



# ***RECOMMENDED READING LIST***



## **One Green Stripe**

### **1. White Belt Training Manual (pages 1-51)**

### **2. Best Karate: Comprehensive, Vol. 1** by Masatoshi Nakayama

**Synopsis** Masatoshi Nakayama carries on the tradition of his teacher, Gichin Funakoshi, the Father of Modern Karate. Nakayama was chief instructor of the Japan Karate Association from 1955 until his death in 1987. A ninth degree black belt, he was among the first to send instructors overseas and to encourage the development of karate along scientific lines. All the basic points of karate are arranged systematically for effective learning: the parts of the body used as natural weapons, stances, how to block, how to attack, and an introduction to kata. The fundamentals presented in this volume briefly but accurately distill the author's forty-six years' experience in this art of self-defense.

## **Two Green Stripes**

### **1. White Belt Training Manual (pages 53-83)**

### **2. Best Karate: Fundamentals, Vol. 2** by Masatoshi Nakayama

**Synopsis** Best Karate: Volume II sets forth the basic mechanics that you must put into practice when performing techniques and kata, as well as applying techniques in kumite (sparring). This book covers the comprehensive aspects of training including the underlying physical and physiological principles of karate: source and concentration of power; stance, form, alignment and structure, footwork, etc.

## Green Belt

### 1. White Belt Training Manual (pages 85-105)

### 2. Karate-Do: My Way of Life by Gichin Funakoshi

**Synopsis** 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.

## One Brown Stripe

### 1. Green Belt Training Manual (pages 1-36)

### 2. Zen in the Martial Arts by Joe Hyams

**Synopsis** Under the guidance of such celebrated masters as Ed Parker and Bruce Lee, Joe Hyams vividly recounts his more than 25 years of experience in the martial arts. In this compendium of illuminating stories, Hyams reveals how the daily application of Zen principles not only aided in the development of his physical expertise, but also gave him the mental discipline to confront and control personal problems such as self-image, work pressure, and coping with competition. Hyams shows how mastering the spiritual goals of the martial arts can dramatically alter the quality of your life by enriching your relationships with people, as well as helping you develop and make full use of all your abilities while training in the Martial Arts.

## Two Brown Stripes

### 1. Green Belt Training Manual (pages 39-64)

### 2. Tao of Jeet Kune Do by Bruce Lee

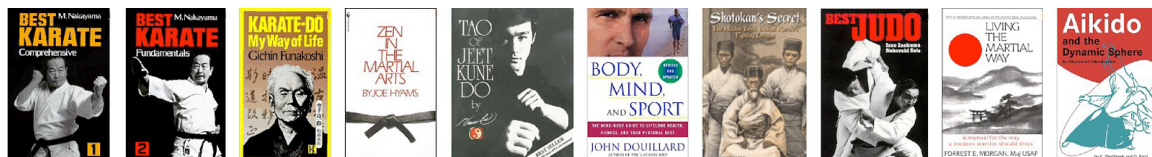
**Synopsis** The Tao of Jeet Kune Do is the culmination of Bruce Lee's lifetime of study in the martial arts, spanning numerous styles and forms. Both his personal library, which contained thousands of martial arts books, and his unique practical experience come through in this revolutionary and influential work concerning all aspects of hand-to-hand combat. The Tao of Jeet Kune Do exhaustively explores all aspects of fighting, including proper stance, movement, mechanics of the punch and kick, parries, ripostes, feints and cadence as well as cardiovascular conditioning and weight training. This book is a must read in developing one's own understanding of the martial arts.

## Brown Belt

### 1. Green Belt Training Manual (pages 67-92)

### 2. Body, Mind, and Sport by John Douillard

**Synopsis** Until recently, the effortless "Zone" of peak performance seemed only within the reach of serious athletes. Now, with *Body, Mind, and Sport*, anyone can reach the Zone, regardless of fitness level. Designed to accommodate a variety of individual fitness needs, the Body, Mind, and Sport program is split into two levels. Level 1 is for non-athletes who want to improve overall fitness; Level 2 is for those who want to train for competitive or recreational purposes. Your own unique mind-body type is taken into account to guide you in achieving your personal best without stress or strain. Using the *Body, Mind, and Sport* approach you can decrease heart and breath rates while improving both fitness and performance.



# 1 Black Stripe

## 1. Brown Belt Training Manual (pages 1-36)

## 2. Shotokan's Secret by Bruce Clayton

**Synopsis** Learn how the hard-style karate that became Shotokan took shape in 19th century Okinawa as an embattled king with an unarmed force of bodyguards faced an armed invasion from overseas. Author Bruce D. Clayton, Ph.D. uses rare sketches, footnoted historical research, archival lithographs, period photographs and contemporary technique demonstrations to reveal Shotokan's deadly intent and propose modern practical applications of such knowledge. Achieve a new level of theoretical understanding and fighting ability by learning Shotokan's Secret for yourself!

