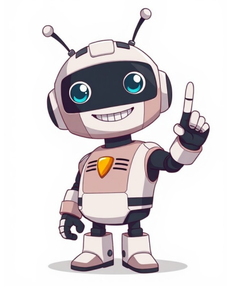
I'm not a bot



The Creative Freedom to Share and Adapt: A Guide to Open-Source Licenses ========== Share — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution — You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike — If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions — You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Do you like reading Karate books? Perfect! Because today, I've put together a quick list of a few of my favorite books that every Karate Nerd™ should own. To save you time, I've also added a small blurb about what each book is about, followed by my own personal comments. Of course I've read them all – numerous times! Check 'em out: #1: Bubishi: The 'Bible' of Karate Translated & compiled by Patrick McCarthy "Treasured for centuries by karate's top masters, 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 the famous master Chojun Miyagi, for hundreds of years the Bubishi was a secret text passed from master to student in China and later in Okinawa. No other classic work has had as dramatic an impact on the shaping and development of karate: all of karate's legendary masters have studied it, applied its teachings or copied passages from it. This beautiful new hardcover edition features over 250 line drawings, photographs and calligraphy throughout. Along with additional commentary and a new foreword from Patrick McCarthy, the first person to translate the Bubishi into English, this book is an excellent addition to anyone's library." Comments: Okay, here's the first one on my list – for a reason! Although Bubishi isn't a physically 'big' book, it's still pretty dense – and super important. Why? Because it's the earliest written record of a genuine martial arts transmission from China to Okinawa (the birthplace of Karate). So, historically speaking, the Bubishi is essential to your library. The stuff you find in the Bubishi , i.e. kata techniques, self-defense, pressure points, combat tactics, herbal medicine, philosophy etc. is exactly what old-school Karate consisted of. This particular translation is by far the best one, because the editor, Patrick McCarthy, is the world's best Karate researcher. –> Get it here, amigo! _____ #2: The Twenty Guiding Principles of Karate By Funakoshi Gichin "Gichin Funakoshi, "the father of karate," once said that "the ultimate aim of karate lies not in victory nor defeat, but in the perfection of the character of its participants." To support this life-long stance and offer guidance to future practitioners, he penned his now legendary twenty principles. While the principles have circulated for years, a translation of the accompanying commentary has never found its way into publication–until now. As axioms, Funakoshi's principles are open to various interpretations. "There is no first attack in karate" has occasioned endless discussion about its true meaning. Many of these ambiguities are clarified in the commentary, which is also filled with philosophical musings, fascinating historical episodes, and advice for anyone seeking a better Way." Comments: This book is so awesome. Containing the famous "twenty guiding principles of Karate" laid out by the legendary master Funakoshi himself, this timeless collection of wisdom will have you thinking a lot. I seriously love the authentic feel of the book (physically), and even though the book isA legendary figure in the world of karate, Gichin Funakoshi is renowned as the "Father of Karate-do." Through his autobiography, "Karate-Do: My Way of Life," we gain a glimpse into the evolution of this ancient art from its secretive origins in Okinawa to its widespread practice today. Trained in the Confucian classics and initially a schoolteacher, Funakoshi dedicated his life to propagating the way of karate after decades of studying under esteemed masters. His stories reveal not only the technical mastery but also the moral character of his teachers, exemplifying true karate-do. Through his writings, Funakoshi shares personal anecdotes about his journey with karate, including its role in improving his health and his determination to continue its practice despite facing adversity. His commitment to the way of life of the samurai and his spirit of self-reliance serve as a testament to the transformative power of karate-do. For those seeking first-hand accounts of how Funakoshi and his teachers applied their skills in daily life, this book offers a unique perspective on ancient Okinawan culture. The stories are both fascinating and instructive, making "Karate-Do: My Way of Life" a compelling read with high re-read value. Another notable contribution to the history of karate is "History and Traditions of Okinawan Karate" by Tetsuhiro Hokama. This volume stands out for its accessibility, offering a comprehensive overview of the origins, evolution, and practice of Okinawan martial arts. With an emphasis on Okinawan fighting arts and teachers, the book includes photographs and detailed explanations of various techniques, making it an invaluable resource for practitioners. For those interested in delving deeper into the history and philosophy of karate, "The Essence of Karate" by Gichin Funakoshi is a seminal work. This narrative provides insight into the spiritual underpinnings of modern karate, drawing from the author's own experiences and memories of other master practitioners. The book also explores the concept of winning without fighting and the phenomenon of martial artists improving with age. Throughout these works, we find a common thread – the emphasis on the holistic development of the practitioner, encompassing physical, mental, and spiritual growth. Whether through Funakoshi's autobiographical accounts or Hokama's historical treatises, these writings serve as testaments to the enduring legacy of karate-do.The Karate community has a treasure trove of hidden gems waiting to be discovered, and two recently released books are sure to satisfy even the most discerning martial artist. Firstly, "Okinawan Karate: Teachers, Styles and Secret Techniques" by Mark Bishop is an exhaustive encyclopedia that delves into the rich history of Okinawan Martial Arts. With its detailed lineage charts, sequential photographs, and firsthand accounts from renowned masters, this book is a must-have for anyone looking to delve deeper into the world of traditional Karate. Meanwhile, Lyoto Machida's "Machida-Do: Karate for Mixed Martial Arts" (DVD Box) offers a unique perspective on adapting Karate techniques to the demands of modern Mixed Martial Arts. As a top-ranked MMA competitor and son of a respected Karate master, Machida