Martial Arts, Wrestling and Boxing Titles W/BB
Fall 2014
**The Path of the Ninja**
Martin Faulks

**Summary**
The memoir of a puny boy in a rural town who grew up to become a Ninja Grand Master

By turns thrilling, funny, and spiritually enlightening, this story is a real-life Kick-Ass. Martin Faulks grew up in a Norfolk village, England. Returning from the rec center with a friend one day, they were attacked by a gang of older boys. Martin ran away leaving his friend to be beaten up, but he vowed that would never happen again. He trained in the martial arts, and in his teens he began to hear intriguing rumors of two local ninjas said to have been in the special forces and to have trained in Japan. They proved highly elusive, but one day Martin was watching a stage magician in a club, and realized that the man on the stage was one of the guys he had been looking for. So began a series of initiations that would take him eventually to being trained by the Dalai Lama’s bodyguard and living with the Yamabushi, the most secretive of the ninja sects, located in the mountains of Japan.

**Author Bio**
**Martin Faulks** is a martial arts champion with a black belt in Japanese Ninjutsu "Bujinkan Budo Taijutsu" and the Korean martial art, Kuk Sool Won. He is proficient in such spiritual disciplines as Tai Chi, Qi Gong, and the legendary form of Yi Jin Jing. His previous works include *Gateways to Health: Secrets of Rejuvenation* and *The Zen Diet Revolution*.

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**Warrior Origins**
The Historical and Legendary Links Between the Bodhidharma’s, Shaolin Kung-Fu, Karate and Ninjutsu
Hutan Ashrafian

**Summary**
Essential reading for martial arts practitioners and students of Buddhism

This book considers the universal question posed by both martial artists and practitioners of eastern religions regarding the origins of each style or school. It delineates the ancestries of the most famous and popular martial arts worldwide and identifies the legends and the known historical facts regarding the roots of the mainstream arts of Shaolin Kung-Fu, Karate, and Ninjutsu. By doing so it addresses the history of the famous Bodhidharma as the legendary father of Shaolin Kung-Fu and Zen Buddhism. It offers critical analysis of significant historical dates in the three disciplines and links these to modern martial arts practice and culture. The book also reveals facts on the lives of some of the most prominent and famed individuals of these arts from the modern era including Bruce Lee (Kung Fu) and Fujita Seiko (Ninjutsu).

**Author Bio**
**Hutan Ashrafian** is a doctor, scientist, historian, and martial artist. He has three decades of experience in Karate and holds a 5th Dan Black Belt in the style of Goju-Ryu Karate and Dan grades and instructorships in several other systems. A winner of two karate world championship titles, he is also a practicing surgeon.
Iga and Koka Ninja Skills
The Secret Shinobi Scrolls of Chikamatsu Shigenori
Antony Cummins, Yoshie Minami

Summary
The secret manuals of the oral tradition of the Iga and Koka Ninja, feared and respected across Japan for centuries-now in paperback

Through patient and scholarly detective work, Antony Cummins and the Historical Ninjutsu Research Team have unearthed a Shinobi treasure. The 18th-century military historian Chikamatsu recorded the oral traditions of the Ninja and passed on those skills in lectures he gave at his Renpeido school of war in Owari domain during the early 1700s. Chikamatsu wrote specifically about the Shinobi of Iga and Koka, regions from which warriors were hired all over the land in the days of war. The lost scrolls are filled with unknown Shinobi teachings, skills that include infiltration, assassination, explosives, magic, and commando tactics, including an in depth commentary on Sun Tzu's famous 13th chapter, "The Use of Spies."

Author Bio
Antony Cummins is the author of Conversations with an Assassin, The Illustrated Guide to Viking Martial Arts, To Stand on a Stone, and True Path of the Ninja. He is a martial arts teacher and a specialist on the ninjutsu manuals of Japan, and has released several DVDs as well as working as a host in the documentary The Ninja: Shadow Warriors. Yoshie Minami translated the Shoninki by Natori Masazumi, also in collaboration with Antony Cummins.

Bruce Lee
The Evolution of a Martial Artist
Tommy Gong

Summary
Tracing Bruce Lee's path from wing chun student to jeet kune do founder, this biography chronicles Lee's physical journey-from Hong Kong to Seattle to Oakland to Los Angeles and back again to Hong Kong-as well as his voyage of self-discovery and actualization. The book draws on numerous conversations with Bruce Lee's childhood classmates, former students, and family friends, offering a unique insight into the life of the legendary martial artist. It also offers a wealth of rare and unique photos, letters, and personal writings courtesy of Lee's wife, Linda Lee Cadwell, and his daughter Shannon. As they learn about his progression in martial arts techniques and training methods, readers will also discover how Bruce Lee's personal philosophy of continuously adapting to the changing conditions of the moment can be applied to life.

Author Bio
Tommy Gong is a martial arts instructor with more than 30 years of experience studying and practicing jeet kune do. His instructor, Ted Wong, was among only a few individuals who were certified in jeet kune do by Bruce Lee. Gong is a founding board member of the Jun Fan Jeet Kune Do Nucleus/Bruce Lee Educational Foundation. He lives in Atascadero, California.
The Complete Ninja Collection
Stephen K Hayes

Summary
Expanded and collected for the first time in a single volume, the six ninja books by this legendary ninjutsu master offer a comprehensive guide to this misunderstood martial art. Beginners will be introduced to the building blocks of ninjutsu: the basic postures, the natural elements that correspond with fighting techniques, the sorts of weapons utilized, and the "scheme of totality." More advanced practitioners will benefit from descriptions of such principles as enlightened consciousness, the goton-po theory of escape and invisibility, and the union of body and weapon. Meditation exercises are included to strengthen the consciousness and decrease reaction time. Expanding upon his original writings, and interwoven with the wisdom and insight garnered from four decades of martial arts training, the author addresses misconceptions associated with ninjutsu and shares the story of his path to becoming an internationally recognized warrior and martial arts educator.

