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- 60 Tai Chi and Qigong for Your Health: Historical and Scientific Foundations
- 61 Tai Chi and the Daoist Spirit
- 62 Tai Chi Odyssey: History & Practice Methods
- 63 Teaching and Learning Japanese Martial Arts: Scholarly Perspectives, Vol. 1
- 64 Teaching and Learning Japanese Martial Arts: Scholarly Perspectives, Vol. 2
- 65 Wing Chun: Writings for Advanced Practitioners
- 66 Women and Asian Martial Traditions
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# **Academic Approaches to Martial Arts Research**

This anthology conveniently contains useful academic tools for studying the combative arts. Each chapter proves special to all interested in the intellectual side to the martial arts, providing fine details for categorizing the variety of martial arts. Some chapters focus on the martial arts as living culture and social implications. This book stands out for its scholarly use.

Academic Approaches to Martial Arts 文 Research 武

6"x9" paperback, 294 pp,118 illus. \$34.95

- Social Organization and Martial Systems: A Cross-Cultural Typology John Donohue, Ph.D.
- Laws of Change or Seeing the Unseen in Martial Arts Douglas Laurent, B.A.
- Non-Asian Combative Arts: An Informal Hoplological Inquiry David Lowry, B.S.
- The Martial Arts: Rites of Passage, Dramas of Persuasion Sally Harrison-Pepper, Ph.D.
- Wave People: The Martial Arts and the American Imagination John Donohue, Ph.D.
- Research in Martial Sports: A Review Willy Pieter, Ph.D.
- The Classification of the Fighting Arts John J. Donohue, Ph.D. and Kimberley Taylor, M.Sc.
- Paradox and Dilemma: The Martial Arts and American Violence Daniel Rosenberg, Ph.D.
- Shape of Water: Martial Arts Styles as Technical Continuum John Donohue, Ph.D.
- Self-Transformation & the Martial Arts in the American Cultural Environment Frederick W. Lohse, III., M.A., Ed.M.
- The Importance of Martial Arts Research and Practice Michael DeMarco, M.A.
- Sound and Fury: Auditory Elements in Martial Ritual John Donohue, Ph.D.
- Aggressive Discourse in the Martial Arts: An Ethnographic Snapshot Geoffrey Wingard, M.Ed.
- Virtual Enlightenment: The Martial Arts, Cyberspace, and American Culture John Donohue, Ph.D.
- Integrative Combat: An Empirical Perspective of the Martial Arts Gregory Vey, M.Sc.
- Multiple Intelligences in the Process of Learning Martial Arts: Using Taijiquan as an Example, S. Dale Brown, M.A.

This two-volume anthology details the many facets of aikido as it was formulated by Morihei Ueshiba (1883–1969). Each chapter contributes to a piece of the aikido puzzle by providing historical details, insightful technical drills, and components that have flavored this art with a spiritual essence.

Vol. 1: 6"x9" paperback, 190 pp, 352 illus. \$24.95

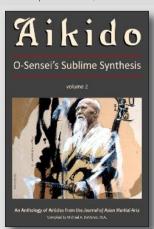
# Aikido O-Sensei's Sublime Synthesis volume 1 Ar Anthology of Articles from the Journal of Asian Martial Arts Completely Mahad A. Coltum, N.A.

#### Table of Contents - Vol. 1

- Aikido: Its Philosophy and Application A. Drengson, Ph.D.
- Spiritual v.s. Martial Aikido: Explanation and Reconcilation C. Watson, B.A.
- The Martial Yen: American Participation in the Aikido Tradition Andrew Crawford, M.A.
- Use of the Knife and Short Staff in Aikido Training Kimberley Taylor, M.Sc.
- Toward a Semiosis of the Martial Arts: Aikido as a Symbolic Form of Communication E. Grossman, J.D.
- Aikido Kokyunage: The Sublime & the Practical Roy Suenaka & Christopher Watson, B.A.
- Energy Projection in Aikido Wrist Techniques B. Ward, B.A.
- Aikido's Armlock (ude-gatame) Technique: What Tissues are Affected? G. Olson, M.Sc., M. Cook, B.S., & L. Brooks, Ph.D.
- Culture, Training, & Perception of the Martial Arts: Aikido's Example C. Jeffrey Dykhuizen, Ph.D.
- Ukemiwaza: The Art of Attacking in Aikido K. Taylor, M.Sc.

#### Table of Contents - Vol. 2

- Dichotomous Keys to Fundamental Attacks and Defenses in Aikido G. Paz-y-Miño C., Ph.D. & A. Espinosa, Ph.D.
- Aikido: The Art of the Dynamic Equiangular Spiral G. Paz-y-Miño C., Ph.D. & A. Espinosa, Ph.D.
- Tetsutaka Sugawara Discusses Aikido, Morihei Ueshiba and the Kagura-Kotodama Staff C. Jeffrey Dykhuizen, Ph.D.
- Hiroshi Ikeda's Insights into Aikido Training Jay Barnet, M.A.
- The Rhythm of Aikido, Pt. I
   G. Paz-y-Miño C., Ph.D. & A. Espinosa, Ph.D.
- Music Principles Applied to Aikido Techniques, Pt. II G. Paz-y-Miño C., Ph.D. & A. Espinosa, Ph.D.
- Using Aikido Principles for Conflict Resolution Bryan Golden, B.A.
- Yoshimitu Yamada's Influence on Aikido in the West George Kennedy, M.A.
- Optical Illusions in Aikido, by G. Paz-v-Miño C., Ph.D. & A. Espinosa, Ph.D.
- The Loyal Opposition & the Practice of Aikido Jonathan Miller-Lane, Ph.D.
- · Aikido as Myth M. Gauthier
- Aikido Defenses Against Real-World Attacks Roy Y. Suenaka and Chad Taylor, M.S.
- Aikido and Body-Awareness Training for Peacemaking and Combat Paul Linden, Ph.D.
- Teaching Aikido to Children with Autism Spectrum Disorders Josh Paul, M.A.



