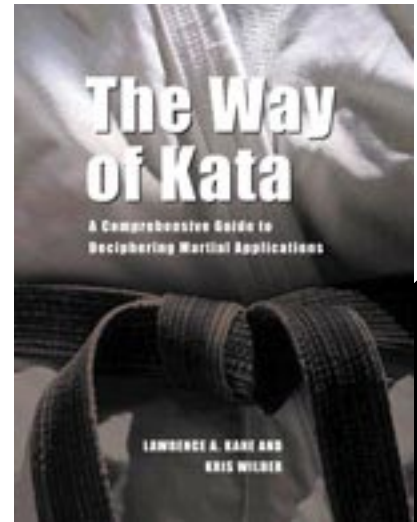


Lawrence Kane Must Reads for Serious Martial Artists

• 2008 (1/3)



Becoming a Complete Martial Artist

by Marc MacYoung and Tristan Sutrisno
The Lyons Press, 978-1592283705

Learn strategic principles of self-defense that help you identify and correct flaws in your training. Translate traditional martial arts into effective street fighting.

Bunkai-Jutsu: The Practical Application of Karate Kata

by Iain Abernethy
Summersdale Publishers, 978-0953893218

Kata is neither dance nor aerobic training, yet if you don't understand the bunkai it is nothing more than bouncing around in your jammies. Learn how to apply practical kata applications in real life, be it on the street or even in the tournament ring.

The Way of Kata: A Comprehensive Guide for Deciphering Martial Applications

by Lawrence Kane and Kris Wilder
YMAA Publication Center, 978-1594390586

Kata is the foundation of the fighting arts. Like a textbook, it contains all the techniques you could ever need to defend yourself, yet most practitioners do not know how to read it properly. Learn the secrets for analyzing any kata to find and apply realistic combat applications.

Five Years, One Kata

by Bill Burgar
Martial Arts Publishing, 978-0954446604

Each kata is a self-contained fighting system. While the ancient masters spent five to seven years (or more) learning a new form, most modern practitioners only brush the surface. Learn how illuminating deeper analysis can be.

The Pavement Arena

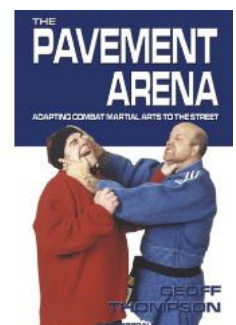
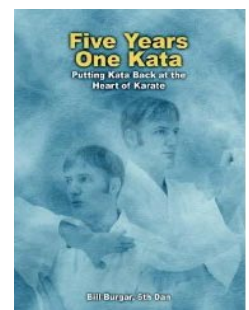
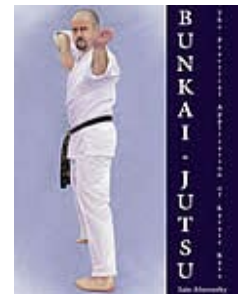
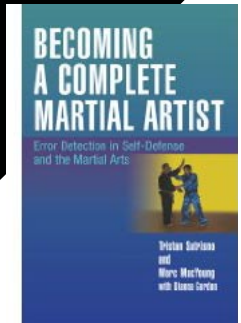
by Geoff Thompson
Summersdale Publishers

Practical use of kata, stances, blocks, set sparring, punches, kicks, free sparring, competition fighting, fear control, action triggers, psyche-outs, and the all important "fence." Solid, practical streetfighting advice from the co-founder of The British Combat Association will make a significant difference in your skills as a martial artist.

Surviving Armed Assaults: A Martial Artists Guide to Weapons, Street Violence, and Countervailing Force

by Lawrence Kane
(YMAA Publication Center, 978-1594390715)

Roughly two million victims a year face the wrong end of a weapon in the United States alone, yet self-defense requires more than mere martial arts. Fists and feet simply can't stop a bullet. Learn proven street survival skills, including awareness, avoidance, de-escalation, armed conflict, countervailing force, and managing the aftermath of violence.