Author Bio
Stephen K. Hayes is the author of 18 books that translate the timeless knowledge of the East into pragmatic lessons for contemporary Western life. As spiritual head of the Kasumi-An Dojo, he continues to offer instruction in both the meditation and martial arts traditions of Japan. He lives in Dayton, Ohio.

Full-Contact Karate
Advanced Sparring Techniques and Hard-Core Physical Conditioning
Kenji Yamaki

Summary
Explaining and demonstrating 60 techniques and conditioning drills in hard core sparring, this two-DVD set will enable karate students to succeed in their own sparring training while developing physical endurance and flexibility. A complete range of techniques are included in the tutorials, including blocks and counters, double attacks, double kicks, drills for kicking and dodging, feinting, front-kick combinations, and roundhouse kick drills. All of the expert demonstrations are performed by Kenji Yamaki, a powerhouse in the art of kyokushin karate. Originally recorded in Yamaki's native Japanese, this dual-language edition features an English voiceover.

Author Bio
Kenji Yamaki has won 83 karate championships and teaches kyokushin karate at his Yamaki Karate dojo. He lives in Torrance, California.
Modern Army Combatives
Battle-Proven Techniques and Training Methods
Matt Larsen

Summary
In Battlefield situations where soldiers are forced to fight enemies in close contact, superior hand-to-hand combat skills can mean the difference not only between victory and defeat, but also between life and death. This authoritative manual addresses close-combat fundamentals from their history to their current role in modern warfare, and illustrates basic techniques and training methods with detailed photo sequences.

Author Bio
Matt Larsen, a career Army Ranger who is best known as a hand-to-hand combat expert and the father of the U.S. Army's Modern Army Combatives Program, served in the U.S. Marine Corps and the 75th Ranger Regiment during the course of a 22-year career in the military. Larsen founded the United States Army Combatives School and served as both its commandant and the Director of the Army Combatives program for more than a decade. While there he wrote both the 2002 and 2009 editions of FM 3-25.150 (Combatives).

Since leaving the Army, Larsen has worked as a private security contractor throughout the Middle East and Africa; trained US Marine Corps personal security detachments (PSD) for deployment to Iraq; designed a Combatives systems for the Canadian Special Operations Regiment; and, consulted on the design of Combatives training systems for the US Air Force, the British Royal Marines and the British Infantry.

Aiki-Jujutsu
Mixed Martial Art of the Samurai
Cary Nemeroff

Summary
Using step-by-step photography and text, the author, a 10th Dan, demonstrates how to perform the throws, hand strikes, grappling/groundwork maneuvers, blocks, break-falls, kicks, and sword-disarming techniques of the complete Aiki-Jujutsu system, including Kempo-Jutsu, Aiki-Jutsu, and Ju-Jutsu. He also provides a concise history of the concepts and systems surrounding Aiki-Jujutsu's development, such as Budo and Bujutsu, enabling the practitioner to gain a more comprehensive understanding of the art. This book will appeal to anyone interested mixed martial arts or the traditional Asian martial arts, and those who seek to learn more about the techniques, philosophy, and history of the fighting arts of the Samurai.

Author Bio
Cary Nemeroff is the founder of Fukasa-Ryu Bujutsu Kai, a member organization of the International Okinawan Martial Arts Union. A teacher of Japanese and Okinawan martial arts, he holds a 10th Degree Black Belt in Aiki-Jujutsu (Jujutsu) as well as many other Master-level gradings, with 35 years of training to his credit. His programs are taught throughout New York City and the New York metropolitan area.
In Search of the Ninja
The Historical Truth of Ninjutsu
Antony Cummins

Summary
Now available in paperback, the first book to describe the reality of ninja history

Lost in modern myth, false history, and general misinterpretation, the ninja has been misrepresented for many years, but recently, a desire for a more historical view of the ninja has become a popular theme in the history/martial arts community. Providing a rare, accurate view of the ninja, this book is based upon the Historical Ninjutsu Research Team's translations of the major ninja manuals and consists of genuinely new material. Little historical research has been done on the ninja of Japan. Here for the first time the connection of the famous Hattori family warriors with the ninja is explained, the samurai versus ninja myth is dispelled, and the realities of ninja skills are analyzed. Such questions are answered as "How did a ninja work underwater when mining castle walls?" and "How can a bird be used to set fire to the enemy's camp?" The book explores newly discovered connections to ancient Chinese manuals, lost skills, and the hidden Zen philosophy that the ninja followed.

Author Bio
Antony Cummins is the author of Conversations with an Assassin, The Illustrated Guide to Viking Martial Arts, To Stand on a Stone, and True Path of the Ninja. He is a martial arts teacher and a specialist on the ninjutsu manuals of Japan, and has released several DVDs as well as working as a host in the documentary The Ninja: Shadow Warriors.

