

Kodansha is the largest publisher in Japan, and has been producing top-quality martial arts books for many years. Drawing such talent as Masatoshi Nakayama (author of the Best Karate Series, and a master of Shotokan Karate), Morihei Ueshiba (founder of Aikido), and Masaaki Hatsumi (founder of the Bujinkan Organization and current ninja grandmaster), Kodansha is one of the leading publishers on books about Eastern Martial Arts.

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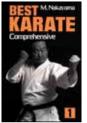
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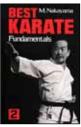
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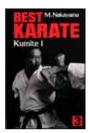
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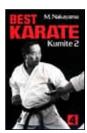
The Best Karate Series, by Masatoshi Nakayama

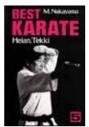
Nakayama was an internationally renowned Shotokan Karate master before his death in 1987. While alive, he was the first Shotokan master to be awarded the rank of 9th Dan, and was awarded 10th Dan after his death.



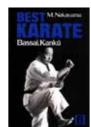








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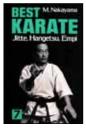


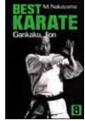
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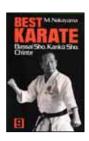


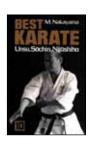
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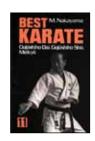
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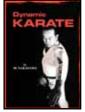




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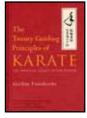






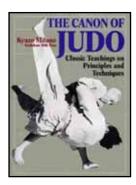




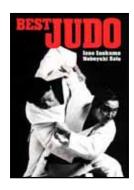


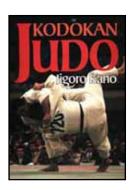


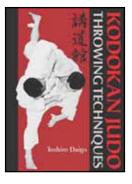


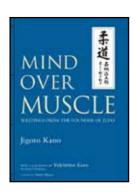


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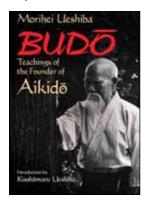
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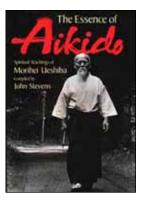


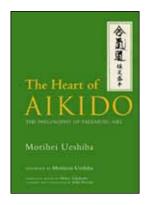
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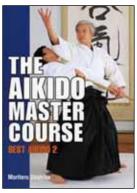
Many stories exist about the founder of Aikido, Morihei Ueshiba - that he was able to escape a ring of attackers wielding swords, or knock someone over with the force of his kiai - regardless of the truth in these legends, he established a legacy that continues to this day.

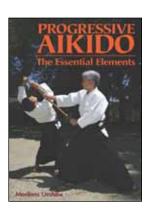
By Morihei Ueshiba:





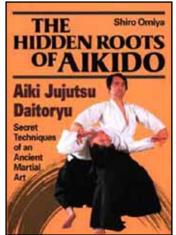


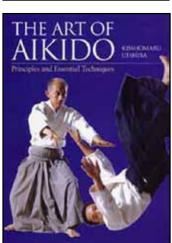


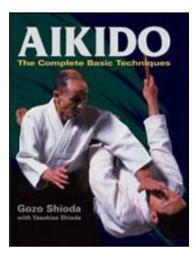


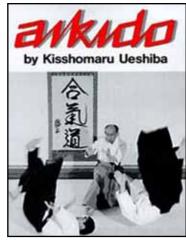
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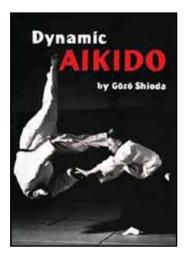
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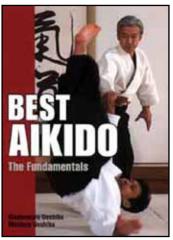










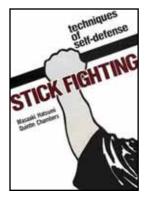


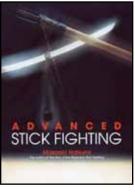
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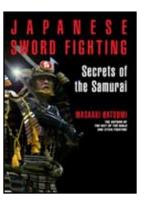
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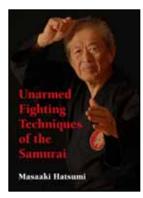
Masaaki Hatsumi

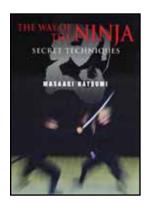
A ninja grandmaster and founder of the Bujinkan Organization, Hatsumi has written several books about the fighting arts. He learned ninjutsu from a martial artist named Toshitsugu Takamatsu who was one of the few practitioners of the deadly art.