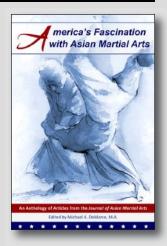
Vol. 2: 6"x9" paperback 216 pp, 600+ illus.

\$26.95

# America's Fascination with Asian Martial Arts

Just what attracts people to study fighting arts? Practitioners and scholars will find much in this anthology to broaden the perspective and understanding of why Americans are so fascinated with the Asian martial traditions. Chapters in this book present meticulous research into the adaptation and significance of Asian combatives as infused within American society.

6"x9" paperback, 107 pp, 34 illus. \$15.95

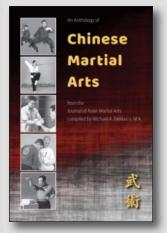




- Wave People: The Martial Arts and the American Imagination John Donohue, Ph.D.
- Paradox and Dilemma: The Martial Arts and American Violence Daniel Rosenberg, Ph.D.
- Fit to Print: Martial Arts as Covered in Major American Newspapers Ellen Levitt, M.A.
- Self-Transformation and the Martial Arts in the American Cultural Environment Frederick W. Lohse, III. Ed.M.
- Aggressive Discourse in the Martial Arts: An Ethnographic Snapshot Geoffrey Wingard, M.Ed.
- Virtual Enlightenment: The Martial Arts, Cyberspace, and American Culture John Donohue, Ph.D.

# **An Anthology of Chinese Martial Arts**

China can easily boast of its great martial traditions, which many would say is the richest in the world. There are a variety of styles from the north to the south that encompass an extensive repertoire of open-hand and weapon techniques. The ten chapters in this anthology illustrated this wide spectrum. We hope you will enjoy the material in this anthology, the personal stories of dedicated masters, and the rare photographs of their history and techniques.



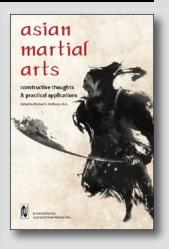
6"x9" paperback,149 pp 338 illus. \$16.95

- An Interview with Hou Faxiang Concerning Qigong Practice Mark Wiley, B.S.
- Han Qingtang and His Seizing Art Robert W. Smith, M.A.
- General Gao Fangxian and the Vitality of Northern Shaolin Boxing Robert W. Smith, M.A.
- Hung Gar's Ghost Leg Technique Allan Ondash
- An Interview with Kwong Wing Lam on Iron Palm Training Mark Jensen, B.S.
- Taiwan, Teachers, and Training: An Interview with Yang Jwingming Part I Michael A. DeMarco, M.A.
- Taiwan, Teachers, and Training: An Interview with Yang Jwingming Part II Michael A. DeMarco, M.A.
- Bridging Traditions Through Eclecticism: Stephan Berwick's Path to Classical Martial Arts Richard Florence, M.A.
- The Niulang Staff: A Cowhearding Stick as Weapon Donald W. Cheung, Ph.D.
- North Star: Head Butting as a Weapon in Chinese Martial Arts Jake Burroughs, B.A.

# Asian Martial Arts: Constructive Thoughts and Practical Applications

This book represents a special gathering of martial art scholars and practitioners who have come together in celebration of Via Media publishing the *Journal of Asian Martial Arts* for over twenty years.

6"x9" paperback, 200 pp, 325 illus. \$16.99



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## **Constructive Thoughts**

- Writing Sword: Twenty Years of Thought, Action, and Inspiration from the *Journal of Asian Martial Arts* John J. Donohue. Ph.D.
- Martial Arts History from One Era to the Next Stanley Henning, M.A.
- Fists and Phantoms: Martial Arts and Media James Grady, B.A.
- An Optimal Elixir: Blending Spiritual, Healing, and Combative Components Michael Maliszewski, Ph.D.
- Academic Research into Chinese Martial Arts: Problems and Perspectives Kai Filipiak, Ph.D.
- Nicks and Cuts: Continuing Endeavors in Japanese Budo Dave Lowry, B.A.
- The Ongoing Construction Linking Taekwondo Practice with Academic Research Willy Pieter, Ph.D.
- The Whole Shebang Concerning Southeast Asian Martial Arts Kirstin Pauka, Ph.D.

#### **Practical Applications**

- Classical Taekwondo
   Manuel Adroqué, M.A., J.D.
- laido and Judo
   Peter Boylan, M.A.
- Sinmoo Hapkido Sean Bradley, N.D., E.A.M.P.