The Fundamentals of Judo
Ray Stevens, Edward Semple

Summary
Identifies the essential techniques that define judo as a fighting art and looks at how students should practice and develop these key skills

The core techniques of judo are analyzed here in depth, and through step-by-step photography, for the benefit of both beginner and experienced judo players. The analysis of each technique reflects Ray Stevens' detailed technical knowledge and experience as a judo player. The book also discusses how judo originated and evolved, the effect judo has had on the martial arts world, how a judo club is structured and how students of different abilities can train and practice together, and how to get started and get the most from training.

Author Bio
Ray Stevens is a 6th dan in judo and a black belt in Brazilian jiu-jitsu. His competitive record for judo includes an Olympic Silver medal, a European Silver medal, two Commonwealth Gold medals, and three British Open titles, and a host of other titles and championships. Edward Semple is a black belt in both judo and Brazilian jiu-jitsu. He is the author of Brazilian Jiu-Jitsu.
**Wing Chun Kung Fu**  
*Weapons Training*  
Sifu Shaun Rawcliffe

**Summary**  
A thorough guide to the weapons forms, aimed at advanced Wing Chun students and instructors.

Weapons training focuses on core elements of power usage and precision, improving stance, structure, and strength. Mastering control of the weapons focuses on the need for total body control and absolute accuracy of movement. This guide covers the principles of the forms for Baat Cham Dao (the eight slashing or chopping knives form) and Luk Dim Boon Kwan (six and a half point pole). It gives clear, concise explanations of the shape, structure, and movements of the weapons forms, and applications where appropriate. Each section of the forms is illustrated in detail with step-by-step photographs. This guide also provides an essential training checklist to each key technique within the forms and examines the benefits of training in the weapons forms.

**Author Bio**  
*Sifu Shaun Rawcliffe* is the author of *Simply Wing Chun Kung Fu* and *Wing Chun Kung Fu: The Wooden Dummy*.

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**Uncaged**  
*My Life as a Champion MMA Fighter*  
Frank Shamrock, Charles Fleming, Mickey Rourke

**Summary**  
Before Frank Shamrock became known professionally as "The Legend"-winning almost every mixed martial arts title in existence-he endured a childhood marred with abuse, neglect, and molestation that led to an equally troubled young adulthood. This riveting book tells his whole story: his neglect as a child by his hippie mother and absentee father, his salvation under the foster father who took him in when no one else would, his desperate act of armed robbery and subsequent incarceration in state prison, and his eventual rebirth as a cage fighter who would go on to dominate the entire sport for the next two decades. Detailing his fights inside and outside of the ring, it discusses the people and events that enabled him to become a champion as well as his problems with the Ultimate Fighting Championship and the reasons behind his retirement. With eye-opening depictions of the world of mixed martial arts fighters and refreshing candor, this thrilling story of sex, violence, crime, and redemption reveals the numerous pitfalls a famous fighter encountered in his life and how he successfully...

**Author Bio**  
*Frank Shamrock* was the undefeated mixed martial arts (MMA) champion for 10 years and is the only person to win a title in all three major North American fight promotions (UFC, WEC, and Strikeforce). He has worked as an NBC sports announcer, is an owner of fight venues, and created his own line of MMA training gyms. He is the author of *Mixed Martial Arts for Dummies*. He lives in Los Angeles. *Charles Fleming* is a writer, an adjunct faculty member of the University of Southern California, and a reporter whose writing has been published in such publications as *Entertainment Weekly*, *Newsweek*, and *Vanity Fair*. He is the coauthor of several books, including *The Goomba Book of Love*, *The Goomba Diet, A Goomba's Guide to Life*, *My Lobotomy*, and *Three Weeks in October*. He lives in Los Angeles. *Mickey Rourke* is an actor, a screenwriter, and a retired boxer. He has acted in such films as *Angel Heart*, *Iron Man 2*, and *Sin City*, and he won a Golden Globe Award in 2009 for his lead role in *The Wrestler*. He lives in New York City.
Taekwon-Do Patterns
From 1st to 7th Degree Black Belt
Master Jim Hogan, James Home

Summary
A companion volume to Taekwon-Do Patterns: From Beginner to Black Belt—together the books describe and analyze all 24 taekwon-do patterns. For the first time, all 15 patterns, or tul, of the Korean martial art of taekwon-do that are taught within the black belt syllabus of the International Taekwon-Do Federation are presented in a single volume. This landmark book shows every single move of each pattern executed by an internationally renowned taekwon-do exponent and instructor. Each movement is clearly illustrated with a full-length photograph accompanied by a detailed commentary, a diagram showing the position of the move within the pattern, an overall description of the pattern, and the Korean translation for every single technique, making an invaluable resource for all senior students and coaches.

Author Bio
Master Jim Hogan is an internationally renowned taekwon-do instructor and former European Champion in sparring. He has more than two decades of teaching experience; has trained numerous UK, European, and World Champions, and holds the rank of 7th degree black belt. James Home is a senior student and assistant instructor of Master Jim Hogan, and a 4th degree black belt. They are the coauthors of Effective Taekwon-Do Sparring and Taekwon-Do Patterns: From Beginner to Black Belt.

Kickboxing Training Drills
Justyn Billingham

Summary
Continual improvement of technique is a crucial part of a kickboxing fighter’s success. Good technique will turn a run-of-the-mill kick or punch into an effective attack against an opponent. Kickboxing Training Drills breaks down the key elements of kickboxing moves, and provides a reference guide that will allow fighters to examine and refine each element of their attack. It will help instructors and coaches hone a fighter’s technical training to enable the student to perform to the best of their ability. The book helps to improve specific kickboxing attack and defense skills such as power, speed, timing, and precision; and concentrates on a fighter’s finesse, stamina, and flexibility in order to better performance. Drills in each chapter are explained through step by step photography and text. Tables of timings and repetitions are provided for exercises for all levels of fitness, while useful tips and checklists for the exercises will help avoid injury and maximize drill effectiveness. The book looks at both solo-training drills and partner-training drills.

