

Recommended Reading List

for Palmer Shotokan Karate Club (01/01/09)

Adults:

Perfection of Character by Teruyuki Okazaki – insight into both the Dojo kun and Niju kun and how they apply to life outside the dojo.

Mind and Body – Like Bullet by Yutaka Yaguchi – a fascinating peek behind the scenes by one of Shotokan's Masters.

***Karate-Do My Way of Life** by Gichin Funakoshi – the Master shares how Shotokan came to be.

***Karate-Do Kyohan: The Master Text** by Gichin Funakoshi

***Karate-Do Nyumon: The Master Introductory Text** by Gichin Funakoshi

***Karate Jujutsu** by Gichin Funakoshi – a rare glimpse of the Master performing kata.

***Best Karate Series** by Master Nakayama – essential tool for learning kata outside the dojo.

***Interview with the Master** – Bob Hassel interviews Master Nakayama during his last US tour. Good insight into Master Funakoshi's ideals and the reasoning behind free sparring.

Kata and Kumite by Joachim Grupp – nice photo display of all 26 Shotokan katas, plus great kumite training ideas.

Complete Shotokan Karate by Robin Rielly – A very readable history of the martial arts, including the samurai legacy and the modernization of the arts in America. Also provides detailed illustrations of nine kata.

Moving Zen by C.W. Nicol – A very enjoyable book sharing one man's journey to the heart of karate in Japan. Wonderful descriptions of training in traditional Japanese dojos.

Living the Martial Way by Forrest Morgan – "A concise manual for training in warriorship". A rich text for applying the warrior mind-set to everyday life outside the dojo.

***Zen in the Martial Arts** by Joe Hyams – an oldy but goody. Each 2-3 page chapter covers one basic idea. Thought provoking, portable, and an easy read.

Dojo Wisdom by Jennifer Lawler – A very enjoyable read. Jennifer covers one lesson from the dojo in each 2-3 page chapter, and expands on how it applies in real life. Includes a simple, practical exercise for strengthening each skill. Example: "A punch is just a punch" discusses how we heap our own needs, desires and prejudices on objects, people and situations and encourages us to practice considering these things simply for what they are.

***Tales of Okinawa's Great Masters**

***Code of the Samarai**

***Gichin Funakoshi DVDs** – Rare, 1920s footage of training sessions at Master Funakoshi's dojo.

A blank journal – encourage the martial artist in your house to keep a journal of their martial arts journey.

Kids:

***The Story of Karate** – A social studies type ex-library book full of photos and illustrations. Traces the history of karate from Buddhism to Bruce Lee.

The Kids' Karate Book by Michael Dunphy – a great practice at home book filled with explanations, photos, quotes, fun facts, and practice drills.

The Karate Class Mystery by Elizabeth Levy (ages 8-11) – third grade friends suspect one of their classmates is guilty of stealing someone's karate belt.

Karate Girl by Mary Leary (ages 6-8) – a new student begins karate thinking she can get back at the bullies who pick on her brother.

Secret of the Peaceful Warrior by Dan Millman (ages 6-10) – Danny Morgan struggles with a bully after moving to a new neighborhood. With the help of his friend Joy's grandfather, Danny learns to overcome his fears without fighting and without running away.

***A Bundle of Sticks** by Pat Mauser (ages 9-12) – an 11 year old boy is forced to deal with a bully. Emphasizes the use of martial arts as a confidence builder, and ways of dealing with bullies other than violence. However, does include physical confrontation in the defense of others. Very well written and believable.

Karate for Kids by Robin Rielly (ages 8-14) – a companion to training in the dojo. This book includes a brief history of karate, explanation of dojo etiquette, class structure, belt testing and stance practice. Easy reading with lots of illustrations.

Black Belt by Matt Faulkner (ages 6-10) – an adventure story for anyone who's ever been threatened by a bully. Set in Japan and featuring incredible illustrations.

***Karate Club – Out of Control**

A blank journal – encourage your karate kid to keep a journal of their journey in the martial arts. Recording their triumphs, their struggles, and their homework assignments from Sensei can be a valuable tool in getting the most from their karate training.

*** Available for loan through the dojo.**

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