# 2 Black Stripes

## 1. Brown Belt Training Manual (pages 37-60)

## 2. Best Judo by Isao Inokuma and Nobuyuki Sato

**Synopsis** This book is the joint effort of two of Japan's foremost judo instructors: Isao Inokuma is a twice All-Japan Judo Champion and was the gold medal winner in the 1964 Tokyo Olympics, and Nobuyuki Sato was also an All-Japan Judo champion. The book starts with the basic judo postures and shows you how to move on the mat, how to control your opponent, and how to be thrown safely. It then demonstrates the essential judo techniques of throwing, grappling, locking, choking, escaping, and sequence combinations. Over 1,200 photos and easy-to-follow action sequences present each movement clearly. Brief explanations emphasize important areas for study, caution, and concentration. There is also a section on training, full of ideas for building and vitalizing your body.

# Black Belt

## 1. Brown Belt Training Manual (pages 37-62)

## 2. Living The Martial Way by Forrest Morgan

**Synopsis** Hailed by many as the best book available on the subject, Living The Martial Way is a step-by-step approach to applying the Japanese warrior's mind-set to martial training and daily life. It combines a knowledge of fighting with an exploration of the culture of the warrior. Morgan carefully guides the reader from The Way of Training, through The Way of Honor, to The Way of Living, constantly finding applications both inside and outside the martial arts.

# Shodan

## 1. Soft Style Training Manual (59 pages)

## 2. Aikido and the Dynamic Sphere by Adele Westbrook and Oscar Ratti

**Synopsis** Aikido neutralizes aggression and renders attackers harmless by controlling body position and harmonizing their vital physical and mental powers. Anyone, regardless of size, strength or weight, can fend off attacks using this sophisticated martial art. This classic text reveals many secrets that will enable you to acquire the stunning control practiced in Aikido. (369 pages)

# **10 easy steps to Writing a Martial Arts Book Review**

**By Madeline Crouse**

An important aspect of your training and progress in the martial arts is reading a wide variety of books and articles about the martial arts. Reading about the martial arts helps you to enhance your training and deepen your understanding of the greater purposes of the martial arts. In order to process and internalize the knowledge and understandings gained from reading a martial arts book, it is very helpful to write about what you read. However, some people find writing about a book difficult. The intellectual exercise of writing about the martial arts improves your abilities and your progress in the martial arts tremendously. It is worth the effort. Below is a list of steps that may help you writing a martial arts book review.

1. Read the book actively, meaning think while you are reading.
2. To insure thinking while you read, it may be helpful to do the following:
  - a. If you own the book you are reading, underline or highlight important points, passages, or key words, or pen your thoughts/reactions in the margins as you read. The spots that you mark may be things to include in your book review.
  - b. If you don't own the book you are reading, keep a tablet and pen nearby to make notes, write down your thoughts/reactions, or mark down the pages of a passage or section to reread.
3. Flip through the book and skim/reread portions of it quickly. If you have marked up the book, read what you underlined or highlighted and read any comments you made in the margins. Jot down on notebook paper any reflective thoughts or reactions that come to you as you review the book from the perspective of having completed it.

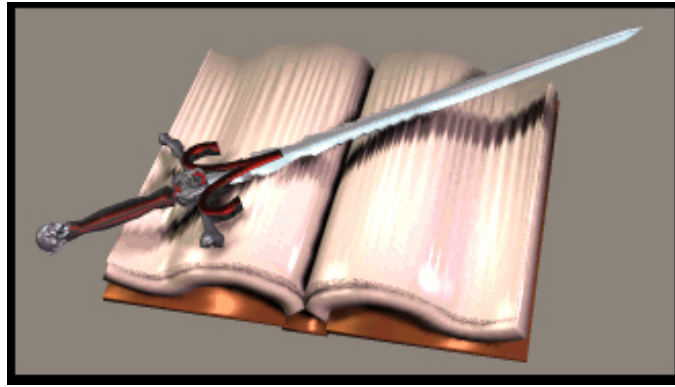
4. Before you write your review think and jot down answers to the following types of questions:

- a. Who wrote the book? What are the author's credentials and experiences?
- b. Who is the book written for? Adults? Children? Beginners? Etc.
- c. When was the book written?
- d. What is the book's purpose? To improve techniques? To tell about a particular style's attributes? To examine the deeper meanings of the martial arts? Etc.
- e. What information is in the book?
- f. How is the book organized? Often, how the book is set up will help you structure your review. For instance, ask yourself these kinds of questions:
  - i. Is there a logical sequence to the presentation of the information?
  - ii. What are the titles of each chapter?
  - iii. Are certain chapters grouped into a section?
  - iv. Are there just straight facts or are there stories, anecdotes or vignettes?
  - v. Are there photographs/illustrations?
- g. What new information did you learn? What information was reinforced, meaning it sounded like what you have heard in class, at seminars, or read in other books?
- h. What information did you find the most helpful? Was any of it confusing?
- i. What struck you as interesting or surprising?
- j. Are there passages/sections that you can relate to personally?