Author Bio
Justyn Billingham started training in taekwon-do at the age of 14. While studying that art, he also took up karate and kickboxing to further advance his training and knowledge of the martial arts. Over a period of 25 years, he has achieved several dan grades, including a fourth dan in kickboxing, and is currently a monthly columnist for Martial Arts Illustrated magazine. He is the author of Kickboxing - From Beginner to Black Belt and Kickboxing Sparring.
**Modern Wing Chun Kung Fu**  
*The Art of Practical Combat and Self-Defense*  
Eric Oram

**Summary**
Using a three-part perspective on the traditional art, this guide illustrates how wing chun kung fu is still deadly and effective in the context of modern combat. The first part addresses fundamentals such as the history, life benefits, concepts, principles, and basic training—including footwork, kicks, arm movements, and reflexes—that characterize the art. Bridging the gap between wing chun and other fighting styles, the second portion explains how a wing chun artist is able to exploit the vulnerabilities in defensive and offensive systems such as kickboxing, grappling, and karate. The third and final section discusses how this particular brand of kung fu is highly effective in street combat—both empty-handed and with weapons—as well as against single and multiple opponents.

**Author Bio**
Eric Oram is one of the world’s leading authorities on wing chun kung fu, having taught the art for more than 25 years to law enforcement, professional athletes, celebrities, and the general public. He is one of the most senior disciples of Bruce Lee’s primary teacher, Grandmaster William Cheung. He supervised fight choreography on the motion pictures *Iron Man*, *Iron Man 2*, and *Sherlock Holmes* and has written for or been featured in *American Health and Fitness*, *Black Belt Magazine*, *Inside Kung Fu Magazine*, the *Los Angeles Times*, *Men’s Journal*, *Sports Illustrated*, and *Vanity Fair*. He also appeared on the *Oprah Winfrey Show* alongside student Robert Downey Jr. He lives in Santa Monica, California.

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**Tao of Jeet Kune Do**  
*New Expanded Edition*  
Bruce Lee

**Summary**
Compiled from Bruce Lee’s notes and essays and originally published in 1975, this iconic volume is one of the seminal martial arts guides of its time. The science and philosophy behind the fighting system Lee pioneered himself—jeet kune do—is explained in detail, depicted through hundreds of Lee’s own illustrations. With the collaboration of Lee’s daughter, Shannon, and Bruce Lee Enterprises, this new edition is expanded, updated, and remastered, covering topics such as Zen and enlightenment, kicking, striking, grappling, and footwork. Featuring an introduction by Linda Lee, this is essential reading for any practitioner, offering a brief glimpse into the mind of one of the world’s greatest martial artists.

**Author Bio**
Bruce Lee was an iconic figure in martial arts who pioneered the concept of jeet kune do from his physical training, personal research, and formal education in philosophy at the University of Washington–Seattle. He acted in several motion pictures, including *The Big Boss*, *Enter the Dragon*, *Fists of Fury*, and *Way of the Dragon*. He is the author of *Bruce Lee: Wisdom for the Way*, *Chinese Gung Fu: The Philosophical Art of Self-Defense*, and the Fighting Method series.
The Grappler's Handbook Vol. 2
Tactics for Defense: Mixed Martial Arts, Brazilian Jiu-Jitsu and Submission Fighting
Jean Jacques Machado, Jay Zeballos

Summary
Advocating for an integrated, nonpartisan approach to the art of grappling, this handbook focuses completely on the fundamental defensive concepts and principles of mixed martial arts, Brazilian jiu-jitsu, and submission fighting. Submission techniques are demonstrated in complementary positions-including mount, guard, side control, and back control—but learning how to avoid them is highlighted as an equally valuable skill. Penned by a world renowned martial artist, this guide is ideal for grapplers from any background or skill level.

Author Bio
Jean Jacques Machado is one of the five brothers of the world renowned Brazilian jiu-jitsu family. He is the author of Brazilian Jiu-Jitsu Black Belt and Championship Techniques and he has appeared in the motion pictures Force of the Spirit and Redbelt. He lives in Los Angeles. Jay Zeballos is a black belt under Jean Jacques Machado and is active as a competitor, teacher, and student. He is a cofounder of Lo9on, Inc., a website design company that developed and manages the Jean Jacques Global Online Training Program. He lives in Quartz Hill, California. They are the coauthors of The Grappler's Handbook: Gi and No-Gi Techniques.

Fighting Words
In-Depth Interviews with the Biggest Names in Mixed Martial Arts
Mike Straka

Summary
Mike Straka, host of HDNet's Fighting Words, sits down with the men who have shaped one of the fastest-growing sports on the planet in his new book. Through some of the most comprehensive and entertaining interviews ever recorded with MMA's biggest names, Straka paints a full picture of this incredibly unique and highly entertaining sport. Inside readers will find interviews with many of the giants of MMA, including Chuck Liddell, Randy Couture, Cain Velasquez, Frankie Edgar, Dana White, Renzo Gracie, Ken and Frank Shamrock, Bas Rutten, and Jon Jones.

