

The Martial Arts Of Ancient Greece Modern Fightin

A comprehensive study of the practice of combat sports in the ancient civilizations of Greece, Rome and the Near East.

This is a collection of essays based on my 40 years experience in the martial arts. They are intended to cause the reader to think and spark conversation and debate rather than give absolute answers. To teach is to challenge and this collection will hopefully do just that. These esays are also intended to help martial artists from all styles and schools to better understand one another.

What is the essence of martial arts? What is their place in or relationship with culture and society? Deconstructing Martial Arts analyses familiar issues and debates that arise in scholarly, practitioner and popular cultural discussions and treatments of martial arts and argues that martial arts are dynamic and variable constructs whose meanings and values regularly shift, mutate and transform, depending on the context. It argues that deconstructing martial arts is an invaluable approach to both the scholarly study of martial arts in culture and society and also to wider understandings of what and why martial arts are. Placing martial arts in relation to core questions and concerns of media and cultural studies around identity, value, orientalism, and embodiment, Deconstructing Martial Arts introduces and elaborates deconstruction as a rewarding method of cultural studies.

Includes photocopies of the handwritten calligraphic copy of The Hundred Rules of War by Tsukahara Bokuden, with transcription and analysis in Japanese by Hori Shohei, and English translation and notes by Eric Shahan.

Mythologies of Martial Arts

The Hundred Rules of War

Taekwondo

Deconstructing Martial Arts

Modern Fighting Techniques from the Age of Alexander

Shastra Vidya

Competition, Violence, and Culture

The philosophical basis for all Asian martial arts was originally the Sunzi Bing-fa, known in English as Sun Tzu's The Art of War. If you practice or even teach any of the martial arts, this book is will give you a unique and valuable insight to the true founding spirit of your training. Originally, martial arts practices was designed to train the mind, body, and spirit. However, the intellectual basis of martial arts practice was lost because its source, the Bing-fa, was suppressed by China's rulers and intentionally replaced with the spiritual teachings of first Taoism and later Buddhism. The book starts with the complete history of martial arts in China, showing how the whole concept of martial training began with Sun Tzu's work and how and why the practice of martial arts was disconnected from the teaching of strategy.

Kalarippayat is the indigenous martial art of the South Indian state Kerala. The art incorporates empty hand fighting exercises, weapon drills, vital point attacks, massages, and healing methods for muscular and bone problems. This book is based on many years of field research. It provides an insight in Kalarippayat and its traditions, and in the society of India and Kerala in particular.

Shastra vidya is the name of the ancient North Indian martial art of the Kshatriyas – Hindus of the Vedic warrior class. This work, which is the result of many years of devoted research, looks at Shastra vidya's history, philosophy and technique.With textual evidence extracted from ancient Hindu scriptures, epics and treatises, this book presents the Kshatriya's art of armed and unarmed combat which includes punches, palm slaps, finger jabs, kicks, elbow attacks, knee strikes, head-butts, chokes, strangles, body throws, ground-fighting moves, sword strikes, mace blows, trident thrusts, lasso hurls, discus throws, archery techniques and mantras for operating divine missiles – all accompanied by nearly 120 line drawings.Also included: the connection between Hindu gods and martial arts, the life and fighting skills of renowned ancient Hindu warriors, weapon worship, animal sacrifice, Dharmic rules of warfare, the four enemy-defeating remedies, formidable fortification, training of war elephants, horses, chariots and infantry, pre-battle goddess worship, battle arrays, battle spells, espionage, assassination methods, martyrdom and more...

Japan’s Ryukyu archipelago was the birthplace of two methods of self-defense now practiced worldwide: Okinawan Karate and Ryukyu Kobujutsu, known as Okinawan Kobudo. Kobudo is the study of weapons adapted from the tools of farming and fishing. Okinawan Kobudo reveals, for the first time through print and photographs, the rich history and techniques of this most prestigious martial art known worldwide as Matayoshi. Andrea Guarelli traces the history of Matayoshi Kobudo, explores the background of each weapon, and demonstrates the form and technique of practice through rare photos, many of which the author took while a student of Shinpo Matayoshi Sensei (1921-1997). Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range of books for readers interested in sports–books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about your sport or your team. In addition to books on popular team sports, we also publish books for a wide variety of athletes and sports enthusiasts, including books on running, cycling, horseback riding, swimming, tennis, martial arts, golf, camping, hiking, aviation, boating, and so much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