## **Practical Applications (Cont.)**

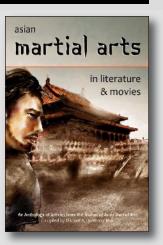
- Clinch Fighting, Chinese Style
  Jake Burroughs
- Wing Chun Joyotpaul Chaudhuri, Ph.D.
- Kuntao-Silat
   Philip H. J. Davies, Ph.D.
- Chen Taijiquan
   David Gaffney, B.A.
- Ryukyu Kenpo and Small Circle Jujitsu Will Higginbotham, B.A.
- Baguazhang Hong Tsehan
- Wei Kuen Do Adam James
- Small Circle Jujitsu Leon Jay
- Kodokan Judo Llyr Jones, Ph.D.
- Muso Shinden-ryu laido Deborah Klens-Bigman, Ph.D.
- Sambo Stephen Koepfer, M.A., L.M.T.
- Goju-ryu Karate
   Marvin Labbate
- Mixed Martial Arts
   Tim Lajcik, B.A.
- Zheng-Style Taijiquan Russ Mason, M.A.
- Ryukyu Kobudo Shinkokai Mario McKenna, M.Sc.
- Mantis Boxing Ilya Profatilov, M.A.
- Combat Systema Kevin Secours, B.Ed.
- Modern Arnis
   Ken Smith
- Jujutsu and Judo Nicklaus Suino, J.D.
- Niten Ichi-ryu and Shinto-ryu Kim Taylor, M.Sc.
- Ving Tsun Double Knives Jeff Webb
- Bajiquan Tony Yang
- Goshin Jutsu and Washin-ryu Linda Yiannakis, M.S.
- Taiji Spear Yun Zhang, M.A.



## **Asian Martial Arts in Literature & Movies**

Most learn about martial arts through movies and print publications, primarily fictional. Good fiction uses martial arts well, while poor writing skills can be plain boring! This anthology is a collection of fifteen articles that cover the richness and depth of Asian martial arts in both movies and literature. This book offers movie goers and readers a special view on these media.

6"x9" paperback, 209 pp, 113 illus. \$21.95



- Fist of Fantasy: Martial Arts and Prose Fiction James Grady, B.A.
- Celluloid Katas: Martial Arts in the Movies A Practitioner's Prejudices by James Grady, B.A.
- A Sort of Swordsman John J. Donohue, Ph.D.
- Wang Wu Notices the Commotion on Music Hall Street: An Excerpt from Tales of Chivalrous and Altruistic Heros Christopher Bates, M.A.
- Inside Interview with Curtis Wong: Extraordinary Contributions to Martial Arts Popularization Michael Maliszewski, Ph.D.
- Don Wilson: Kickboxing Champion and Film Star Shares His Perspectives Michael Maliszewski, Ph.D.
- Dianxue: A Genre-Specific Form of Attack in Martial Arts Fiction Olivia Mok, Ph.D.
- Film Producer Andre Morgan and the Evolution of Asian Martial Arts in Movies Michael Maliszewski, Ph.D.
- Heiho: A Tale of Strategy John J. Donohue, Ph.D.
- The Master: Chinese Boxing Accounts in an Envelope John F. Gilbey, M.A.
- Again! Practicing for Perfection John Richard DeRose
- Samurai Geometry: A Story of Values
   Peter Graebner, M.A.
- From the Tatami Mat to the Printed Page: Author Barry Eisler Keeps His Fiction Real Brian R. Sheridan, M.A.
- Arthur Rosenfeld: Martial Artist and Storyteller Thomas H. Bailey, Jr., L.M.P., A.P.
- Fighting Heroes: The Core Values of the Xia Tradition in Early China Albert Dalia, Ph.D.

# Asian Martial Arts, Monks, and Ways of Thought

Many know of the legends concerning the Shaolin Temple as the font of Asian martial arts. However, this was not the only temple with deep associations with combatives. This anthology dives deep into the historic significance of the relationship between temples, monks, and martial arts.

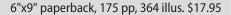
Asian
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Monks, and
Ways of
Thought

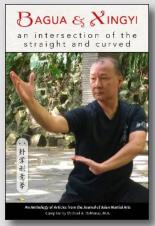
6"x9" paperback, 130 pp, 59 illus. \$14.95

- Bodhidharma: Meditating Monk, Martial Arts Master or Make-Believe?
   Michael Spiesbach, M.A., J.D.
- The Daoist Origins of the Chinese Martial Arts Charles Holcombe, Ph.D.
- Sohei: The Warrior Monks of Old Japan Jerry Shine
- Silat Kebatinan as an Expression of Mysticism and Martial Culture in Southeast Asia Mark V. Wiley
- Reflections on a Visit to the Shaolin Monastery Stanley E. Henning, M.A.
- Reviving the Daoist Roots of Internal Martial Arts
   Mark Hawthorne
- Asceticism and the Pursuit of Death by Warriors and Monks Ken Jeremiah, M.A.
- Psychology, Physical Disability & the Application of Buddhist Mindfulness to Martial Arts Programs Mark D. Kelland, Ph.D.

# Bagua & Xingyi: An Intersection of the Straight and Curved

This anthology presents baguaquan and xingyiquan, two styles that complement each other as yin does yang. Bagua is known for its circular movements and its practice of "circle walking." Xingyi embodies characteristic linear movements said to be derived from the logical strategies for using spear and staff.



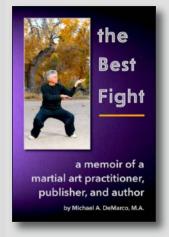


- Single Palm Change: Bagua's Core Movement Allen Pittman
- Yin Style Baguazhang: Hidden Treasure of Chinese Martial Arts James Smith, Ph.D.; Matt Bild, Trans.
- How Baguazhang Incorporates Theory from the Book of Changes Travis Joern, B.A.
- Baguazhang in the Hong Yixiang Tradition
   Hong Dzehan, with Christopher Bates and Robert Lin-i Yu
- Some Insights into Xingyiquan: Interview with Lo Dexiu
   Dietmar Stubenbaum and Marcus Brinkman
- American Boxing and Chinese Xingyi: A Comparison Robert Lin-yi Yu, M.A.
- Hong Yixiang and Five Fists Xingyi Boxing in Old Taipei Robert Lin-yi Yu, M.A.
- Insights From the Home of Xingyiquan Stanley E. Henning, M.A.
- Che Style Xingyiquan in Taiwan as Taught by Dr. Wu Chaoxiang Stanley E. Henning, M.A.
- One Source, Four Images: Fu Yonghui's Sixiang Boxing Shannon Phelps, M.A., M.Div.
- Internal Martial Arts of Taiwan: An Interview with Marcus Brinkman Kevin Craig, M.A.
- Throwing Techniques in the Internal Martial Arts: An Elucidation of the Guiding Principle of Sticking and Following Tim Cartmell. B.A.