Author Bio
Mike Straka is the senior vice president of media and entertainment at Authentic Brands Group. He is also the host of TapouT News on www.TapouT.com and Fighting Words with Mike Straka on HDNet.
**MMA Mastery: Strike Combinations**
Mark Hatmaker

**Summary**
Covering the essential tactic and art of striking in a series of blows, this guide illustrates how today's best mixed martial arts fighters have discovered the devastating effect of "punches in bunches," or strike combinations—a mix that includes fists, kicks, elbows, and knees. The importance of striking in multiples of three is emphasized with an explanation of how to stage strikes in order to maximize load and release, counterstriking, creating angles, and straight striking. Also included is the tactical role of footwork, how to merge defensive and offensive moves, and overcoming the various challenges posed by range. Avoiding a common blend of different styles, this reference takes the most efficient combinations culled from elite competition and presents them in stair-stepped drill sets, enabling fighters to utilize the same striking approaches advocated by the best coaches and competitors in the business.

**Author Bio**
Mark Hatmaker is the author of *Boxing Mastery*, the MMA Mastery series, the No Holds Barred Fighting series, and *No Second Chance*. He has produced more than 40 instructional videos, and he has extensive experience in the combat arts, including boxing, wrestling, jiu jitsu, and Muay Thai. A highly regarded coach of professional and amateur fighters, law enforcement officials, and security personnel, he is also the founder of Extreme Self Protection, a research body that compiles, analyzes, and teaches the most effective Western combat methods known. He lives in Knoxville, Tennessee.

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**MMA Training Manual Volume II**
Tips and Techniques to Improve Your Performance
Tapout Magazine

**Summary**
Providing a careful selection of the very best lessons from *Tapout* magazine, this book features moves and techniques from a wide spectrum of mixed martial arts in brilliant and easy-to-understand detail. Hall of Fame UFC fighters, Jiu Jitsu champions, and champions from Russia and the Philippines are all among the fighters featured in the lessons. For those interested in learning about all the sport has to offer and learning from the very best in the sport, *MMA Training Manual Volume II* is an absolute must addition to any collection of mixed martial arts learning tools.

**Author Bio**
MMA Worldwide is an association for mixed martial arts enthusiasts that provides information and entertainment through its magazines, website, TV show, and road tour. They are based in Cypress, California.
No Holds Barred
The Complete History of Mixed Martial Arts in America
Clyde Gentry

Summary
Called the bible for MMA, No Holds Barred is the definitive American history of MMA and its rapid rise in the sports and entertainment world. Armed with a recorder and a press pass to the Ultimate Fighting Championship, author Clyde Gentry III set out to tell the story of MMA in the late 1990s when the sport was barely treading water due to the political backlash that threatened to relegate the sport to smoky bars and venues typically reserved for tough-man competitions and low-level professional wrestling matches. Instead, MMA has become a billion-dollar business and has changed martial arts forever. This book takes readers from the controversial event that spawned it all in 1993 to the breakout reality show The Ultimate Fighter and beyond. An unprecedented 125 interviews, along with boxes of rare documents and notes collected over 10 years, serve as the backbone for the ultimate tome on the ultimate sport. The phrase no holds barred may be a misnomer for MMA, but it aptly describes the true, compelling story of how the sport evolved in America. This is the most definitive, in-depth...

Author Bio
Clyde Gentry III has spent more than 10 years in the mixed martial arts field. After publishing the first edition of No Holds Barred in 2001, he became editor in chief of Ultimate Athlete, the first feature magazine on the sport. Over the years Gentry has worked behind the scenes in fight promotion, and regularly contributes to both TapouT and MMA Worldwide magazines. He lives in Dallas, Texas.

Jujitsu
Basic Techniques of the Gentle Art
George Kirby

Summary
Expanding upon its early version, this is the definitive reference for jujitsu practitioners and instructors around the world. Additional techniques and theoretical concepts are included, as well as updates to testing and belt rank requirements, nerve and pressure point body charts, and historical commentary. Showcasing the traditional style and featuring detailed pictures of technical sequences, this is an authoritative look at the gentle Japanese martial art.

Author Bio
George Kirby is a jujitsu pioneer and an internationally recognized martial arts instructor. He holds a 10th-degree black belt in jujitsu and has been teaching the art for more than 40 years. He is the author of Advanced Jujitsu, Jujitsu Figure-4 Locks, and Jujitsu Nerve Techniques. He lives in Santa Clarita, California.
The Ultimate Guide to Martial Arts Movies of the 1970s
500+ Films Loaded with Action, Weapons & Warriors
Craig D. Reid

Summary
Dynamic and entertaining, this movie guide brings depth to the martial arts films of the 1970s, with more than 2,000 titles from 14 countries broken down into lively reviews, detailed discussions, and meticulous references. With an engaging introduction to kung-fu cinema, this examination then launches into a collection of more than 500 martial arts reviews that include the movie name, time, and place of theatrical release, director name, list of principal actors, fight instructors, and interesting tidbits about the film. Each entry also includes statistics such as the number and length of training and fight sequences. Complete indexes are also featured, listing actors and movies by their English variations as well as countries of origin. Both a fun read and an accurate resource, this handbook is a must-have for movie fans and martial artists alike.

Author Bio
Dr. Craig D. Reid has been a martial arts practitioner for more than 30 years. He has acted and performed stunts in Chinese kung-fu movies and on TV in Taiwan. He is a former fight choreographer in Hollywood and has written for Black Belt Magazine, Film Quarterly, Hollywood Reporter, and www.kungfumagazine.com. He lives in San Diego.