Ancient Okinawan Martial Arts Volume 2

Combat Sports in the Ancient World

The Ancient Indian Martial Art of the Hindu Kshatriyas

Mixed Martial Arts

5,000 Years of Korean Martial Arts

A Preface to a New Theory of the Body and Spirit of Warriors

Kodo Ancient Ways

*When we think of martial arts, we think of self defense, but for the true practitioner it is so much more than that. It is a mindset, a form of mental discipline that enables the warrior to face any challenge with grace and strength. In The Warrior Mind, Jim Pritchard, a disciple of legendary Ninjitsu and Taijitsu masters, reveals how we can adopt this mindset whether or not we practice the physical components of the martial arts. Pritchard describes six mental principles:
* Attentive curiosity: slow down, observe calmly
* Undulation: move side-to-side to build strength
* Clear intent: know when and how to act
* Grappling: engage the issue or opponent with confidence
* Rolling waves: demonstrate persistence and the will to triumph
* Whirlwind: when necessary, unleash an all-out onslaught
Using colorful anecdotes, insightful examples, and inspiring stories, Pritchard shows how these six principles will help readers maintain focus and balance -- no matter what obstacles await them.*

Critical edition of a Tamil text on Varma aṭi, ancient Tamil martial art, chiefly practised in Tamil Nadu and Kerala.

The martial art of boxing is being practiced from the era of ancient Thira, maybe even before that. There are several purposes of practicing martial arts. The main goal is practicing combat since martial arts are a combination of codified systems and traditions of various combat techniques. The main reasons behind practicing martial arts are for self-defense, military and law enforcement. Sometimes it is even practiced to attain spiritual and mental peace and development. In some nations, martial arts are practiced and performed to serve entertainment in order to preserve the intangible cultural heritage of that particular nation. In historical documents of eastern Asia, martial arts are associated with their own fighting style or fighting arts. However, the roots of original martial arts are found in the European combat system as early as in beginning of second half of sixteenth century. The term “Martial Art” is derived from Latin origins. In Latin, it is referred as “Arts of Mars”. Mars is the Roman god of war. There were many arguments made by several authors that fighting arts or fighting system would be more suitable for this ancient art. On the basis of their application or their creation by professional fighters, martial arts are never “martial”.

Featuring original writings by the founders of some of the world's most popular karate styles, this volume includes untranslated texts by Miyagi Chojun, Mabina Kenwa, Motobu Choki – each of them founders of their own schools of karate."

Martial Arts: Lessons Learned Along the Way

Ancient Coins with Martial Arts

Watching Your Back

KALARIPPAYATTU

Women in Chinese Martial Arts Films of the New Millennium

The Ancient Martial Art of Hwarang Do

Ang Lee, John Woo, and Jackie Chan in Hollywood

A compilation of columns that appeared between 1988 and 1995 in Martial Arts Training magazine. In this ever-changing world, traditions are often being cast aside as people search for novelty and progress. The 41 essays in this book are inspired by the teachings and wisdom of the ancients who devoted their lives to instruct others. Their ideas are preserved in this volume to inspire and guide readers in training and in life for years to come.

The ancient Hellenic martial art of Pammachon is the fighter that flights and win in two Olympic games (pigmi, wresting, pagration). The one part of Pammachon is known in many names today such as: Pangkraton, Panraio, Paradosimos, Pankration, Pancratium, Pangratius, Pankration, Pancrace, Pankratos, Pancrazio, Pagration, Pangration, Sanda etc.Research includes many ancient scripts from ancient texts from many countries and many archaeological items from many places. The analysis proved that all modern martial arts of the world have their roots from the ancient Hellas. Some parts of Pankration consists today's martial arts such as Grabble Submission, tug-of-war, sumo, kickboxing etc. and the author has wrote some specific books on this parts of Pankration.

