and struggling with foreign notions such as "eyes that hear and ears that see." In a short, pithy narrative, he brings the heart of Zen to perfect clarity--intuition, imitation, practice, practice, practice, then, boom, wondrous spontaneity fusing self and art, mind, body, and spirit. Herrigel writes with an attention to subtle profundity and relates it with a simple artistry that itself carries the signature of Zen.*

Vince Morris. ***Zanshin: Meditation and the Mind in Modern Martial Arts***. Weiser Books: 1992.

*Morris describes his training in karate, from an asthmatic and non-agile beginner to 5-dan master today. He also gives a short historical and philosophical background of meditation as it developed in feudal Japan, with technique descriptions.*

Peter Ralston, Laura Ralston. ***Zen Body-Being: An Enlightened Approach to Physical Skill, Grace, and Power***. Frog Books: 2006.

*In this inspiring guide, Peter Ralston presents a program of "physical education" for anyone interested in body improvement. Using simple, clear language to demystify the Zen mindset, he draws on more than three decades of experience teaching students and apprentices worldwide who have applied his body-being approach. More of a transformative guide than a specific list of exercises devoted to any particular physical approach, Zen Body-Being explains how to create a state of mental control, enhanced feeling-awareness, correct structural alignment, increased spatial acuity, and even a greater interactive presence. Exercises are simple, often involving feeling-imagery and meditative awareness, which have a profound and*

sometimes instant effect. Where similar guides teach readers what to do, this book teaches readers how to be.

William Cummings Robert Scaglione. ***Shorin-Ryu Okinawan Karate Question and Answer Book***. Person to Person Publishing: 1991.

*Shorin-Ryu Karate USA/Matsubayashi Karate of Okinawa. Question and Answer format, containing history of Okinawan Karate. Geneology charts, drawings of all postures and techniques of the system. Details of the kata and kumite as well as definitions of karate terminology. Descriptions of the all Okinawan karate masters and their respective teachers and students.*

Wally Jay. ***Small-Circle Jujitsu***. Ohara Publications: 1989.

*Small-Circle Jujitsu is the complete presentation of the system developed by Wally Jay. Bringing together elements from different arts, Jay's broad-based yet focused and effective system incorporates theories, principles and techniques essential to the development of every martial artist, whether a novice or a seasoned veteran. In this definitive instructional text, Jay covers the history of small-circle jujitsu; techniques for warm-ups, falling and resuscitation; details on weaknesses of the human body; locking techniques for wrists, fingers, arms and legs; throwing and choking techniques; and self-defense against strikes, chokes, body grabs and wrist grabs. Jay's system of small-circle jujitsu, based on 50 years of training and teaching experience, works on the premise summarized in his own words: It's not how much you can hurt a person in an altercation but how little you can hurt a person and still control him.*

Iain Abernethy. ***Bunkai-Jutsu: The Practical Application of Karate Kata***. Summersdale Publishers. 2002.

*Bunkai are the kata applications practitioners can use for real-life self-defense. Abernethy provides an easy to read approach to understanding and utilizing these applications. If you know how to decipher them, all aspects of fighting can be found in kata, including kicking, striking, grappling, strangling, pressure point techniques, and throwing applications. The contents of this impressive tome include a brief history of kata, a treatise on the nature of real fighting, Iain's rules of bunkai (how to figure out what the kata is telling you), pre-emptive striking, entrance and exit techniques, ground fighting, the "true" use of blocks, the purpose of stances, kata-based sparring, and much more. This is all stuff you can use in real life combat. The section on vital points is illuminating.*

Iain Abernethy. ***Karate's Grappling Methods***. Summersdale Publishers. 2001.

*Topics covered in this work include: understanding kata and bunkai; the role of grappling in self defence; close range strikes; throws and takedowns; ground fighting; chokes and strangles; arm bars; leg and ankle locks; neck wrenches; finger locks; wrist locks; and fighting dirty.*

Gichin Funakoshi. ***Karate-Do: My Way of Life***. Kodansha International: 1981.

*Linking the time when karate was a strictly Okinawan art of self-defense shrouded in*

*the deepest secrecy and the present day, when it has become a martial art practiced throughout the world, is Gichin Funakoshi, the "Father of Karate-do."*

*Out of modesty, he was reluctant to write this autobiography and did not do so until he was nearly ninety years of age. Trained in the Confucian classics, he was a schoolteacher early in life, but after decades of study under the foremost masters, he gave up his livelihood to devote the rest of his life to the propagation of the Way of Karate. Under his guidance, techniques and nomenclature were refined and modernized, the spiritual essence was brought to the fore, and karate evolved into a true martial art.*

*Various forms of empty-hand techniques have been practiced in Okinawa for centuries, but due to the lack of historical records, fancy often masquerades as fact. In telling of his own famous teachers-and not only of their mastery of technique but of the way they acted in critical situations-the author reveals what true karate is. The stories he tells about himself are no less instructive: his determination to continue the art, after having started it to improve his health; his perseverance in the face of difficulties, even of poverty; his strict observance of the way of life of the samurai; and the spirit of self-reliance that he carried into an old age kept healthy by his practice of Karate-do.*

C.W. Nicol. ***Moving Zen: One Man's Journey to the Heart of Karate***. Kodansha International: 2001.