Training for Competition: Judo
Coaching, Strategy and the Science for Success
Hayward Nishioka

Summary
Offering new challengers and longtime defenders a fresh perspective on how to condition oneself mentally and physically for judo competition, this extensive handbook combines four perspectives: the science of the art, competitive strategy, coaching tactics, and practical training. A clear and focused coaching plan is presented, providing competitors with the most efficient tools to prepare for matches. Featuring chapters on cardiovascular preparedness and resistance training, this in-depth guide also covers step-by-step instructions for improving technique, how to maintain ideal body weight, tips for avoiding injury, and risk management. With detailed photographic sequences, easy-to-read captions, and prominent illustrations, it is applicable for both beginning and advanced judo practitioners and coaches.

Author Bio
Hayward Nishioka is the author of Judo Heart and Soul and The Judo Textbook. He is a professor of physical education and health at Los Angeles City College. He is a level "A" coach, an international referee, and a former member of the USA World Team, having received a gold medal at the 1967 Pan American Games and been named a three-time national champion. He lives in Los Angeles.
Mixed Martial Arts Lessons
Books, Triumph

Summary
A collection of mixed martial arts articles and lessons from Tapout magazine, this book contains full-color fighting tips and techniques by the biggest names in the sport. So valuable and effective are these lessons that MMA instructors from across the world use them to teach the sport.

Author Bio
Tapout magazine is a preeminent, bimonthly publication in the wildly popular and fast-growing sport of mixed martial arts.

Brock Lesnar
The Making of a Hard-Core Legend
Joel Rippel

Summary
From his early days of growing up in South Dakota and wrestling in North Dakota and Minnesota as a collegian to his WWE days and current UFC dominance, this biography of Brock Lesnar present a revealing portrait of the man both in and out of the Octagon. Fans will read of his whole life story with details on how he became the youngest WWE champion ever at the age of 25, why he did not like being a professional wrestler, details behind his collegiate wrestling career, his short stint as a Minnesota Viking, the role growing up on a dairy farm played in his success, and his unprecedented comeback from the illness that threatened his career. His former and current coaches, opponents, training partners, and friends share their thoughts and experiences about this multidimensional athlete who has taken the UFC world by storm. Fans will not want to be without this book.

Author Bio
Joel Rippel, who has worked for newspapers— including the Minneapolis Star Tribune and the Orange County Register—for nearly 30 years, is the author of four books on Minnesota sports history. He lives in Minneapolis.
The Complete Michael D. Echanis Collection
Special Tactics for Knife and Stick Combat
Michael D. Echanis

Summary
This thorough collection delivers powerful, reality-based self-defense methods from one of the world's best-known weapons experts. Combining the books Knife Fighting, Knife Throwing for Combat; Basic Stick Fighting for Combat; and Knife Self-Defense for Combat in one volume for the first time, this complete edition teaches aspiring martial artists dozens of knife-attack and counterattack techniques, psychological and physical visualization methods of unconventional paramilitary warfare, the use of the stick as a weapon of survival, and more than 30 separate methods for disarming and controlling a knife attacker.

Author Bio
Michael D. Echanis was a United States Army Special Forces and 75th Ranger Battalion enlisted soldier, a hand-to-hand combat instructor for the Army Special Forces and the Navy Seals, and the martial arts editor of Soldier of Fortune magazine from 1974 to 1976. Echanis studied under Joo Bang Lee, the supreme grandmaster of Hwa Rang Do, and specialized in Un Shin Bup, the Korean counterpart to ninjutsu.

The Martial Arts/Kettlebell Connection
Strength-Building Exercises for Superior Results
John Spezzano

Summary
Giving martial artists specific methods for improving their combative training, this exercise manual delivers high-detail instruction on foundational, essential, and advanced conditioning through the use of the kettlebell along with hybrid training that combines such exercises with footwork, striking, grappling, and weaponry techniques. Since every martial art requires strength, endurance, and flexibility—and all three attributes are developed through included exercises—it is an ideal addition to any martial artist’s library. Specific tips on the appropriately determined mindset for training, proper nutrition, hydration, and recovery methods for optimal performance are also included.

Author Bio
John Spezzano is a martial arts practitioner and instructor with nearly 30 years of experience. He has an extensive background in Filipino Martial Arts, Jeet Kune Do, Maphilindo Silat, Wing Chun, Muay Thai, Boxe Francaise Savate, and Satria Fighting Arts. He teaches a weekly kettlebell class and runs the Muay Thai program for Hollywood Brazilian Jiu Jitsu. He lives in Los Angeles.
**Stay in the Fight**  
_A Martial Athlete’s Guide to Preventing and Overcoming Injury_  
Danny Dring, Johnny D. Taylor

**Summary**
Teaching martial arts practitioners how to maintain and extend their athletic career in a healthy, proactive, and positive way, this engaging guide provides a comprehensive blueprint for health and healing. Divided into five distinct sections, all essential concepts regarding a fighter’s well-being are covered. From the probability of injury and the important dos and don’ts to the value of knowing one’s strengths and weaknesses, this overview also explores a holistic approach, reviewing the concept of recovery—bridging the gap between physical therapy and athletic training. Illustrating how to maintain a positive mental attitude, this survey demonstrates how a martial artist’s inspiration and perseverance are key to overcoming obstacles. This manual also addresses the issues of martial career shift, when a practitioner cannot return to training due to severe injuries or natural aging. Each chapter contains a companion “fightsheet,” which together comprise a customized and well-rounded plan for optimized recovery.