# The Best Fight: a memoir of a martial art practitioner, publisher, & author

A needle may draw a thread through printed pages to bind a book. In this memoir, the author can be seen as a simile—a needle that drew a common thread though a segment of martial art history. This book details three interrelated activities: (1) martial art studies, (2) involvement as founder of Via Media Publishing, producing a quarterly journal and books, and (3) teaching martial arts.

6"x9" paperback, 140 pp, 65 illus. \$16.95



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#### II Yang and Chen Taijiguan: Universal Principles

Yang Qingyu's Compassionate Presence — Article: Xiong Yanghe's Taiji in Taiwan — Du Yuze's Chen Taiji — Article: A Brief Description of Chen Style Master Du Yuze

## III Via Media Publishing: Pursuing the Middle Way

Tilling the Field of Asian Martial Arts Study — Setting Goals for the *Journal of Asian Martial Arts* — Starting Via Media Publishing Company — Realities of Publishing the *Journal of Asian Martial Arts* — Publishing Pleasures — Finale

#### IV Journal of Asian Martial Arts: Contents & Comments

V Other Via Media Publications: Anthologies & Books

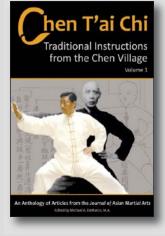
## VI Transferring a Martial Tradition

Teaching and Learning in Erie, PA — Teaching and Learning in Santa Fe, NM — Enter the Novice Student — The Winged Lion School of Tai Chi

Postscript, General Index, Author Index (published in the Journal of Asian Martial Arts)

# Chen T'ai Chi: Traditional Instructions from the Chen Village, Vol. 1

This two-volume anthology brings much of the rich heritage conveniently together for your reading. In this first volume, prepare yourself to sit at the feet of the main representatives of the Chen Village, including Chen Xiaowang, Chen Xiaoxing, and Wang Xi'an.



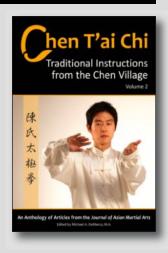
6"x9" paperback, 134 pp, 180 illus. \$18.95

- Chenjiagou: The History of the Taiji Village David Gaffney, B.A.
- Comments on Selections from Chen Xin's *Illustrated Explanations of Chen Taijiquan* Stephan Berwick, M.A.
- Mind-Body Connections in Chen Xin's *Illustrated Explanation of Chen-Style Taijiquan* Miriam O'Conner, M.A.
- Overlapping Steps: Traditional Training Methods in Chen Village Taijiquan David Gaffney, B.A.
- Taiji's Chen Village: Under the Influence of Chen Xiaoxing Stephan Berwick, M.A.
- Chen Xiaowang on Learning, Practicing and Teaching Chen Taiji, Stephan Berwick, M.A.
- Dripping Oil onto Parchment: Traditional Taijiquan Form Training in Chen Village David Gaffney, B.A.
- An Encounter with Chen Xiaowang: The Continuing Development of Chen-Style Taijiquan Dietmar Stubenbaum
- Going Beyond the Norm: An Interview with Chen Taiji Stylist Wang Xi'an Asr Cordes
- A Brief Description of Chen-Style Master Du Yuze Wong Jiaxiang; Michael DeMarco, M.A., translator

# Chen T'ai Chi: Traditional Instructions from the Chen Village, Vol. 2

This two-volume anthology brings much of the rich heritage conveniently together for your reading. The authors provide clear explanations outlining each step in the learning process toward mastering Chen-style tai chi. Chapters included here clarify what proper training entails and why much time and effort (*gongfu*) are necessary to gain results.

6"x9" paperback, 112 pp, 244 illus. \$18.95



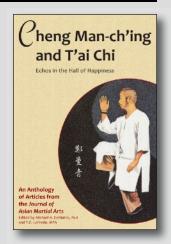


- The Nurturing Ways of Chen Taiji: An Interview with Yang Yang Michael A. DeMarco, M.A. & A. Edwin Matthews
- Internal Training: The Foundation for Chen Taiji's Fighting Skills and Health Promotion Adam Wallace
- An Introduction to Seizing Techniques in Chen Style Taijiquan Yaron Seidman, L.Ac.
- Dantian Rotation in Chen Taiji: Internal Energy Techniques and Their Relationship with the Body's Meridians Bosco Seung-Chul Baek, B.S.
- Tensegrity: Development of Dynamic Balance and Internal Power in Taijiquan Michael Rosario Graycar and Rachel Tomlinson, M.Ed.

# Cheng Man-ch'ing and Tai Chi: Echoes in the Hall of Happiness

An anthology devoted to Cheng Man-ch'ing (1902–1975)—also romanized as Zheng Manqing—who played a lead role in popularizing tai chi ch'uan throughout the world and greatly influencing the way the art is perceived and practiced. This fact alone should drive all those interested in tai chi to study the man's history and thought.

