



Recommended Reading

Occasionally I am asked if there are good books related to the subjects we teach at **AiShinKai**. I believe strongly in the value of independent research, so I have culled my library for a beginner's bibliography - organized by subject - for AiShinKai members to use as a starting point. The volumes suggested are mostly in print or readily available as used books as of 3/3/2009. Let me know if you would like more leads. - Dr. Jonathan Bannister, *Kaicho*

Aikido in General

- Homma, Gaku*, *Aikido for Life*. North Atlantic Books, Berkeley, CA, 1990.
O'Connor, Greg, *The Aikido Student Handbook*. Frog Ltd, Berkeley, CA, 1993.
Reynosa, L. & J. Billingiere, *A Beginner's Guide to Aikido*. R & B Publishing, Ventura, CA, 1989.
Stevens, John, *The Philosophy of Aikido*. Kodansha International: New York, 2001.
Sunadomari, Kanshu, trans. by Dennis Clark, *Enlightenment Through Aikido*. North Atlantic Books, Berkeley, CA, 2004
Tohei, Koichi, *Ki in Daily Life*. Ki no Kenkyukai, Tokyo, 1993.
Ueshiba, Morihei, *Budo: Teachings of the Founder of Aikido*. Kodansha International: New York, 1991.
Westbrook, A. & O. Ratti, *Aikido and the Dynamic Sphere: An Illustrated Introduction*. Charles E. Tuttle Co., Rutland, Vermont, 1994.

Aikido for Children

- Devens, Richard*, *Martial Arts for Kids*. Weatherhill, New York, 1997.
Friedl, Michael, *Ah ... To Be A Kid: Three Dozen Aikido Games for Children of All Ages*. Gandee Printing Center, Medford, OR, 1994.
Homma, Gaku, *Children and the Martial Arts*. North Atlantic Books, Berkeley, CA, 1993.
Santoro, Laura & Jennifer Corso, *Aikido for Kids*. Sterling Publishing Co, Ltd., New York, 1999.

Iaido: Japanese Swordsmanship

- All Japan Kendo Federation*, *Zen Nihon Kendo Renmei Iai: English Version Manual*. All Japan Kendo Federation, 2004.
Yamatsuta, Shigeyoshi, *Iaido Hongi: Muso Shinden Ryu*. Airyudo, Japan, 2004.
Warner, Gordon and Donn F. Draeger, *Japanese Swordsmanship: Technique and Practice*. Weatherhill, New York, 1984.

Dojo Culture

- Berry, Rick*, *Stepping Off the Mat*. Infinity Publishing Co., West Conshohocken, PA, 2004.
Homma, Gaku, *Aikido Sketch Diary: Dojo 365 Days*. Frog Ltd., Berkeley, CA, 1994.
Lowry, Dave, *In the Dojo: A Guide to the Rituals and Etiquette of the Japanese Martial Arts*. Weatherhill, Boston, 2006.
Lowry, Dave, *Moving Towards Stillness: Lessons in Daily Life from the Martial Arts of Japan*. Tuttle Publishing, Boston, 2000.

Japanese Swords

- Kapp, Leon and Hiroko, Yoshindo Yoshihara*, *The Craft of the Japanese Sword*. Kodansha International, New York, 1990.
Kawachi, Kunihira and Masao Manabe, trans. by Stephen Comee, *The Art of the Japanese Sword*. Ribun Shuppan Co., Ltd., Tokyo, 2004.

Aikido: A Gentle Art of Defense • **Iaido: Japanese Swordsmanship**
Shodo: Brush Calligraphy • **Ikebana: Flower Arranging** • **Bonsai: Tree Potting**



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Japanese Martial Arts & Culture
www.aishinkai.com

Japanese Swords *continued*

Mol, Serge, Classical Weaponry of Japan: Special Weapons and Tactics of the Martial Arts. Kodansha International, Tokyo, 2003.

Sato, Kanzan, The Japanese Sword. Japanese Arts Library, Kodansha International and Shibundo, New York, 1983.

Warner, Gordon and Donn F. Draeger, Japanese Swordsmanship: Technique and Practice. Weatherhill, New York, 1984.

Other Japanese Martial Arts

All Japan Kendo Federation, Nippon Kendo Kata: Instruction Manual. All Japan Kendo Federation, Tokyo, 2002.

Budden, Paul, Looking at a Far Mountain: A Study of Kendo Kata. Ward Lock, London, 1992.

Caffary, Brian, The Judo Handbook: From Beginner to Black Belt. Gallery Books, New York, 1989.

Draeger, Donn, Classical Bujutsu, Vol. 1. Weatherhill, New York, 1983.

Draeger, Donn, Classical Budo, Vol. 2. Weatherhill, New York, 1990.

Draeger, Donn, Modern Bujutsu & Budo, Vol. 3. Weatherhill, New York, 1996.

Krieger, Pascal, Iodo: The Way of the Stick. Sedirep, Boulogne, France, 1989.

Onuma, Hideharu with Dan and Jackie DeProspero, Kyudo: The Essence and Practice of Japanese Archery. Kodansha, New York, 1993.