**Author Bio**
Danny Dring is a master level martial artist holding the rank of 7th degree black belt in Taekwondo, Weeping Style Jujutsu, and the Bill Wallace Superfoot Fighting Systems. He has won six international gold medals, is a four-time national circuit champion for the United States Taekwondo Federation, and has fought on ESPN’s PKA series. He is a certified defensive tactics and pistol instructor and has served as a reserve deputy for the Pulaski County Sheriff’s office. He lives in Little Rock, Arkansas.

Johnny D. Taylor is a Christian minister who has been involved in martial arts for seven years, holding a second-degree black belt in Taekwondo. He teaches fundamental martial arts and fitness and is a contributing writer for _Black Belt_ magazine. He lives near Texas City, Texas.

**MMA Mastery: Ground and Pound**  
Mark Hatmaker

**Summary**
Offering cohesion and clarification for what is currently a loose collection of strategies, this reference delves into the “ground and pound” fighting method—winning a fight by striking an opponent after a takedown. Demonstrating through fight metrics how just as many matches are won by strikes as submissions, this manual addresses the importance of proper “grounding” and lists an array of riding, pinning, and transitioning skills. Following the first element up by introducing an exhaustive “pounding” vocabulary, this guide is key to making stand-up strikers all the more formidable on the floor. Guaranteed to improve the game of even the best submission players, this handbook ensures tighter defense and enhanced offensive tactics, offering a one-stop solution for this vital but often overlooked aspect of the mixed martial arts arena.

**Author Bio**
Mark Hatmaker is a highly regarded coach of professional and amateur fighters, law enforcement officials, and security personnel. He is the founder of Extreme Self Protection (ESP), a research body that compiles, analyzes, and teaches the most effective Western combat methods known. He is the author of the No Holds Barred Fighting series, which includes _More No Holds Barred Fighting, No Second Chance: A Reality-Based Guide to Self-Defense, The Ultimate Guide to Conditioning and Boxing Mastery, and The Ultimate Guide to Submission Wrestling_. He lives in Knoxville, Tennessee.
**Warrior Odyssey**  
The Travels of a Martial Artist in Asia  
Antonio Graceffo

**Summary**  
Following the author's landmark decision to quit his job on Wall Street and become a martial arts student, this chronicle captures one man's ongoing adventure across the Far East. Beginning in Taiwan, this autobiography documents how the protagonist learned the Chinese language, kung fu, and t'ae soo, then journeyed on to the Shaolin Temple in mainland China. His next trek found him studying at the last Muay Thai temple in Thailand. Reflecting on a decade of travel, this recollection illustrates a perpetual quest as the author continues to voyage and practice both familiar and obscure fighting styles. Tracing his expeditions through 10 countries altogether, the odyssey also ventures through Hong Kong, Cambodia, Korea, the Philippines, Vietnam, Laos, and Burma.

**Author Bio**  
**Antonio Graceffo** is a former employee in New York City's financial sector. He is now a traveling language and martial arts student in Asia. He is the author of *The Monk from Brooklyn* and *Rediscovering the Khmers* and is the host of the web television show, *Martial Arts Odyssey*.

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**Eskrima**  
Filipino Martial Art  
Krishna Godhania

**Summary**  
The history, evolution, and essential principles and concepts of the Filipino martial art Eskrima, also known as Arnis or Kali, is the indigenous martial art of the Philippine Islands and this fascinating book explains why Eskrima uses training weapons, such as rattan sticks and daggers, from the earliest stages, alongside unarmed techniques. Dynamic and flexible, with a wide range of training methods, the technique can be practiced by students of all ages and levels of fitness. Well-known and respected as a highly practical weapons-based system, Eskrima is practiced worldwide by civilians, law enforcement personnel, and special units within the military. These training methods have been found particularly effective at increasing coordination and reflexes, providing a fast track to developing the qualities needed for practical self-defense. The instructional section of the book illustrates how the Eskrima martial artist is able to succeed in a wide range of combat situations involving fighting with both weapons and open hands. Techniques, two person flow drills, self-defense applic...

**Author Bio**  
**Krishna Godhania** is an experienced martial artist who has spent the past 18 years studying Eskrima in the Philippines. He is the Eskrima technical editor and columnist for *Martial Arts Illustrated* magazine and he heads the Institute of Filipino Martial Arts.
**MMA Mastery: Flow Chain Drilling and Integrated O/D Training**

**Mark Hatmaker**

**Summary**

Emphasizing the "mix" in mixed martial arts, this manual addresses the inherent problems in combining different fighting styles. Pioneering a unique drilling matrix that allows the fighter to dissolve the distinctions between separate arts, this guide allows practitioners to effortlessly blend the different disciplines into one seamless whole. Covering both offensive and defensive aspects, this training handbook is the definitive reference for executing optimal flow-chain drills.

**Author Bio**

**Mark Hatmaker** is a highly regarded coach of professional and amateur fighters, law enforcement officials, and security personnel. He is the founder of Extreme Self Protection (ESP), a research body that compiles, analyzes, and teaches the most effective Western combat methods known. He is the author of the No Holds Barred Fighting series, which includes *More No Holds Barred Fighting, No Second Chance: A Reality-Based Guide to Self-Defense, The Ultimate Guide to Conditioning and Boxing Mastery,* and *The Ultimate Guide to Submission Wrestling.* He lives in Knoxville, Tennessee.