6"x9" paperback, 204 pp, 158 illus. \$21.95

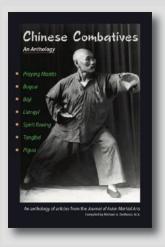


- In Search of a Unified Dao: Zheng Manqing's Life and Contribution to Taijiquan Barbara Davis. M.A.
- The Development of Zheng Manqing Taijiquan in Malaysia Nigel Sutton, M.A.
- Zheng Manqing and Taijiquan: A Clarification of Role Robert W. Smith, M.A.
- Remembering Zheng Manqing: Some Sketches from His Life Robert W. Smith, M.A.
- Chen Weiming, Zheng Manqing, and the Difference between Strength and Intrinsic Energy Robert W. Smith, M.A.
- Dalü and Some Tigers Robert W. Smith, M.A.
- Liu Xiheng: Memories of a Taiji Sage, Contributions
   Benjamin Lo, Xu Yizhong, Yuan Weiming, Xu Zhengmei, and Danny Emerick. Compiled Russ Mason, M.A.
- Conservator of the Taiji Classics: An Interview with Benjamin Pangjeng Lo Donald D. Davis, Ph.D. and Lawrence L. Mann
- Zheng Manqing: The Memorial Hall and Legacy of the Master of Five Excellences in Taiwan, Russ Mason. M.A.

# **Chinese Combatives: An Anthology**

This anthology brings together some of the lesser-known arts in one volume and some aspects of their theory, application, and historical place in society. By providing great detail on the styles presented—along with associations with other noted styles and masters—this special is an important reference for any interested in Chinese martial arts.

6"x9" paperback,194 pp, 447 illus. \$21.95



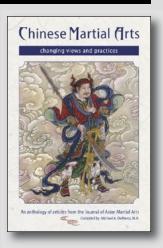


- The Unique Legacy of Wudang Master Fu Zhensong Shannon Phelps, M.A., M.Div.
- One Source, Four Images: Fu Yonghui's Sixiang Boxing Shannon Phelps, M.A., M.Div.
- A Hong Kong Southern Praying Mantis Cult Daniel M. Amos, Ph.D.
- Spirit Boxing in Hong Kong: Two Observers, Native and Foreign Daniel Amos, Ph.D., and Ma Kai Sun
- Bajiquan and Piguazhang Pt. I: Foundational Training Methods Robert Figler, Ph.D. and Tony Yang
- Bajiquan and Piguazhang Pt. II: Foundational Training Methods Robert Figler, Ph.D. and Tony Yang
- Fajing: Issuing Power as Practiced in Bajiquan and Northern Chinese Martial Systems Tony Yang, Andy Lianto, and Robert Figler, Ph.D.
- An Exposition on Northern China's White Ape Tongbei Boxing Systems Yun Zhang, M.A. and Strider Clark

# **Chinese Martial Arts: Changing Views and Practices**

This anthology is related to the theme of change. The authors are not writing solely about philosophic ideas such as yin-yang. The text shows how the views, needs, purposes and understandings of Chinese martial arts have changed over the centuries. Each author demonstrates how the actual practice of martial arts has changed in tandem with these fluctuating views.

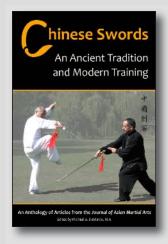
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# Chinese Swords: An Ancient Tradition and Modern Training

The Chinese double-edged straight sword, the "gentleman of weapons," is the focus of this book. If you are a serious practitioner of the Chinese sword and have an interest in its history and techniques, you'll enjoy each chapter included in this anthology. May it be a handy reference work for information as well as a source of inspiration for actual sword practice.



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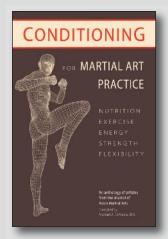


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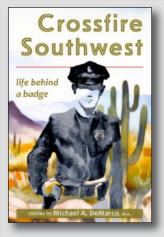


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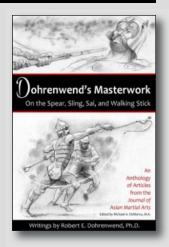
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# Draeger – Pioneering Leader in Asian Martial Tradition

Donn Draeger was the most influential martial artist/scholar of the 20th century. His more than twenty books and long list of accomplishments support this argument. For this reason, we are publishing this anthology of articles that focus on this outstanding person. Scholars of combative traditions and martial arts practitioners—especially those participating in the Japanese arts—will benefit greatly by reading this short anthology. Draeger's life is inspiring to both the scholar and practitioner.



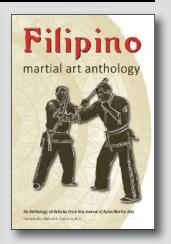
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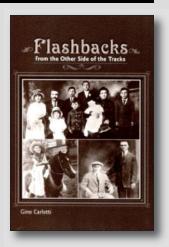


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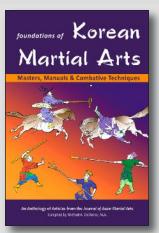
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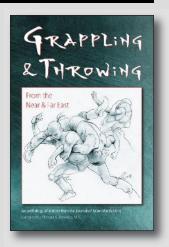
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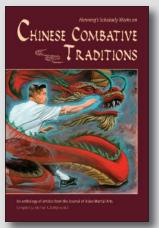


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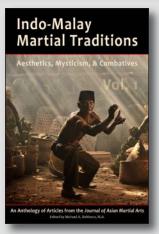




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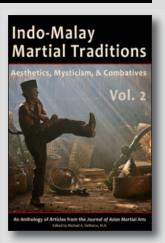


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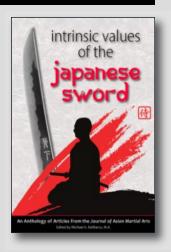