*In 1962 at age 22, C. W. Nicol left Wales to study karate in Japan. He quickly found that the study of the martial art engaged his whole being and transformed his outlook on life. Moving Zen is the multifaceted story of a young man who arrived in Japan to study the technique of, and spirit behind, Karate. Joining the Japan Karate Association, or Shotokan, Nicol discovered that Karate, while extremely violent, also called for politeness and a sense of mutual trust and responsibility. He learned that the stronger the Karateka, the more inclined he was to be gentle with others. Those who have gained a measure of skill but have not yet achieved spiritual maturity are the dangerous practitioners. Studying kata, Nicol came to realize that these forms are, in essence, moving Zen and that the ultimate goal of all the martial arts is tranquility.*

*Through the help of many gifted teachers, C. W. Nicol gained his black belt, and moved progressively closer to his goal of tranquility. His story, Moving Zen, was first published in 1975 and has achieved the status of a modern classic.*

Jimmy Pedro and William Durbin. ***Judo Techniques & Tactics***. Human Kinetics Publishers: 2001.

*Master the fundamentals of the art of judo with Judo Techniques & Tactics. Written by world champion and three-time Olympian Jimmy Pedro, this book provides you with a solid background of the sport and the essential maneuvers for success.*

*Learn how to correctly perform*

- falls*
- rolls*
- grips*
- throws*

- holds
- chokes
- joint locks
- counters
- combinations
- pins

Kisshomaru Ueshiba and Moriteru Ueshiba. ***Best Aikido: The Fundamentals***. Kodansha International: 2002.

*At last, the complete and authoritative introduction to all the fundamentals of Aikido, coauthored by the two direct successors to the Founder of the martial art, Morihei Ueshiba. Coauthors Kisshomaru Ueshiba and Moriteru Ueshiba, son and grandson of the Founder, seek to carry on his legacy and to share with the millions of men and women around the world practicing Aikido today the most important techniques and principles of the art. Underlying the forms, or physical techniques, are the spiritual principles of Aikido, which are based on the notion of ki, or "life force." Ki is the fundamental element to understanding Aikido. But as the authors explain, it cannot be learned merely by watching a demonstration or reading a book. Rather, one must come to experience it through practice, in unifying body and mind. Best Aikido is authorized by the Aikikai Foundation, the central organization set up by Morihei Ueshiba.*

Marc Tedeschi. ***Hapkido: Traditions, Philosophy, Technique***. Weatherhill: 2005. *The most comprehensive volum ever written on a single martial art. It is superbly organized, highly informative, and contains thousands of outstanding photographs. An authoritative presentation of basic principles and techniques, integrated with modern innovations, makes this work indispensable to martial artists of virtually any style.*—Professor Wally Jay, founder and grandmaster of Jujitsu America *"Hapkido is an overwhelming achievement. Its comprehensiveness and the quality of the writing and design are unmatched in martial arts literature. The author's integration of history, philosophy, and technique into the larger framework of martial arts as a whole makes this book invaluable to any martial artist. Tedeschi's treatment of weapons techniques is honest, practical, and well worth studying."*—Nicklaus Suino, author of *The Art of Japanese Swordsmanship*

Fabio Gurgel. ***Brazilian Jiu-Jitsu Basic Techniques***. Blue Snake Books, 2007. *This comprehensive guide to "the gentle art" by one of its foremost practitioners and teachers helps readers master the fundamentals on which a confident self-defense or professional competition career are based. The book covers the history and theory of jiu-jitsu; contains extensive sections on practical techniques such as strikes, holds, locks, throws, and evasions; distinguishes Brazilian lineages such as ground fighting and sudden attack techniques from other traditions; and shows readers how they can overcome any attacker, with as little effort and physical strength as possible.*

Darren Levine and John Whitman. ***Complete Krav Maga: The Ultimate Guide to Over 200 Self-Defense and Combative Techniques***. Ulysses Press: 2007.

*Developed for the Israel military forces and battle tested in real-life combat, Krav Maga has gained an international reputation as an easy-to-learn yet highly effective art of self-defense. Clearly written and extensively illustrated, Complete Krav Maga details every aspect of the system including dozens of hand-to-hand combat moves, over 20 weapons defense techniques and a complete physical conditioning workout program.*