

Recommended Books and Magazines

Best Karate Series

By Masatoshi Nakayama

Karate: The art of “empty hand” fighting

By Hidetaka Nishiyama & Richard C. Brown

Dynamic Karate

By Masatoshi Nakayama

Karate-do Kyohan

By Gichin Funakoshi

Karate-do, my way of life.

By Gichin Funakoshi

Shotokan Karate: Its history and evolution

By Randall Hassell

Shotokan Karate: A precise history.

By Harry Cook

The Art of War

By Sun Tsu

A Book of Five Rings

By Miyamoto Musashi

Bushido: The Soul of Japan

By Inazo Nitobe

Hagakure: The Book of the Samurai

By Yamamoto Tsunetomo

Secrets of the Samurai

By Oscar Ratti and Adele Westbrook

Zen and Japanese Culture

By Daisetz T. Suzuki

Japan's War

By Edwin P. Hoyt

Kung Fu

By David Chow and Richard Spangler

Moving Zen

By C. W. Nicol

Shotokan Karate Magazine

www.zee.com/skmn/index.php

The Sword & The Mind
Translated by Hiroaki Sato
The experiences of 3 swordsmen
Hidetsuna, Muneyoshi and Munenori