

A SELECTED MARTIAL ARTS READING LIST

The materials listed here are offered to those who would like to know a little more about the history, philosophy, and practical application of a number of the different martial arts. You are encouraged to read them critically. For the most part these are works that I have purchased over the years at numerous used bookshops during my travels across the United States.

Almeida, Bira. *Capoeira: A Brazilian Art Form*. 1st Ed. Berkeley, CA: North Atlantic, 1986.

Bassett, Randall. *Zen Karate*. 1st Ed. New York: Warner, 1975.

Brooks, Jeffrey M. *Rhinoceros Zen; Zen Martial Arts and the Path to Freedom*. Bronx, NY: Fighting Arts, 2005.

Cook, Harry. *Samurai: The Story of a Warrior Tradition*. 1st Ed. New York: Sterling, 1993.

Cook, Harry. *Shotokan Karate; A Precise History*. Privately Published, 2001.

Corcoran, John and Farkas, Emil. *Martial Arts: Traditions, History People*. 1st Ed. New York: Gallery Books, 1983.

Demura, Fumio. *Shito-Ryu Karate*. 1st Ed. Burbank, CA: Ohara Publications, 1971.

Deshimaru, Taisen. *The Zen Way to the Martial Arts*. 1st Ed. New York: E.P. Dutton, 1982.

Draeger, Donn F. and Smith, Robert W. *Asian Fighting Arts*. 1st Ed. Tokyo: Kodansha, 1969.

Enoeda, Keinosuke. *Shotokan Advanced Kata*. Vol. 1 of first Ed. 3 vols. Thousand Oaks, CA: Dragon Books, 1983.

Farkas, Emil and Corcoran, John. *The Dictionary of Martial Arts*. 1st Ed. New York: Overlook Press, 1983.

Fraguas, Jose M. *Karate Masters*. Burbank, CA: Unique Publications, 2001.

Funakoshi, Gichin. *Karate-Do Kyohan*. Trans. Tsutomu Ohshima. 1st Ed. Tokyo: Kodansha, 1973.

Funakoshi, Gichin. *Karate-Do: My Way of Life*. 1st Ed. Tokyo: Kodansha, 1975.

Funakoshi, Gichin. *Karate-Do Nyumon*. Trans. John Teramoto. 1st Ed. Tokyo: Kodansha International, 1988.

Goodbody, John, Editor. *The Japanese Fighting Arts*. South Brunswick, NJ: A.S. Barnes and Company, 1967.

Haines, Bruce A. *Karate's History and Traditions*, Revised Edition. Rutland, VT: Charles E. Tuttle, 1995.

Hatsumi, Masaaki. *Ninjitsu: History and Tradition*. 1st Ed. Hollywood, CA: Unique Publications, 1981.

- Heckler, Richard Strozzi. *In Search of the Warrior Spirit*. 1st Ed. Berkeley, CA: North Atlantic, 1990.
- Hyams, Joe. *Zen in the Martial Arts*. 1st Ed. Los Angeles: J. P. Tarcher, 1979.
- Kanazawa, Hirokazu. *Karate Fighting Techniques*. Tokyo: Kodansha International, 2004.
- Kane, Lawrence A. and Wilder, Kris. *The Way of Kata*. Boston: YMAA Publication Center, 2005.
- Kauz, Herman. *The Martial Spirit*. 1st Ed. Woodstock, NY: Overlook Press, 1977.
- Lee, Joo Bang. *The Ancient Martial Art of Hwarang Do*. Burbank, CA: Ohara Publications, 1978.
- Morris, Vince. *Zanshin: Meditation and the Mind in Modern Martial Arts*. 1st Ed. York Beach, ME: Samuel Weiser, 1992.
- Musashi, Miyamoto. *Go Rin No Sho (A Book of Five Rings)*. Trans. Victor Harris. 1st Ed. Woodstock, NY: Overlook Press, 1974 Ed.
- Nakayama, Masatoshi. *Dynamic Karate*. Trans. Herman Kauz. 1st Ed. Tokyo: Kodansha, 1966.
- Nicol, C. W. *Moving Zen*. New York: Morrow, 1975.
- Nishiyama, Hidetaka and Brown, Richard C. *Karate: The Art of "empty hand" fighting*. 1st Ed. Tokyo: Charles E. Tuttle, 1959.
- Nitobe, Inazo. *Bushido: The Soul of Japan*. 1st Ed. Tokyo: Charles E. Tuttle, 1969.
- Offstein, Jerrold N. *Self-Defense for Women*. Palo Alto, CA: National Press Books, 1972.
- Okazaki, Teruyuki and Stricevic, Milorad V. *The Textbook of Modern Karate*. Tokyo: Kodansha International, 1984.
- Oyama, Masutatsu. *This is Karate*. Trans. Richard L. Gage. 1st Ed. Tokyo: Japan Publications Trading Co, 1965.
- Payne, Peter. *Martial Arts: The Spiritual Dimension*. 1st Ed. London: Thames and Hudson, 1981.
- Rielly, Robin L. *The Secrets of Shotokan Karate*. Boston: Tuttle Publishing, 2000.
- Shaw, Scott. *The Tao of Self-Defense*. York Beach, ME: Samuel Weiser, 2000.
- Stevens, John. *Aikido: The Way of Harmony*. Boston: Shambala, 1984.
- Tohei, Koichi. *Book of Ki: Co-ordinating Mind and Body in Daily Life*. Tokyo: Japan Publications Inc, 1976.

Tzu, Sun. *The Art of War*. Trans. Samuel B. Griffith. 1st Ed. New York: Oxford University Press, 1963 Ed.

Urban, Peter. *The Karate Dojo*. 1st Ed. Tokyo: Charles E. Tuttle, 1967.

Wiley, Carol A., Ed. *Women in the Martial Arts*. 1st Ed. Berkeley, CA: North Atlantic Books, 1992.