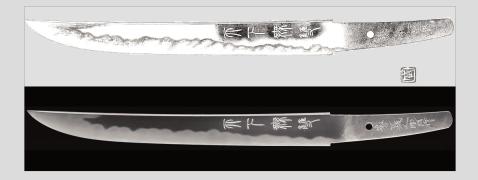
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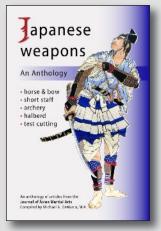


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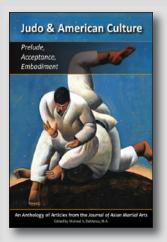


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# Judo & American Culture: Prelude, Acceptance, Embodiment

The origins of Asian martial arts in the United States reach back to the Pacific Rim and immigration. This anthology is dedicated to the profoundly significant period—roughly from mid-eighteenth century to the mid-nineteenth century—in which gifted Japanese taught their brand of jujutsu/judo to small groups that gradually disseminated knowledge of combatives into the American mainstream.

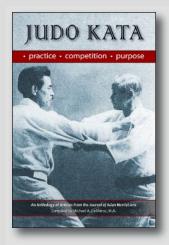
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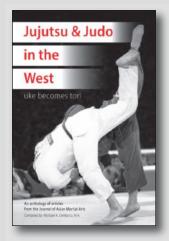


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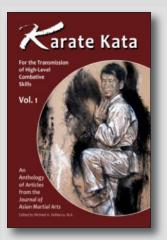
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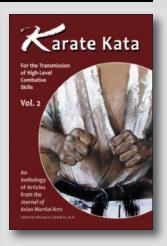


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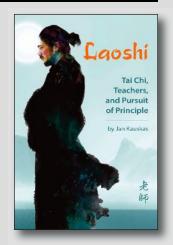




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- Nahate: The Old-School Okinawan Martial Art and Its Original Four-Kata Curriculum, Part II Mario McKenna, M.S.

## Laoshi: Tai Chi, Teachers, and Pursuit of Principle

A book about a tai chi student exploring the Dao of Zheng Manqing (Cheng Man-ch'ing) with the aid of his teacher, Laoshi. Through personal accounts, reflection, and dialogue with Laoshi, we witness the novice's evolution in his search for the spirit of the art, and the resulting bond forged with his instructor. Together, student and teacher examine the philosophical and martial aspects of tai chi. They demonstrate what it means to pursue principle, and they see the ease with which it can be lost to that trickster and provocateur, the ego.



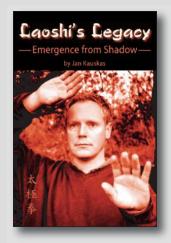
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- · Easy is Right
- · Attitude of Conserving the Qi
- · The Hornet Enters the Hive
- Embrace the Sword That Does Not Shine
- · The Greatness of the Oi
- Appendix

# Laoshi's Legacy: Emergence from Shadow

The present volume, *Laoshi's Legacy*, takes up where the previous account left off; the student moves beyond his pre-occupation with his own progress to explore the terrain occupied by the teacher. The Way of the teacher, we discover, not only offers insight and reward aplenty, but is every bit as confounding and, often, more treacherous than the path of the student. *Legacy* is a realistic portrayal of dilemmas faced while pursuing the Way of the teacher.



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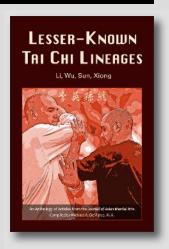
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- Emoting
- Attachment
- · Meeting the Buddha
- · Going Home
- Final Lesson
- Epilogue

# Lesser-Known Tai Chi Lineages: Li, Wu, Sun, Xiong

Anyone who has studied tai chi long enough to gain proficiency in the fundamental practices, probably has read enough to also grasp the general history and theory of the art. What we read influences our ideas about what the word "tai chi" represents as a practice. For this reason, it is beneficial to look outside the mainstream writings to gain a broader view of the rich tradition tai chi encompasses.

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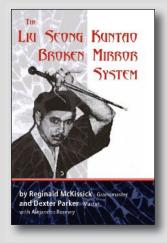




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- A Comprehensive Introduction to Sun Family Taiji Boxing Theory and Applications
  Jake Burroughs, B.A.
- Xiong Style Taiji in Taiwan: Historical Development and a Photographic Expose Featuring Master Lin Jianhong Michael A. DeMarco, M.A.

# The Liu Seong Kuntao Broken Mirror System

This book provides an overview of the martial art system derived from Willem Reeders (1917-1990) and his uncle Liu Seong. The hybrid system inherited much from Liu Seong since he was of Chinese royalty and received specialized training while living in China. In addition, Reeders had moved to Indonesia and studied a number of the indigenous silat arts



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## **Table of Contents**

Chapter 1: Background

History, Basic Concepts and Philosophy, Preservation versus Modernization,

Characteristics of Liu Seong Kuntao, Attitude and Mindset

Chapter 2: Stances and Footwork

Fundamental Concepts, Stances, Footwork, Training

Chapter 3: Hands and Arms

Blocking and Parrying, Closed-Hand Strikes, Open-Hand Strikes, Elbow Strikes, Training

Chapter 4: Legs and Knees

Kicks, Foot Sweeps, Defensive Countermeasures Against High Kicks, Training

Chapter 5: Flow Chapter 6: Forms

The Southern Set, The Leopard Set, The Low Tiger Set

Chapter 7: Qigong

Basic Relaxation Techniques

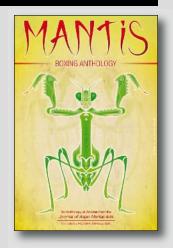
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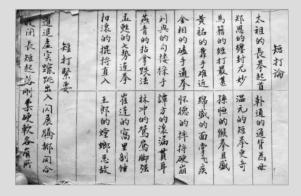
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# **Mantis Boxing Anthology**

A praying mantis insect faces any danger regardless of it's opponent's size and strength. If you've seen their parade of innate fearlessness, it is easy to see why they have inspired the creation of a Chinese martial art style. This anthology assembles the work of four highly qualified authors who present rare information about praying mantis boxing.