shares his revolutionary fighting system in this comprehensive 4-DVD set. From stance to ground fighting tactics, Machida-Do is an invaluable resource for fighters looking to elevate their skills. For those seeking more practical knowledge on self-defense and street survival, "The Little Black Book of Violence" by Lawrence A. Kane and Kris Wilder is a valuable resource. Written specifically for men aged 15 to 35, this book provides crucial information on avoiding aggressive behavior and responding effectively in high-pressure situations. With its focus on practical techniques and real-world applications, The Little Black Book of Violence is an essential read for anyone looking to stay safe and confident in today's world. Whether you're a seasoned martial artist or just starting out, these books offer a wealth of knowledge and insight into the world of Karate and Mixed Martial Arts. So why not take the first step towards becoming a more well-rounded and effective fighter? Get your copy today and discover the secrets of Okinawan Karate, Machida-Do, and The Little Black Book of Violence!Looking forward to seeing everyone at the dojo tomorrow and practicing our moves. But what about when we step out onto the streets? The city can be tough, with people rushing to and fro. We need to know how to defend ourselves without resorting to violence. That's where awareness, avoidance, and de-escalation come in – a trio of techniques that can help us navigate these high-pressure situations safely. The Essential Karate: A Comprehensive Guide for Practitioners of All Levels ========== This book is divided into three main sections: kata, kumite, and gradings. With over 500 photos, it provides a detailed guide on how to maximize time during each activity. Written by Ashley P. Martin, an experienced Karateka who runs his own gym, the author brings real-world expertise to the table. The book covers various aspects of Shotokan Karate, including Heian 1-5, Tekki 1, and Bassai-Dai katas. It is suitable for practitioners of all levels, from beginners to advanced black belts. With over 250 pages, it offers a broad approach that caters to different learning styles. The book delves into the history of Karate, exploring its origins in India, China, or Greece, and tracing its development in Japan. It also touches on the cultural aspects of Karate, discussing etiquette and philosophical slants. One notable feature is the inclusion of rare photos, which add a unique perspective to the book's content. The author also provides guidance on how to defend oneself using Karate techniques, as well as how to pass grading exams. A key aspect of this book is its ability to balance technical instruction with historical context and cultural insights. It offers something for everyone, making it an excellent resource for both beginners and experienced practitioners.Shotokan Karate Books - Kata, Philosophy and More ========== Here is a list of some of the best Shotokan karate books that cover various aspects of the art. ========== 1. **Dynamic Karate by Masatoshi Nakayama** 2. **Shotokan Karate Free Fighting Techniques by Sensei Enoeda and Charles Mack** 3. **The KUGB Guide to Better Karate by Bob Poynton** 4. **Shotokan Karate: 10th to 6th Kyu:** by Sensei K Enoeda** 5. **Shotokan Karate: 5th Kyu to Black Belt** by Sensei Enoeda 6. **Shoto-Kan: Advanced Kata** by Sensei Enoeda 7. **Best Karate: Comprehensive** by Masatoshi Nakayama 8. **Best Karate: Fundamentals** by Masatoshi Nakayama. 9. **Best Karate: Kumite 1** by Masatoshi Nakayama. 10. **Best Karate: Kumite 2** by Masatoshi Nakayama. 11. **Best Karate: Heian, Tekki** by Masatoshi Nakayama 12. **Best Karate: Bassai, Kanku** by Masatoshi Nakayama 13. **Best Karate: Jutte, Hangetsu, Empi** by Masatoshi Nakayama 14. **Best Karate: Gankaku, Jion** by Masatoshi Nakayama 15. **Best Karate: Bassai Sho, Kanku Sho, Chintei** by Masatoshi Nakayama 16. **Best Karate: Unsu, Sochin, Nijushiho** by Masatoshi Nakayama 17. **Karate-do Nyumon: The Master Introductory Text** by Gichin Funakoshi, John Teramoto (Translator) 18. **Karate-do Kyohan: The Master Text** by Gichin Funakoshi, Tsutomu Ohshima (Translator) 19. **Moving Zen: Karate as a Way to Gentleness** by Clive NicolThe book offers an in-depth look at Tekki-Sandan from various kata and serves as a valuable resource for students and teachers of Shotokan Karate. Its excellent illustrations provide a clear understanding of stances and strikes, making it an ideal introduction to karate techniques. The fifth volume of "The Best Karate Series" covers all 5 Heian and 3 Tekki katas, providing a solid foundation for beginners. This comprehensive guide teaches both physical training and mental philosophy necessary for karate mastery. It is well illustrated and offers an updated version of the original book, published in 1975. Unarmed bodyguards on Okinawa employed unorthodox tactics to safeguard their king and mitigate potential bloodshed, exemplified in this account of their resilience. This book incorporates five new chapters, accompanied by striking illustrations featuring Heian katas, which highlight the importance of each kata's precise lesson in equipping one with necessary skills to counter specific threats. The text boasts detailed anatomical drawings, along with color illustrations and helpful photographs, making it easy for practitioners to identify key muscles involved in martial arts movements. The book extends beyond a traditional anatomy textbook by incorporating exercises and stretches designed to strengthen muscles, prevent injury, and enhance form. Like "The Prince" by Machiavelli and the Japanese Book of Five Rings, Sun Tzu's "The Art of War" remains relevant in modern business settings, as its principles and strategies are still studied by military tacticians today. Written over 2,000 years ago, this ancient text is a seminal work on planning and executing military operations. These concise essays offer comprehensive insights into battlefield maneuvers, economic, political, and psychological factors relevant to warfare. The precepts outlined in "The Art of War" often transcend their original context, making them applicable to various aspects of life beyond military theory. Moreover, de Becker's book challenges the notion that most violent acts are unpredictable by providing practical advice on how to protect oneself and loved ones, including recognizing signs of potential danger, handling confrontations with strangers, and avoiding mistakes when interacting with threatening individuals. By learning to identify warning signals others may overlook, one can significantly enhance personal safety.