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630 - BRYAN MCNEIL

There's plenty of good reasons that millions of people around the world study martial arts. Besides the fact you can get a great workout when you study a martial art, you may also experience a rewarding balance between your mind, body, and spirit that you just won't find anywhere else. Plus, it can be a lot of fun! No matter what shape you're in, martial arts is a great way to drop extra pounds, learn to defend yourself, and develop personal and physical discipline. Whether you're already studying a style of fighting or you're just considering it, you'll find everything you need to know in this helpful, friendly guide (including which movies to check out!). The book breaks down the differences and presents the basics of each style of fighting, so you can make an informed choice about which style you want to study. You'll also find out what makes for a good instructor, so you can be sure that you're learning from the best. And there's much more. You'll find out: What martial arts is and is not Five resolutions you must accept Understanding the role

of the instructor How to set goals for yourself All about the proper clothes, shoes, and equipment How to prevent injuries The philosophy of self defense All about competing in tournaments About Meditation and breathing techniques The lowdown on weapons There's also a helpful glossary of foreign-language terminology that you'll frequently encounter in the dojo - that's the training hall - so you'll always be prepared. Whether you're looking for a new way to get in shape, or a new way to sharpen your mind, *Martial Arts For Dummies* is all you need to get started in Karate, Kung Fu, Tae Kwon Do, or any other style!

The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies. In addition, *Black Belt* produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known marital arts figure in the world.

Thirteen-year-old Piro watches powerless

as her father's enemies march on his castle. A traitor whispers poison in the King's ear, undermining his trust in her brother, Byren. Determined to prove his loyalty, Byren races across the path of the advancing army, towards the Abbey. Somehow, he must get there in time to convince the Abbot to send his warriors to defend the castle. Meanwhile, the youngest of King Rolen's sons, Fyn, has barely begun his training as an Abbey mystic, but he wakes in a cold sweat, haunted by dreams of betrayal... INCLUDES BONUS NOVELLA THE KING'S MAN Garzik, younger son of Lord Dovecote, has been captured and sent to Merofynia as a prize of war. Now, he must set things right before he can return home. Turning his misfortune into opportunity, Garzik resolves to spy for the rightful king, Byren, who yet thinks him slain at Dovecote. With fortune on his side, he may learn something that could change the path of the war, for Garzik is and always will be the king's man.

From Bruce Lee to James Bond, Jackie Chan to Jet Li, Enter the Dragon to Kung Fu Panda, kung fu films remain a thrilling part of movie-lovers' lives. Now the acknowledged pioneer in the genre presents his magnum opus on the subject, incorporating information and revelations never before seen in America. From the ancient Peking Opera origins to its superhero-powered future, Ric Meyers reveals the loony, the legendary, and everything in between. This vivid, action-packed book may delight, surprise, fascinate, and even enlighten you with a personal V.I.P. tour through the wondrous world of the most ridiculously exhilarating movies ever made.

Secrets of the Samurai is the definitive study of the martial arts of feudal Japan,

explaining in detail the weapons, techniques, strategies, and principles of combat that made the Japanese warrior a formidable foe. The work begins with a panoramic survey of the tumultuous early struggles of warlords contending for political ascendancy and then outlines the relentless progression of the military class toward absolute power. In addition to illustrating actual methods of combat, the authors discuss in detail the crucial training necessary to develop a warrior's inner power and to concentrate all his energies into a single force. Secrets of the Samurai is an essential text for anyone with an interest in Japanese combat techniques, weaponry, or military history. This edition also contains a new foreword by Adele Westbrook and numerous previously unpublished illustrations by Oscar Ratti. Chapters include: The Bushi The Heimin The Centers of Martial Instruction Armed Bujutsu Unarmed Bujutsu Control and Power Strategic Principles Morality of Bujutsu

Ellis Amdur's writing on martial arts has been groundbreaking. In *Dueling with O-sensei*, he challenged practitioners that the moral dimension of martial arts is expressed in acts of integrity, not spiritual platitudes and the deification of fantasized warrior-sages. In *Old School*, he applied both academic rigor and keen observation towards some of the classical martial arts of Japan, leavening his writing with vivid descriptions of many of the actual practitioners of these wonderful traditions. His first edition of *Hidden in Plain Sight* was a discussion of esoteric training methods once common, but now all but lost within Japanese martial arts. These methodologies encompassed mental imagery, breath-work, and a variety of physical techniques, offering the potential to develop skills and power some-

times viewed as nearly superhuman. Usually believed to be the provenance of Chinese martial arts, Amdur asserted that elements of such training still remain within a few martial traditions: literally, 'hidden in plain sight.' Two-thirds larger, this second edition is so much more. Amdur digs deep into the past, showing the complexity of human strength, its adaptation to varying lifestyles, and the nature of physical culture pursued for martial ends. Amdur goes into detail concerning varieties of esoteric power training within martial arts, culminating in a specific methodology known as 'six connections' or 'internal strength.' With this discussion as a baseline, he then discusses the transfer of esoteric power training from China to various Japanese jujutsu systems as well as Japanese swordsmanship emanating from the Kurama traditions. Finally, he delves into the innovative martial tradition of Daito-ryu and its most important offshoot, aikido, showing how the mercurial, complicated figures of Takeda Sokaku and Morihei Ueshiba were less the embodiment of something new, than a re-imagining of their past.

Fair Isle has found a new ruler, and a new way of life. Tulkhan, the Ghebite General, has long severed ties with his brother the King, and is forging a new country, bringing the best of his people - their ferocity, courage and passion - and the people he has conquered - their culture, sophistication and egalitarianism - together in a nation that will change the world. His bond-partner - never a

Ghebite "wife" - Imoshen, last of the pure-blood T'En women, with her wine-dark eyes and silver hair, rules by his side. What began as a political alliance has blossomed into love, for one another and their newborn son. But even as differences still cause trouble between the Ghebites and the people of Fair Isle, Imoshen's past tears her in half. For Reothe, once her betrothed, once so great a threat to them and now crippled by her powers, still seeks to draw her away. And the lure of the mind-touch - the magical intimacy that she and Tulkhan can never share - is one she cannot ignore...

Fair Isle was once legendary among the lands, a place of wealth, elegance and culture. Now it lies blackened and despoiled, its barbarian Ghebite conquerors trampling places that, for centuries, had known only peace and beauty. Imoshen, one of the last of the T'En - legendary for their magical powers and their ethereal grace - carries the Ghebite General Tulkhan's child, but she must still battle to defend both her position in his new kingdom and her people's lives and futures. Tulkhan himself, bewitched both by her fierceness and her country's ancient heritage, fears and resents her even as he grows to love her. And something else threatens Imoshen's safety in this new world. For there is one other living T'En - Reothe, a prince of her people, and once her betrothed - who means to reclaim his country and his throne once more; and Imoshen besides...