Sasamori, Junzo & Gordon Warner, This is Kendo: The Art of Japanese Fencing. Tuttle Publishing, Boston, 2000.

Bonsai: Tree Potting

Gustafsen, Herb L., The Bonsai Workshop. Sterling Publishing Co., Inc., New York, 1996.

Shodo: Brush Calligraphy

Kuiseko, Ryokushu, Brush Writing: Calligraphy Techniques for Beginners. Kodansha, New York, 1988.

Chado: The Way of Tea

Sen, Soshitsu, Chado: The Japanese Way of Tea. Weatherhill/Tankosha, New York, 1994.

Ikebana: Flower Arranging

Sato, Shozo, The Art of Arranging Flowers: A Complete Guide to Japanese Ikebana. Harry N. Abrams, Inc., New York, 1965.

Budo: Martial Ways & Strategy

Cleary, Thomas, Code of the Samurai: A Modern Translation of the Bushido Shoshinshu of Taira Shigesuke. Tuttle Publishing, Boston, 1999.

Furuya, Kensho, Kodo Ancient Ways: Lessons in the Spiritual Life of the Warrior/Martial Artist. Ohara Publications, Inc., Santa Clarita, CA, 1996.

Kaufman, Stephen F., The Art of Way: The Definitive Interpretation of Sun Tzu's Classic Book of Strategy for the Martial Artist. Tuttle Publishing, Boston, 2001.

Kaufman, Stephen F., The Martial Artist's Book of Five Rings: The Definitive Interpretation of Miyamoto Musashi's Classic Book of Strategy. Charles E. Tuttle Co., Boston, 1994.

Sato, Hiroaki, The Sword and the Mind. The Overlook Press, New York, 2004.

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Budo: Martial Ways & Strategy *continued*

- Stevens, John, Budo Secrets: Teachings of the Martial Arts Masters. Shambhala, Boston, 2001.
- Stevens, John, The Sword of No-Sword: Life of the Master Warrior Teshu. Shambhala, Boston, 1994.
- Sugawara, Makuto, ed. by Burritt Sabin, Lives of Master Swordsmen. The East Publications, Inc., Tokyo, 1988.
- Yagyu, Munenori, trans. by William Scott Wilson, The Life-Giving Sword: Secret Teachings from the House of the Shogun. Kodansha International, Tokyo, 2003.
- Yamamoto, Tsunetomo, trans. by William Scott Wilson, Hagakure: The Book of the Samurai. Kodansha International, Tokyo, 1987.

Conflict Resolution

- Cornelius, Helena and Shoshana Faire, Everyone Can Win: How to Resolve Conflict. Simon & Schuster, Australia, 1990.
- Crum, Thomas, The Magic of Conflict. Simon & Schuster, 1987.
- Crum, Thomas, Judith Warner, Christine Steerman, The New Conflict Cookbook: A Parent/Teacher Guide for Helping Young People Deal with Anger and Conflict. Aiki Works, Inc., 2000.

Zen Buddhism (as related to martial arts)

- Aitken, Robert, Zen Master Raven: Saying and Doings of a Wise Bird. Tuttle Publishing, Boston, 2002.
- Deshimaru, Taisen, trans. by Nancy Amphoux, The Zen Way to the Martial Arts: A Japanese Master Reveals the Secrets of the Samurai. E.P. Dutton, Inc., New York, 1982.
- Hanh, Thich Nhat, trans. by Mobi Quynh Hoa, The Miracle of Being Awake. Buddhist Publication Society, Kandy, Sri Lanka, 1980.
- Reps, Paul, compilation, Zen Flesh, Zen Bones: A Collection of Zen and Pre-Zen Writings. Charles E. Tuttle Co., Rutland, Vermont, 1990.
- Richie, Donald, Zen Inklings: Some Stories, Fables Parables, Sermons, and Prints With Notes and Commentaries. Weatherhill, New York, 1982.
- Soho, Takuan, trans by William Scott Wilson, The Unfettered Mind: Writings of the Zen Master to the Sword Master. Kodansha International, Tokyo, 1986.
- Suzuki, Shunryu, Zen Mind, Beginner's Mind: Informal Talks on Zen Meditation and Practice. Weatherhill, New York, 1986.

Japanese Culture & History

- Ekiguchi, Kunio and Ruth S. McCreery, Japanese Crafts and Customs: A Season Approach. Kodansha International, New York, 1992.
- Kure, Mitsuo, Samurai: An Illustrated History. Tuttle Publishing, New York, 2002.
- Ozawa, Hiroyuki, Spectacle and Spirit: The Great Festivals of Japan. Kodansha, New York, 1999.
- Tomasevic, Nebojsa Bato, trans. by Alexandra Campbell, Japan. Flint River Publishers, Inc., New York, 1986.

Japan Travel

- Dodd, Jan and Simon Richmond, The Rough Guide to Tokyo. Rough Guides Ltd., London, 2001.

Budo Dictionaries

- All Japan Kendo Renmei, Japanese-English Dictionary of Kendo. Zen Nihon Kendo Renmei, Tokyo, 2000.
- Lovret, F.J., Budo Jiten. Taseki Publishing Co., San Diego, CA, 1988.

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