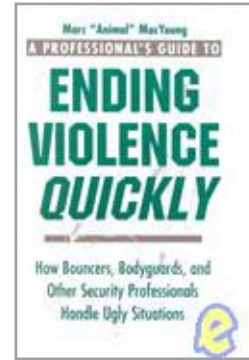
• 2008 (2/3)

A Professional's Guide to Ending Violence Quickly: How Bouncers, Bodyguards, and Other Security Professionals Handle Ugly Situations

by Marc MacYoung

Paladin Press, 978-0873648998

More than mere the techniques, the author's insight into violence, escalato, and mind games is well worth the price of admission. Solid, practical advice from a guy who's "been there, done that," and put the hurt on a whole lot of people along the way.

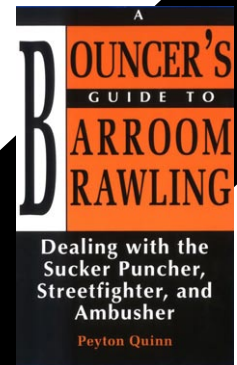


Bouncer's Guide to Barroom Brawling: Dealing with the Sucker Puncher, Streetfighter, and Ambusher

by Peyton Quinn

Paladin Press, 978-0873645867

All the martial skills in the world are useless if you get taken down in an ambush before you have a chance to use them, or even know that you might need to. Understand the brutal realities of street-fighting and learn tactics to respond successfully.

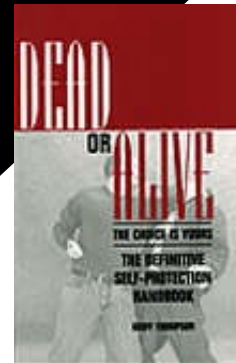


Dead Or Alive: The Choice Is Yours: The Definitive Self-Protection Handbook

by Geoff Thompson

Paladin Press, 978-0873649148

Learn all about predators. Understanding the psychology and anatomy of violence gives you an edge for street survival.



On Combat: The Psychology and Physiology of Deadly Conflict in War and Peace

by Loren W. Christensen and Lt. Col. Dave Grossman

Warrior Science Publications, 978-0964920545

A groundbreaking examination of what it takes to perform, cope and survive in the toxicity of deadly combat as a soldier, police officer, or martial artist. Particularly helpful for those who have or may need to take a life and need to live with the consequences.



Living the Martial Way: A Manual for the Way a Modern Warrior Should Think

by Forrest E. Morgan

Barricade Books, 978-0942637762

A systematic approach for applying the warrior mind-set to your martial arts training, this book brilliantly discusses courage, honor, and the martial way.

Warriors: On Living with Courage, Discipline, and Honor

by Loren W. Christensen

Paladin Press, 978-1587604542

Gripping and poignant, you will never forget what you read in this book. Thirty-seven real-life warriors tell what it's like to kill, to sacrifice, to train, to fear, and to do what needs to be done.

• 2008 (3/3)

The Truth About Self Protection

by Massad F. Ayoub

Police Bookshelf, 978-0936279138

Although some of the material is a bit dated, this is still the finest tome on this subject matter ever written. A comprehensive, self-defense encyclopedia, it asks the tough questions and shells out prudent advice for keeping yourself safe.

The Gift of Fear

by Gavin De Becker

Dell, 978-0440508830

Illuminating and empowering, this book can literally save your life by teaching you to identify important warning signs and trust your intuition.

Fighting Science: The Laws of Physics for Martial Artists

by Martina Sprague

Turtle Press, 978-1880336724

Knowing why a technique works makes it more effective. Learn the physics behind your martial art, becoming a better practitioner in the process.

Speed Training: How to Develop Your Maximum Speed for Martial Arts

by Loren W. Christensen

Paladin Press, 978-0873648592

Speed kills, especially in a real-life fight. Learn concepts, drills, and applications to make you a faster, better martial artist.

Fighting Power: How to Develop Explosive Punches, Kicks, Blocks, and Grappling

by Loren W. Christensen

Paladin Press, 978-0873649018

Learn the fundamentals of explosive, fight-stopping power. In a self-defense situation, your opportunities to put an opponent out of the fight are limited. Make the most of them.

Timing in the Fighting Arts: Your Guide to Winning in the Ring and Surviving on the Street

by Loren W. Christensen and Wim Demeere

Turtle Press, 978-1880336854

Whether you are looking to win a tournament or survive on the street, this solid, easy to understand advice is well worth following. Quickness and power are very important, but without solid timing you simply cannot put them to best use in a fight.