5. Write your review using the answers you gave to the questions above. You'll need an introduction, 2-3 paragraphs about the content of the book, and a conclusion.
  - a. In your introduction, you give information about the title, the author, when the book was written, for whom it was written, and what it is mainly about. It's often also where you tell why you chose to read the book and/or what you think about it or got out of reading it in general terms (Throughout your review you write what you learned or think in greater detail).
  - b. In your conclusion, you restate the main points you made about the book, what you learned and are going to do with the information, and give another person a reason to read the book.
  - c. The middle paragraphs are for writing about the information in the book: summarizing it, how it is organized, what you did and didn't like about it, any favorite or most helpful points, etc...
6. Type the first draft of your review.
7. Reread and revise your writing, perhaps getting a friend to help you refine your thinking, writing, and organization.
8. Design and make an inviting cover.
9. Turn in your book review for others to read.
10. Keep a copy for yourself. It will become part of your journey as a martial artist.

Writing about what you read about the martial arts promises big payoffs in your training and development as a martial artist. It's great for your brain, too. So, don't be lazy or give up when the writing gets hard. Trust me; it really is worth the effort. Good luck and have fun! I can't wait to read what you write!





# **Essays on the Eight Sources of Learning: Part 1**

## **The Book and the Sword**

By Joe Varady

O Sensei Dong was a deep thinker working from a wide variety of life experiences. Much of his knowledge base came from hard won lessons, and he felt that he had learned something valuable that he wished to share and pass down to future generations. Being the meticulous planner that he was, O Sensei realized that he had but a limited time to impart his knowledge to the next generation or it would be lost forever. To that end, he revamped the curriculum and saw to it that the physical techniques were being taught to his specifications, and yet there was still so much more to what he wanted to share through his art.

The Cuong Nhu philosophy was O Sensei Dong's answer to the problem of mortality and the transmission of his teachings. He encapsulated much of what he wanted to pass on in short groups of key words, each representing much deeper concepts with wide-reaching applications. Like the physical techniques, the more the students studied the philosophies, the deeper the meanings that were revealed to them.

O Sensei realized the potential of martial arts training for life, not just combat. Therefore, his philosophies covered everything from how to make friends and get along well with others to how to train for a 100 mile ultra-marathon.

When it comes to advice for maximizing our physical training we can look to the Eight Sources of Learning as a guide to furthering our understanding of the martial arts (or just about anything else, for that matter). Each of these eight sources is a topic in itself worthy of closer examination. Here I'd like to examine the important role that books and media, including videotape, DVDs and the Internet, can play in our training.

Reading has always been a critical component to any well-rounded education. Through reading we learn things that we might otherwise never encounter in our day-to-day lives. O Sensei knew this, and he read, and wrote, extensively. He found some of the things he read, such as Nakayama's *Best Karate* series and Bruce Lee's *Tao of Jeet Kune Do*, to be more relevant to Cuong Nhu than others. To share his more important finds with his present as well as future students, he compiled a suggested reading list that was included in the Cuong Nhu Oriental Martial Arts Instruction Manual. Books on the list include *Karate-Do Kyohan* by Gichin Funakoshi and *Kodokan Judo* by Jigoro Kano, along with several dozen more. Together, these books formed a foundation of knowledge that O Sensei felt was essential to a complete understanding of Cuong Nhu and its relationship to other martial arts.

From theory and technique to history and philosophy, reading about various aspects of the martial arts will broaden your knowledge and sharpen your understanding. You could read about how to do specific techniques, the history of a kata, or stories about the masters who helped create the styles we know today.

For example, I will always remember the image from *Karate-Do: My Way of Life*, of Gichin Funakoshi standing on the roof of his house in horse stance holding a straw mat over his head during a monsoon, challenging the wind to blow him off. Many different kinds of books are available, from manuals that you can order on the Cuong Nhu web site to books on every imaginable style, most available from such common distributors as Amazon. There are also a number of periodicals dedicated to the martial arts available. From monthly magazines such as *Black Belt* or *Inside Kung Fu*, to the austere, quarterly publication, *The Journal of the Asian Martial Arts*, there are constantly new

materials becoming available catering to every level of interest and area of training. But information doesn't have to be new. I have a stack of old magazines and shelves full of old books that I still find very useful.