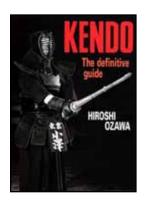


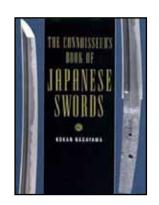
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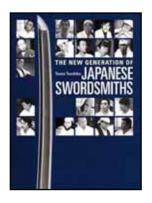
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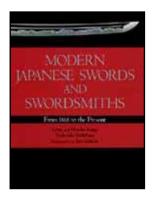
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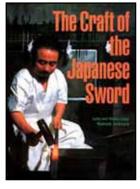
Revered as some of the finest swords ever crafted, Japanese swords hold a special place in the hearts not just of martial artists, but in our culture as well.

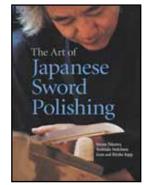


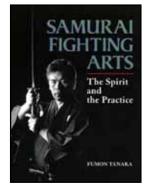








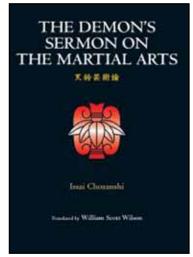


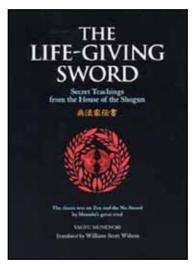


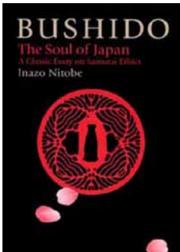
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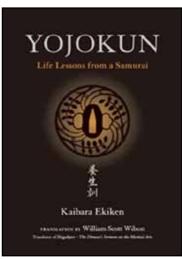
Martial Arts Philosophy

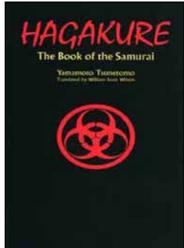
Samurai were not just warriors, but philosophers as well. One of the most famous samurai, Miyamoto Musashi, wrote *The Book of Five Rings* which combines tactics and technique with Zen and Buddhist philosophy. The samurai tradition of philosopher-warriors has survived, and is an integral part to almost all fighting forms.

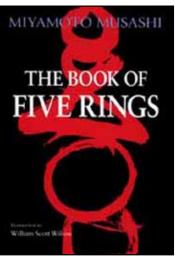


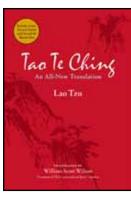


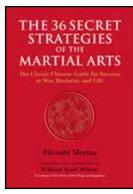


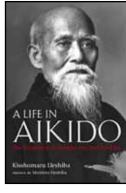


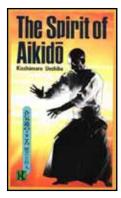


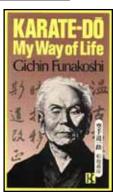












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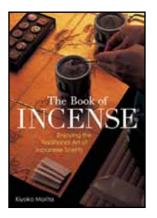
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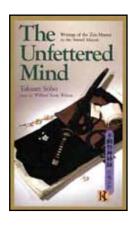
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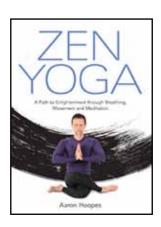
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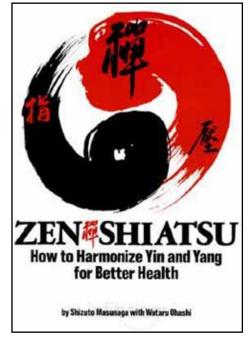
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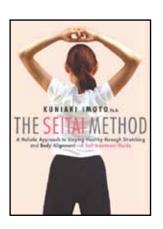
Health is more than merely the physical; the mind plays an important role in over-all well-being. With meditation, relaxation, yoga and shiatsu, your body will become healthier as mind and body become more harmonized.

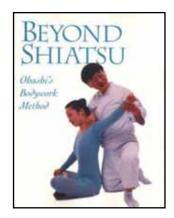


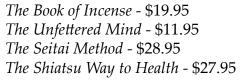


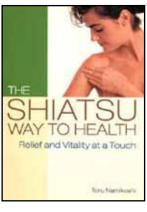












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