There are many exercise programs out there to choose from; however, choosing martial arts as that exercise venue is a big decision. As in all sports, dedication and discipline are required in your chosen sport to become good. In choosing the martial arts as your pursuit, that dedication and discipline is at a very high standard. It becomes a lifetime devotion which is geared towards a code of honor, a creed to follow, and responsibility to carry your skills to a higher human level. This book is not just about martial arts or about you making a survival choice regarding a self-defense endeavor; it is also about life and longevity as well as how to stay and maintain that state of physical well-being. This maintenance or balance formulates the essence of “Taijiquan” the philosophical concept for both its defense training and its health benefits. I hope in reading this book it will help you to choose wisely. What would happen if the masters of different martial art’s academies join forces to devise one master form of martial arts? This should include all the martial arts systems, styles, philosophies, and functionalities and to embrace the hidden secrets of their individual styles and formulate one master super self-defense universal system that is all incorporating and encompassing. A structure in which entails the very essence of human survival. This new system of martial arts would maintain the subsistence for the sacredness and protection of our evolutionary way. This “way” is the continuation of the human-species. Longevity depends on maintaining your survival skills and survival skills depend on maintaining your health. It is all tied together and there is no separation of these factors. This book is about that; to maintain and live a healthy and long life through the use of the martial arts format. I called the union above “The Yoda System.”

"Jixiao Xinshu" is a comprehensive military warfare manual, written by Ming Dynasty General Qi Jiguang in 1560. It consisted of chapters on Spear fighting, Archery, terrain, troops formation etc... One of the chapters is "Quanjing Jieyao", which contains 32 unarmed fighting stances for soldiers' training. There has been multiple attempts by various people to translate this ancient Chinese Fist manual. The ones which I've read are usually translating them literally. In order to make the translation & interpretation more meaningful, I've seeked to discover the core principles behind each of these 32 unarmed fighting stances. In this book, you'll see how these principles can be applied to any martial arts style, or any weapon. By training in these 32 martial principles, it will provide a complete & holistic training for a warrior, medieval or modern. I believe that my work in this book will help you in advancing your martial arts practice, no matter which fighting style you're from.

From Palm-leaf Manuscript

The Science of Personal Power

A Martial Artist's Guide

How Ancient Martial Arts Philosophies Can Improve Your Work, Home, and Life

A Brief History of the Martial Arts

Okinawan Kobudo

The Future of Post-Human Martial Arts

Although millions of people around the world practice this fascinating art, very few know the real story behind it.

The term “martial art,” like the title, The Art of War, has a dissonant ring. To associate art, that sublime expression of the human spirit, with the enterprise of maiming and killing seems almost profane. Similarly, the martial arts have long been associated with traditional medicine. But, how can the art of healing ally itself with the art of killing? Watching Your Back applies Daoist notions of wellness and survival to reconcile these apparent paradoxes and unveil the origins and rationale of the unexplored symbiosis of Chinese medicine and the martial arts. It discusses the applications of Daoist philosophy and its practitioners, explains how creative arts are simultaneously conserved and advanced within a traditional Chinese lineage, and clarifies the differences between the separate, but parallel, martial and military disciplines. Drawing from history, philosophy, medicine, linguistics, and the realities of combat, Dr. Schmieg convincingly describes how early proponents of Daoism responded to sociopolitical events in China to shape a unique martial arts tradition and how this ancient system evolved into modern combat forms. Throughout he makes ample use of entertaining anecdotes taken from his years of study under a Daoist physician scholar and “old school” boxer. Written with both the layperson and scholar in mind, Watching Your Back examines the full spectrum of the martial arts while demystifying its philosophy and debunking its myths, and thus brilliantly reveals the true majesty of the ancient Chinese art of self-defense.

Mythologies of Martial Arts is an introduction to the key myths and ideologies around martial arts in contemporary popular culture internationally. It is the first book to draw together practical experience and seminal texts across a multitude of disciplines to offer original insights into the complex, contradictory world of martial arts. It is an accessible but theoretically sophisticated book aimed at student, scholars and anyone interested in martial arts practice.