Remember when you had to read a book for school? Often you would be given a follow-up assignment by your teachers designed to make you think about what you read, which forced you to analyze it and integrate it into your consciousness. Such thought provoking exercises are still valuable in the dojo.

At Satori dojo, we have used club funds to purchase select books for a dojo library which students are encouraged to read and then to write a book review summing up what they learned to share with the class. It helps students remember what they have read and to relate it to their training. Instead of a formal report, some people prefer to write in the margins of their books or use little sticky note pads. You could even get a blank notebook to write down what you found to be most relevant to you. In this way, you learn to shed the passive role of casual reader and become an active participant in your own learning.

As essential as books and other written material are, video, either on tape, DVD, or computer, can be equally important. It is sometimes difficult to convey in words the elegance or subtlety of a physical movement. To show you those things that a book cannot, there are a number of videos on the market and available free on YouTube. These are especially helpful when learning techniques and forms. Just about anything, from yoga and stretching to karate basics and how to win at sparring can be found on instructional video. Some products, like "The Bao Way" produced by Cuong Nhu's own Master Bao Ngo, offer entire systems of self-defense complete with workout routines designed for different levels of ability. You can even learn such exotic weapons as the three-sectional staff or Shaolin drunken sword form. Although you may not be learning from a live teacher, such personal, extra-curricular studies can broaden your perspectives and bring new insights and motivation.

I used a combination of a DVD and a book to learn the Tiger and Crane Form of Hung Gar kung fu, a form I had started learning from the same book when I

was just 15 years old and did not finish until my mid 30's. When watching video for instruction, be sure to slow down the action and study the nuances of the technique. And remember those book reports and other note-taking methods that we just mentioned? They can be equally applicable to videos!

Sometimes home video can help you to reflect on and improve your own techniques and forms. Set up a video camera or have someone film you while you go through your routines: basics, kata, even sparring, then carefully watch yourself. You will probably see many things that need work, but don't get discouraged! This type of activity will help you focus on your greatest areas of need, improving them and giving you a higher quality work out. Occasionally, videos and other training aids can help in other ways. Recently, one of my students was experiencing confidence issues while preparing for her black belt test so we watched some old tapes of previous candidates. Her confidence quickly returned when she realized that, to her surprise, in many ways she was even better prepared than they had been. Even martial arts movies, like the classic *The Karate Kid*, can provide us with valuable lessons and motivations. In short, you can learn a lot from watching different types of martial arts videos.

There is also information available on the Internet, although one should be especially cognizant of the source and reliability of the information presented. I have often found information on the web to be wanting in either quantity or quality, but at the same time, I have also found the Internet to occasionally be an invaluable resource, especially for researching the history of styles or forms. For example, using the internet as my primary resource, I researched and managed to compile a direct lineage of instructors from O Sensei Dong to Ng Mui, the founder of Wing Chun Kung Fu, stretching back over 200 years. The Internet also offers many forums dedicated to the martial arts. On these electronic bulletin boards participants can post questions or respond to what others have said. But be wary, because just about anyone can post just about anything they want, so its not always top quality information. This is not to say that everything on the web is dubious. Many web sites are, of course, reputable and do offer many good resources for martial artists, you just need to remember to be a discerning reader and don't always believe everything

you see.

As an example of just how far-fetched some information on the web can be (and in this case entertaining, although the practitioners seem to be quite serious), check out a website for a style called “Grand Celestial Do.” Taught in and around Marquette, Michigan, the founder claims that aliens abducted him to their home planet for 11 years where they taught him alien martial arts. He claims to teach his students how to channel photonic energy from the Triton Nebula by performing a high-pitched moan, giving them “the strength of ten elephants.” Techniques include the “Pulsory Blast” (which looks suspiciously like a palm heel strike) and the “Photonic Shield” (which resembles the old “duck and cover” from grade school). Other abilities even include telekinesis and telepathy! The site claims: “When confronted by an attacker, Grand Celestial Do students would shoot their Photonic Energy from their belly buttons and into their attacker’s belly button, connecting telepathically with them. Now they will know the attacker’s every move before he even does it.” If that were true it might actually be worth the \$750 a month tuition!

In closing, we all want to be better martial artists, and there is a lot of information out there to help you on your path. O Sensei knew that formal dojo training formed the foundation of our martial education, but he also wanted his students to know that it would be shortsighted to think that there were no other ways to learn. The “Eight Sources of Learning” was his way of reminding us of the many resources available so that we might all fulfill the ultimate goal of Cuong Nhu and become the best that we can be. Take the time to look at the many manuals, books, magazines, and videos that are on the market to see what you can find. Remember that, whenever possible, use a mixture of all the above media to learn as much as you can about all aspects of your current area of study. You may be surprised at all there is to learn!

