

# Books

## 1. Introduction

The following are some karate related books which you may find interesting.

## 2. Books to Buy

<b>Title</b>	<b>Author</b>	<b>Synopsis</b>
Dynamic Karate	Masatoshi Nakayama	Detailed explanations and photographs of all fundamental Shotokan techniques and how to apply them. Does not cover kata.
Shotokan Karate – It's history & evolution	Randall G Hassell	Covers the history of Shotokan from Okinawa to Japan and its subsequent dissemination internationally, but from an American perspective.
Moving Zen – Karate as a way to gentleness	CW Nicol	The memoirs of one of the first Westerners to train extensively at the JKA HQ in Tokyo during the 1960's.
Book of Five Rings Book of Five Rings	Miyamoto Musashi	The strategy and teachings of the legendary Japanese swordsman and warrior born in 1584.
The Heart of Karate-do	Shigeru Egami	Covers, basic technique, kumite and kata (very briefly). The techniques demonstrated and described relate more to Shotokai than Shotokan, but it is interesting to make comparisons.
The History of Karate – Okinawan	Morio Higaonna	Covers the history of Goju-ryu

Goju-ryu		karate on Okinawa and in Japan.
To-te Jitsu	Gichin Funakoshi	A translation of one of Funakoshi's first books, published in 1922. Most of the book is given over to the original 15 kata of Shotokan, but basic techniques and kumite are also briefly covered. In addition, there are sections on the history, goals and development of karate. Interesting to compare the techniques and attitudes of the 1920's with those of today.
Bubishi – The bible of karate	Patrick McCarthy	A translation and explanation of the classical Chinese martial arts manuscript known as the Bubishi. Also covers the history of karate from China, through Okinawa to Japan.
Karate-do – My way of life	Gichin Funakoshi	The autobiography of Gichin Funakoshi – considered to be the father of Shotokan karate.
Shotokan Karate – A precise history	Harry Cook	Covers the history of Shotokan from Okinawa to Japan and its subsequent dissemination internationally.
Karate – The art of empty hand fighting	Hidetaka Nishiyama / Richard C Brown	First published in 1960, this is one of the first books written in English on Shotokan. Provides detailed explanations and photographs of all the fundamental techniques. Also covers kumite and kata (but only heian yondan).
Karate-do Kyohan – The master text	Gichin Funakoshi	Most of this book is given over to the original 15 kata of Shotokan, but basic techniques and kumite are also covered. Note however that several of the techniques demonstrated are slightly different from JKA influenced Shotokan

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		and relate more to Shotokai karate.
Karate-do Nyumon – The master introductory text	Gichin Funakoshi	Demonstrates basic techniques and basic kumite. Note however that most of the techniques demonstrated are slightly different from JKA influenced Shotokan and relate more to Shotokai karate (but it is interesting to make a comparison). Also contains historical background and anecdotes.
Best Karate Vol 1 – Comprehensive	Masatoshi Nakayama	Demonstrates and explains the basic techniques, kumite and kata of Shotokan.
Best Karate Vol 2 – Fundamentals	Masatoshi Nakayama	Detailed descriptions and photographs of all the basic/fundamental Shotokan techniques.
Best Karate Vol 3 – Kumite 1	Masatoshi Nakayama	Descriptions and demonstrations of the favourite kumite techniques of some the top instructors from the JKA.
Best Karate Vol 4 – Kumite 2	Masatoshi Nakayama	More descriptions and demonstrations of the favourite kumite techniques of some the top practitioners from the JKA.
Best Karate Vol 5 – Heian, Tekki	Masatoshi Nakayama	Detailed descriptions and photographs of the moves (and some applications) of the kata in the title.
Best Karate Vol 6 – Bassai-dai, Kanku-dai	Masatoshi Nakayama	Detailed descriptions and photographs of the moves (and some applications) of the kata in the title.
Best Karate Vol 7 – Jitte, Hangetsu, Empi	Masatoshi Nakayama	Detailed descriptions and photographs of the moves (and

		some applications) of the kata in the title.
Best Karate Vol 8 – Gankaku, Jion	Masatoshi Nakayama	Detailed descriptions and photographs of the moves (and some applications) of the kata in the title.
Best Karate Vol 9 – Bassai-sho, Kanku-sho, Chinte	Masatoshi Nakayama	Detailed descriptions and photographs of the moves (and some applications) of the kata in the title.
Best Karate Vol 10 – Unsu, Sochin, Nijushiho	Masatoshi Nakayama	Detailed descriptions and photographs of the moves (and some applications) of the kata in the title.
Best Karate Vol 11 – Gojushiho-dai, Gojushiho-sho, Meikyo	Masatoshi Nakayama	Detailed descriptions and photographs of the moves (and some applications) of the kata in the title.

### 3. Books to Borrow from DCU Library

Title	Author
Basic karate katas	John Smith
Karate-do nyumon : the master introductory text	Gichin Funakoshi
Conversations with karate masters	Clive Layton
How to train with weights for success in karate	Bernard Beverley
Beginning Karate	Tonny Tulleners
Karate	Karl Oldgate
Dynamic karate : instruction by the master	Masatoshi Nakayama

## *Books*

Shotokan karate : 10th kyu to 6th kyu	Keinosuke Enoeda
Shotokan karate : 5th kyu to black belt	Keinosuke Enoeda
Karate kata : applications	Aidan Trimble
Best Karate / M. Nakayama	Masatoshi Nakayama