An in-depth guide to the modern practice of Greek martial arts and their beginnings in ancient Greece and Egypt • Examines the correlation between ancient depictions of one-on-one combat and how martial arts are practiced today • Explores the close relationship between Greek martial arts and spiritual practice • Distinguishes between Pammachon (martial arts) and Pankration (combat sports) The ancient friezes and decorative motifs of ancient Greece contain abundant scenes of combat, one-on-one and hand-to-hand. In The Martial Arts of Ancient Greece, the authors offer close inspection of these depictions to reveal that they exactly correlate to the grappling and combat arts as they are practiced today. They also show that these artifacts document the historical course of the development of both the weaponry of the warrior classes and the martial responses those weapons required when fighting hand-to-hand. The depiction of each ancient technique is accompanied by sequenced step-by-step photos of modern practitioners performing the various stances of one-on-one combat. In addition, the authors explain how the development of Hellenic combat arts was tied at its heart to a spiritual practice. The centeredness, clear mind, and consequent courage that develops from a spiritual practice was considered a martial strength for a warrior, enabling him

to be at his best, unobstructed inwardly by conflict or inertia. The Martial Arts of Ancient Greece provides a practical and comprehensive approach to the techniques and philosophy of the martial arts of the ancient Mediterranean that will be welcomed by modern fighters.

The Ancient Bing-fa Martial Arts Strategy

The Historical Sociology of Japanese Martial Arts

The Martial Arts Cinema of the Chinese Diaspora

The Martial Arts of Ancient Greece

East Asian Fighting Styles, from Kung Fu to Ninjutsu

The Way of the Martial Artist

Martial Arts Book

"A comprehensive resource on the weapons and martial philosophy and techniques employed by the ancient Hawai'ian warrior, a little-known part of our American heritage"--Provided by publisher.

Ever wonder what all those fancy martial arts weapons are for? Find out in this definitive manual.

Iranian soldiers of the past traditionally honed their famed physical strength and combat techniques by practicing zoor khane - a comprehensive martial system with training exercises designed to develop the power and agility needed for fighting with the sword, bow and arrow, club and shield. Though its origins are shrouded in mystery and legend, zoor khane is perhaps among the oldest extant martial arts in the world. In this book, D.H. Luijendijk, author of Kalarippayat: India's Ancient Martial Art, uses step-by-step photos of each technique to transport the reader into a traditional training hall of zoor khane, revealing the age-old knowledge of this revered art. He also examines the vital link between zoor khane and wrestling, which has always been an important part of the Iranian martial arts. Anyone with an interest in martial arts, wrestling or Middle Eastern culture will find a wealth of information in this book

This is the first long-term analysis of the development of Japanese martial arts, connecting ancient martial traditions with the martial arts practised today. The Historical Sociology of Japanese Martial Arts captures the complexity of the emergence and development of martial traditions within the broader Japanese Civilising Process. The book traces the structured process in which warriors’ practices became systematised and expanded to the Japanese population and the world. Using the theoretical framework of Norbert Elias’s process-sociology and drawing on rich empirical data, the book also compares the development of combat practices in Japan, England, France and Germany, making a new contribution to our understanding of the socio-cultural dynamics of state formation. Throughout this analysis light is shed onto a gender blind spot, taking into account the neglected role of women in martial arts. The Historical Sociology of Japanese Martial Arts is important reading for students of Socio-Cultural Perspectives in Sport, Sociology of Physical Activity, Historical Development of Sport in Society, Asian Studies, Sociology and Philosophy of Sport, and Sports History and Culture. It is also a fascinating resource for scholars, researchers and practitioners interested in the historical and socio-cultural aspects of combat sport and martial arts.

Chinese Martial Arts and Traditional Medicine

Silat for the Street

The Complete Guide to Kerala's Ancient

Improve Flexibility, Balance and Strength for Higher Kicks, Faster Strikes, Smoother Throws, Safer Falls, Stronger Stances

The Warrior Mind

Pagration and Pammachon Ancient Greek Martial Art

History and Techniques of the Ancient Martial Art of Iran

The philosophies that form the foundation of the martial arts may be centuries old, but they hold secrets that help improve your life; whether at home or at work.

This book is a fascinating history of mixed martial arts, from ancient fighting sports to the present day. It examines the growth and development of the different sports and features vignettes of famous moments in fighting history alongside stories of the fighters themselves.