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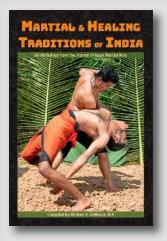




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# Martial and Healing Traditions of India

Four chapters in this anthology are by Dr. Phillip Zarrilli. His chapters focus on kalaripayattu and varma ati, and associated healing arts that encompass massage and herbal modalities. Dr. Sara Schneider shares her personal experience studying kalaripayattu. Khilton Nongmaithem and Dainis Jirgensons present Thang-Ta as practiced in the state of Manipur. Music and dance are natural companions with martial traditions. By looking at these art forms, Dr. Bandana Mukhopadhyay's chapter in this book brings out some essential elements that accompany the culture of warfare in India.



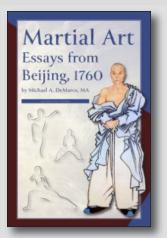
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- War and Worship: Evolution of Martial Music and Dance in India Bandana Mukhopadhyay, Ph.D.
- Learning India's Martial Art of Kalarippayattu:
   Unsettled Ecologies of Gender, Class, Culture, and Ethnicity Sara K. Schneider, Ph.D.
- Index

# Martial Art Essays from Beijing, 1760

The themes in this book—drawn from Chinese history, culture, and martial arts experience—are entwined in a fictional narrative to animate events envisaged to have occurred during the mid-eighteenth century. From the outset, a thin veil separates fact from fiction. Our story starts with a discovery.

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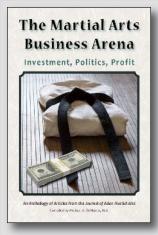


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- · Experiment, Test, Prove
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## The Martial Arts Business Arena: Investment, Politics, Profit

Reading this anthology will help martial art students better understand differences between traditional schools and those that focus solely on profit. Owners can deepen their business acumen and utilize information provided in these chapters to shape their schools' program. Of course many are influenced by martial art organizations that may be established on a local, national or international level. As an addition to your regular studies of martial art techniques and traditions, the information in this book can certainly broaden one's view of the martial arts as a business arena.



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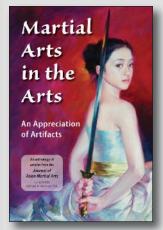
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The combative forms of movement meet all the criteria required to be called "arts". Additionally, items associated with martial art theory and practice can be shown in a variety media and appreciated as *objets d'art* in their own right. This anthology assists anyone interested in discovering the artistic representations of martial traditions. In doing so, we hope that readers of Via Media's books will be inspired to discover and appreciate the artifacts associated with the martial side of the world's cultural heritage.



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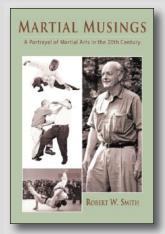
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- Teaching Aikido to Children with Autism Spectrum Disorders Josh Paul, M.A.

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# Martial Musings: A Portrayal of Martial Arts in the 20th Century

Known as a world's leading authority on Asian martial arts, Robert W. Smith has practiced, taught, and written on the Asian martial arts for more than fifty years. From his late teens he trained under eminent Western boxing and wrestling coaches and later immersed himself in judo and finally the Chinese martial arts under celebrated masters. He taught many students in the latter arts in the Washington D.C. area where he worked as an intelligence officer for the CIA.



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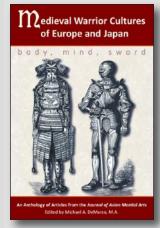
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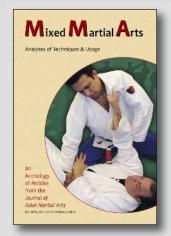


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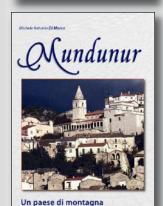
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# Mundunur: A Mountain Village Under the Spell of South Italy

Montenero Val Cocchiara is referred as Mundunur in the local dialect. It is a typical mountain village on the border of Italy's Abruzzo and Molise regions. Its people retain unique traditions and character traits because of its relative seclusion. As fully revealed in this book—its history was tinted by contacts with numerous powerful groups over many centuries. Since Naples was the political and cultural heartbeat of south Italy, it sewed threads that tie Montenero to a heritage common to all living in the sunny south. Anyone with roots in south Italy will certainly benefit from reading this book. Readers will see the village as a microcosm of the world, where the forces of history and culture forge the character of people.

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Michele Antonio DiMarco, w

Mundunur

A Mountain Village Under the Spell of South Italy

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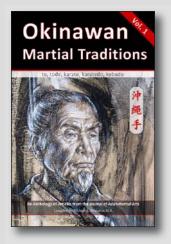
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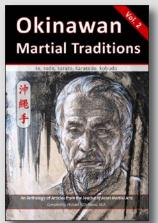
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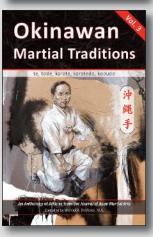
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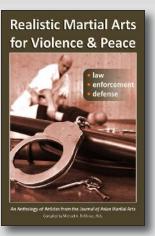




## Realistic Martial Arts for Violence and Peace

Criminals, police, military forces, and civilians practice martial arts which often utilize weapons. One major difference is weather or not the weapons are handled according to legal guidelines. This special anthology includes insightful writings that focus on aspects of martial arts as they are practiced and used by different people on both sides of the law.

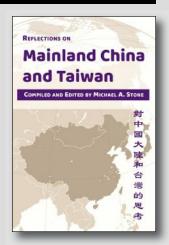
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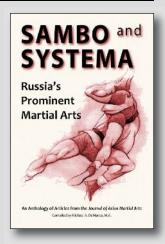


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- Appendix: A List of Professor Edwin Pakwah Leung's Publications
- Index

## Sambo and Systema: Russia's Prominent Martial Arts

Russia is rich in martial traditions deriving from a highly diverse population. Sambo—developed by the Soviet Red Army—became the most recognize martial art associated with Russia mainly because of its presence in international competitions. Another style to become recognized for its great practicality and encompassing training regimen is Systema. Originally created for Russian Special Operations Units, Systema's teaching gradually spread world-wide after the fall of the Soviet Union in 1991. This anthology contains writings about Systema and Sambo that present essential information for anyone interested in the history, theory, and practice of these combative systems.

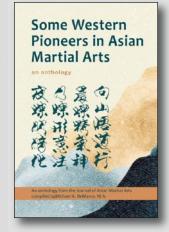


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- Offensive Rolling in Sambo Stephen Koepfer, M.A., L.M.T.

## Some Western Pioneers in Asian Martial Arts

"Pioneer" — as a noun is defined as "a person who is among the first to explore or settle a new country or area." As a verb, it means "develop or be the first to use or apply (a new method, area of knowledge, or activity)." This anthology gives the reader the experience of the explorers who went to foreign lands to discover and learn about a specific field of knowledge and skills: the Asian martial arts.

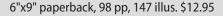


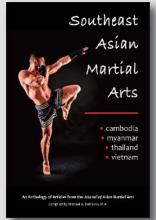
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## Southeast Asian Martial Arts: Cambodia, Myanmar, Thailand, Vietnam

What martial arts are associated with Thailand, Vietnam, Cambodia, and Myanmar (Burma)? What makes them unique when compared with other Asian martial systems? This anthology is a convenient collection that focuses on the martial arts of these areas, such as the familiar art of Muay Thai, and lesser-known arts of Than Quyen of Vietnam, Burmese bando, and Cambodian leth wei.



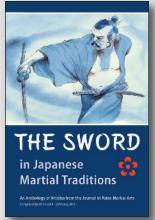


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## The Sword in Japanese Martial Traditions

If the Way of the warrior is the soul of Japan, their magnificent swords were the tools utilized to form the nation and forge their spirit. You'll find an abundance of information in this special anthology in support of this thesis. The chapters inspire further research and practice in the Japanese sword arts, and bring a greater appreciation for their unique place in world history and culture. A title of special interest to all budoka.



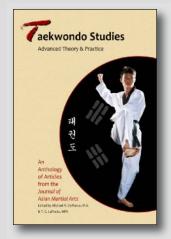


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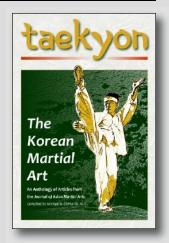


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When people discuss Korean martial arts, they rarely mention taekyon. There hasn't been much written about it. The chapters in this anthology give an excellent overview of taekyon as a system noted for it's dance-like qualities and combative style, especially for leg techniques. Taekyon stands unique as it represents most closely to a pure Korean martial tradition.

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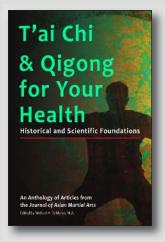


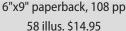


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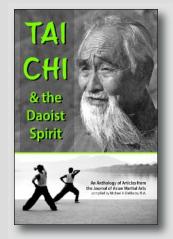




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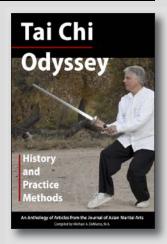
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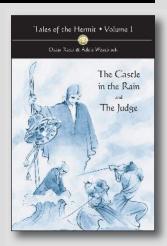
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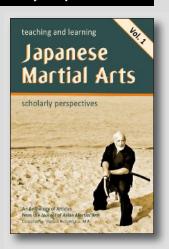
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Oscar Ratti and Adele Westbrook have a distinguished reputation as the authors of two books that have long been recognized as classic publications: Secrets of the Samurai, and Aikido and the Dynamic Sphere. Their combined insights, together with a highly developed aesthetic sense and far-ranging artistic ability, ensures that this new Series will also inform, captivate, and inspire readers.

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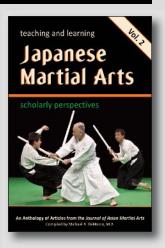


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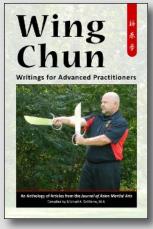
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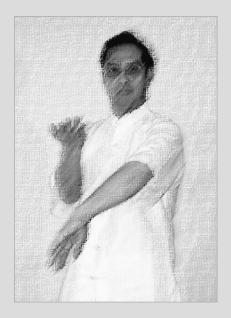
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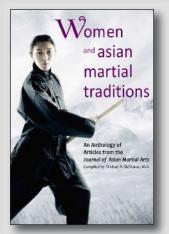
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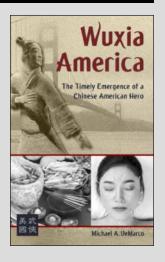
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