Burton Richardson’s Silat for the Street blends the most brutally efficient silat techniques with the training methods and tactics of elite-level MMA. The reader will learn how to defend against larger, stronger, trained attackers, including those with an MMA background. Silat for the Street is a functional, practical book for:
* The pencak silat practitioner who wants to learn the important details that make silat work and how to apply the art against a trained MMA fighter.
* The MMA practitioner who wants to learn a system of true street self-defense that blends very well with MMA training, and how to alter their sport training to be street effective.
* The traditional martial artist who wants to learn another method that is highly adaptable and is open to another perspective on highly functional street self-defense.
* The beginner martial artist who wants to learn in a well-organized step-by-step presentation.
* The advanced martial artist who wants to understand the minute details that make silat work and to learn how to apply the art against an MMA-trained fighter. Silat for the Street differs from other silat books by focusing on practical fighting applications instead of just displaying the "artistic" but often nonfunctional portions. Richardson is know worldwide for using his background as a scientist to rigorously test the techniques of various arts in the crucible of combat against top MMA athletes. People trust Richardson’s findings because they know he only shows what works under pressure. His ability to organize and explain detailed concepts in an easy-to-understand way makes the book accessible to individuals of all levels of expertise. It is the only book of its kind on silat.

"5000 Years of Korean Martial Art" is a one of a kind history book. No other Korean martial art history book on the market is as complete and in-depth. Citing historical references for support, and featuring many rare pictures and some images that are not available from any other published source. This book attempts to place Korean martial arts in it’s proper historical perspective in relationship to Chinese and Japanese martial arts. Both Chinese and Japanese martial arts have well known and documented histories, so much so that they have completely overshadowed Korean martial art history. I have attempted to compensate for that overshadowing by focusing on the successes of the Korean martial arts throughout history. Barry Harmon has a BA degree in "Psychosomatics and Alternative Healing Studies" from San Francisco State University. He has an acupuncture degree from the San Francisco College of Acupuncture and Oriental Medicine. He is certified nationally through the NCCAOM and license to practice acupuncture in Texas. In addition to his academics, he has been training and studying martial arts since 1965 and Kuk Sool Won since 1971. In 2002 KBS (Korean Broadcasting System) featured Master Harmon and his family in an hour long documentary which was aired throughout South Korea. Master Harmon currently holds an 9th degree black belt in Kuk Sool Won and has been featured in numerous martial arts magazines. In 2005 he was chosen by Tae Kwan Do Times magazine as instructor of the year. He has taught martial arts in many countries around the world including South Korea."

Kalarippayat

A History from Ancient Fighting Sports to the UFC

Ancient Wisdom from the Martial Arts for Living a More Powerful Life

Ancient Wisdom for the Modern Warrior

Bubishi

Ancient Chinese Weapons

Health, Longevity and the Martial Arts

In The Martial Arts Cinema of the Chinese Diaspora, Kin-Yan Szeto critically examines three of the most internationally famous martial arts film artists to arise out of the Chinese diaspora and travel far from their homelands to find commercial success in the world at large: Ang Lee, John Woo, and Jackie Chan. Positing the idea that these filmmakers' success is evidence of a "cosmopolitical awareness" arising from their cross-cultural ideological engagements and geopolitical displacements, Szeto demonstrates how this unique perspective allows these three filmmakers to develop and act in the transnational environment of media production, distribution, and consumption. Beginning with a historical retrospective on Chinese martial arts films as a diasporic film genre and the transnational styles and ideologies of the filmmakers themselves, Szeto uses case studies to explore in depth how the forces of colonialism, Chinese nationalism, and Western imperialism shaped the identities and work of Lee, Woo, and Chan. Addressed in the volume is the groundbreaking martial arts swordplay film that achieves global success-Ang Lee's Crouching Tiger, Hidden Dragon- and its revelations about Hollywood representations of Asians, as well as concepts of male and female masculinity in the swordplay film tradition. Also investigated is the invigoration of contemporary gangster, thriller, and war films by John Woo, whose combination of artistic and historical contexts has contributed to his global success. Szeto then dissects Chan's mimetic representation of masculinity in his films, and the influences of his Chinese theater and martial arts training on his work. Szeto outlines the similarities and differences between the three artists' films, especially their treatments of gender, sexuality, and power. She concludes by analyzing their films as metaphors for their working conditions in the Chinese diaspora and Hollywood, and demonstrating how through their works, Lee, Woo, and Chan communicate not only with the rest of the world but also with each other. Far from a book simply about three filmmakers, The Martial Arts Cinema of the Chinese Diaspora investigates the transnational nature of films, the geopolitics of culture and race, and the depths of masculinity and power in movies. Szeto's interdisciplinary approach calls for nothing less than a paradigm shift in the study of Chinese diasporic filmmakers and the embodiment of cosmopolitical perspectives in the martial arts genre.

Is it really true that martial arts, in spite of their popularity in this day and age of ours, have, at their deepest level, the promised land of “self-knowledge,” “the expression of beauty,” or something highly spiritual to be pursued for the human soul? Or, to put it in a different way, what exactly makes martial arts so amazing that, somehow, they will eventually lead the practitioners to the spiritual realm of self-cultivation in its highest depth?

Contrary to the conventional wisdom about martial arts as held by many over the ages, this popular view about martial arts has become so legendary that their dark sides have yet to be systematically explored and that the lofty aims of martial arts are neither possible nor desirable to the extent that their proponents would like us to believe. Of course, this is not to say that the very tradition of martial arts is absolutely useless, or that the literature on martial arts hitherto existing in history is spiritually unworthy to be appreciated. Instead, this book constructively offers an alternative (better) way to understand the nature of martial arts, in special relation to the body and spirit of warriors—while learning from different views in the literature, without favoring any one of them (nor integrating them, as they are not necessarily compatible with each other), and, in the end, transcending them towards a new horizon not conceived before. This seminal view, if proven valid, will fundamentally change the legendary way that people have thought about martial arts—from the combined perspectives of the mind, nature, society, and culture, with enormous implications for the human future and what I originally called its “post-human” fate. _____

'If I had to pick a single general martial arts history book in English, I would recommend A Brief History of the Martial Arts by Dr Jonathan Clements' RICHARD BEITLICH, Martial History Team blog From Shaolin warrior monks to the movies of Bruce Lee, a new history of the evolution of East Asian styles of unarmed combat, from Kung Fu to Ninjutsu Folk tales of the Shaolin Temple depict warrior monks with superhuman abilities.

Today, dozens of East Asian fighting styles trace their roots back to the Buddhist brawlers of Shaolin, although any quest for the true story soon wanders into a labyrinth of forgeries, secret texts and modern retellings. This new study approaches the martial arts from their origins in military exercises and callisthenics. It examines a rich folklore from old wuxia tales of crime-fighting heroes to modern kung fu movies. Centre stage is given to the stories that martial artists tell themselves about themselves, with accounts (both factual and fictional) of famous practitioners including China's Yim Wing-chun, Wong Fei-hong, and Ip Man, as well as Japanese counterparts such as Kano Jigoro, Itosu Anko and So Doshin. The history of martial arts encompasses secret societies and religious rebels, with intimate glimpses of the histories of China, Korea and Japan, their conflicts and transformations. The book also charts the migration of martial arts to the United States and beyond. Special attention is paid to the turmoil of the twentieth century, the cross-cultural influence of Japanese colonies in Asia, and the post-war rise of martial arts in sport and entertainment - including the legacy of Bruce Lee, the dilemma of the ninja and the global audience for martial arts in fiction.

Women and Gender in Chinese Martial Arts Films of the New Millennium, by Ya-chen Chen, examines underexposed gender issues in more recent films, focusing on the contradictory feminism in the film narratives. Through the lens of Chinese martial arts films, Chen delves into "Chinese cinematic martial arts feminism," highlighting the glass ceiling which marks the maximal exercise of feminism which the patriarchal order is willing to accept.

Essentials of the Fist - Ancient Martial Arts Training Principles

The Martial Artist's Book of Yoga

Warrior Arts and Weapons of Ancient Hawai'i

Ancient Greek Martial Arts

History of Chinese Martial Arts

Zoor Khane

Varma Cūttiram, a Tamil Text on Martial Art

In Ancient Okinawan Martial Arts: Koryu Uchinadi readers have access, for the first time, to an extensive collection of the most important documents written by and about Okinawa's most famous karate and kobudo masters and their arts, as well as to photographs of kobujutsu katas of historical significance. This two-volume anthology includes previously untranslated texts by Chojun Miyagi (founder of Goju Ryu Karate), Kenwa Mabuni (founder of Shito Ryu Karate), Shinken Taira (founder of Ryukyuu Kobudo), Choshin Chibana (founder of Kobayashi Shorin Ryu Karate), and Choki Motobu (the notorious scrapper who in his maturity went on to teach many who became great masters in their own right). Patrick McCarthy—with the able assistance of his wife, Yuriko McCarthy—provides expert translation and commentary based on his extensive research into these masters and the systems they founded, as well as into the establishment of the Okinawan karate tradition in the main islands of Japan.

Success in anything begins with a dream, but to achieve that dream you must first adopt a mindset for success. Learn how to develop a concrete action plan to identify your goals and begin to achieve them with black belt determination. Leverage your existing positive qualities and talents into a toolset for success that can positively change every aspect of your life. With commitment and determination, anything is attainable! - Supplement your dojo training with new knowledge, skills, techniques, strategies and life lessons. - Understand how to combine your newly improved skills and strategy in the ring, and on the street. - Learn how to develop strength, inner-harmony and excellence in martial arts and in everything you pursue! - Find your passion and pursue it with the same techniques all successful people use to achieve your own endless string of life successes! - Find answers to questions that all martial artists ask during their quest for excellence, purpose and enlightenment. - Learn what it means to mature into a servant-warrior (even if you are not a martial artist) whose focus is on serving a purpose greater than yourself. - Includes a detailed seven level framework for martial arts study that highlights essential skills in everything from close-quarters combat to wilderness survival, first aid, grappling and weapons to techniques of camouflage, concealment and character development. Learn how to develop a determined black belt mindset to enrich your life as a martial artist and a human being and excel at both. Join the ranks of warriors throughout history who not only mastered their art, but found ways to serve a cause greater than themselves. Through martial arts, your potential for human development is unlimited.

Treasured for centuries by karate's top masters, the Bubishi is a classic Chinese work on philosophy, strategy, medicine, and technique as they relate to the martial arts. Referred to as the "bible of karate" by famous master Chojun Miyagi, for hundreds of years the Bubishiwas a secret text passed from master to student in China and later in Okinawa. All of karate's legendary masters have studied it, applied its teachings, or copied passages from it. No other classic work has had as dramatic an impact on the shaping and development of karate as the Bubishi. Karate historian and authority Patrick McCarthy spent over ten years researching and studying the Bubishi and the arts associated with it. The first English translation of this remarkable martial arts manual includes numerous explanations and notes. McCarthy's work also includes groundbreaking research on Okinawan and Chinese history, as well as the fighting and healing traditions that developed in those countries, making it a gold mine for researchers and practitioners alike. For the final word on the true origins and spirit of classic Okinawan martial arts, one need look no further. This karate book is one of the best karate training supplements available.

ANCIENT GREEK MARTIAL ARTS: Warfare and Combat Sports in the Classical World is a fully-illustrated guide to the battlefield tactics of the hoplite soldier and the athletic competitions that evolved from them. The author examines the heavy events of wrestling, boxing, and the all-encompassing pankration in great depth, in addition to weapons competition (hoplomachia). Topics include arms and armor, the phalanx formation, the pyrrich war dances, tournament rules, a functional analysis of techniques, and training methods along with a complete listing of all the Olympic combat sports champions from their inception in 708 B.C. until the last documented contest on record. Emphasis is given to the role that combat played in Hellenic culture and its spiritual connection to the gods themselves.The book features photos of modern-day reenactors demonstrating hoplite skills and numerous works of art depicted onvases, architectural friezes, frescoes, sculptures, and coins showing combat athletes in heated action. A comprehensive glossary of relevant military and sport terms is also included.

Narrative Analyses and Gender Politics

One Thousand Punches a Day

The Classic Manual of Combat

The Heritage of the Hermit Kingdom Warriors

The History, Tools, and Techniques of the Ancient Martial Art

Achieving Success in Martial Arts and in Life!

Ancient Okinawan Martial Arts Volume 1

The book provides highlights on the key concepts and trends of evolution in History of Chinese Martial Arts, as one of the series of books of “China Classified Histories”.

The perfect training supplement for martial artists, The Martial Artist’s Book of Yoga shows how the ancient practice of yoga was the genesis of all martial arts. It clearly illustrates how specific yoga poses can directly improve one’s martial arts abilities, with asanas that the reader can easily incorporate into a balanced workout. Designed for those practicing any martial art including judo, karate, kung fu, tae kwon do, jujitsu, and hapkido, the book explains the training needs and challenges of the various universal techniques: kicks, strikes, blocks, throws, falls, joint locks, and grappling. Then the author identifies the underlying fundamentals necessary to advance one’s skill in each area and presents a series of yoga poses specially selected to make those improvements - from increased flexibility and strength to better body control and balance.

Warfare and Combat Sports in the Classical World