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**Effective Taekwon-Do Sparring**

**Master Jim Hogan, James Home**

**Summary**

Written specifically for club-level martial artists, this guide bridges the gap between the wider Taekwon-Do syllabus and the particular demands of sparring. The fundamentals of stance, movement, and defense are analyzed in detail and significantly adapted for the sparring arena while core attacking techniques are reviewed and, if necessary, modified in order to improve their effectiveness in typical sparring scenarios. Additionally, basic elements of sparring strategy such as assessing opponents, creating openings, effective combinations, and counter-attacks are examined.

**Author Bio**

**Master Jim Hogan** is an internationally renowned Taekwon-Do instructor and a former European Champion in sparring. He holds the rank of 7th-degree black belt. **James Home**, a 4th-degree black belt in Taekwon-Do, is a senior student and assistant instructor of Master Jim Hogan.
Chinatown Jeet Kune Do, Volume 2
Training Methods of Bruce Lee's Martial Art
Tim Tackett

Summary
Revealing the secrets behind Bruce Lee's legendary martial arts system, this reference is the ideal guide to gaining technical proficiency in Jeet Kune Do. Focusing on drills for balance, timing, range, precision, and speed, this new volume combines its expertise with the fundamentals of its predecessor—basic stances, footwork, kicking, countering, and hand trapping—enhancing these original exercises with an accessible, step-by-step approach. Strikingly illustrated with a myriad of detailed photographs, this is an ideal companion for any martial arts enthusiast.

Author Bio
Tim Tackett is an experienced Jeet Kune Do practitioner and instructor. He teaches the famous Wednesday Night Group, which includes former students of Bruce Lee himself. He is the author of Hsing-I Kung-Fu, Jeet Kune Do, and Jeet Kune Do Kickboxing. He lives in Redlands, California.

MMA Unscripted
Behind the Scenes of America's Hottest Sport
Books, Triumph

Summary
In MMA Unscripted: Behind the Scenes of America's Hottest Sport, the authors, editors, and writers for MMA Worldwide delve deep into the dramatic, awe-inspiring underpinnings of the mixed martial arts universe. The result is a revealing portrait of what happens once the cage empties and the lights darken. Within these pages, the MMA Worldwide crew has canvassed the entire sport to uncover the best stories and most-telling anecdotes about MMA personalities and events. Visit the training camps of some of the best fighters in the world, including Erik Paulson's Catch Submission Wrestling, Wanderlei Silva's home gym in Las Vegas, and Cung Le's facilities in San Jose. Get a rare personal look at some of the most intriguing personalities in the MMA World, including UFC cage announcer Bruce Buffer, former light heavyweight champion Forrest Griffin, and Tapout magazine founder Chris "Mask" Lewis. Enjoy behind-the-scenes peeks at some of the best fight promotions in the country. This is the best way to get exclusive access to the best on- and off-camera moments of the sport.

Author Bio
MMA Worldwide is an association for mixed martial arts enthusiasts that provides information and entertainment through its magazines, website, TV show, and road tour. They are based in Cypress, California.
The Grappler's Handbook Vol.1
Gi and No-Gi Techniques: Mixed Martial Arts, Brazilian Jiu-Jitsu, Submission Fighting
Jean Jacques Machado, Jay Zeballos

Summary
Providing a clear demonstration of all its techniques, this guide presents an integrated, nonpartisan approach to grappling with and without a gi. Highlighting gi and no-gi techniques from major positions found in mixed-martial arts, Brazilian jiu-jitsu and submission fighting, this handbook builds an accessible foundation that grapplers of any background can utilize. The book features detailed photo sequences that illustrate how to do techniques from positions like the mount, guard, side control and back control effectively both with and without a gi.

Author Bio
Jean Jacques Machado is one of the five brothers of the world renowned Brazilian Jiu-Jitsu family. He is the author of Brazilian Jiu-Jitsu Black Belt and Championship Techniques. He has appeared in the motion pictures Force of the Spirit and Redbelt. Jay Zeballos is a black belt under Jean Jacques Machado and is active as a competitor, teacher, and student. He is a cofounder of Lo9on, Inc., a website design company that developed and manages the Jean Jacques Global Online Training Program. They both live in Los Angeles.

Instant Health
The Shaolin Qigong Workout For Longevity
Shifu Yan Lei

Summary
For the past 1500 years, the Qigong workout for longevity has been secretly passed from generation to generation at the Shaolin Temple of Zen in Henan Province, China. Now, for the first time, a 34th-generation fighting disciple from the temple shows how to optimize energy, alleviate stress, boost the immune system, and achieve optimum health. The complete workout is shown with easy-to-follow instructions and images, covering everything from stretches and stances to the Instant Health self-massage. This comprehensive guide provides detailed advice on adapting Shaolin Qigong to suit any life stage, and includes training tips, Zen wisdom, and a personalized mind-body workout created especially for the busy Western lifestyle.

Author Bio
Shifu Yan Lei is a 34th-generation fighting disciple from the Shaolin Temple in Henan Province, China. He teaches thousands of students through his Shaolin Warrior DVD series and is among the most respected and renowned teachers of authentic Shaolin Qigong.
Combat Hapkido
The Martial Art for the Modern Warrior
John Pellegrini

Summary
This guidebook brings the classical art of hapkido into the modern world. Providing real-life tactical know-how, this manual discusses the evolution of hapkido into a modern art for self-defense as well as the key principles behind the contemporary system. Focusing on empty-hand techniques, this thorough reference illustrates effective defenses against strikes, kicks, grabs, chokes, knives and guns. By offering classical concepts in a contemporary way, this resource demonstrates why hapkido is effective for practitioners of all skill levels-including military and law enforcement personnel-for self-defense.

Author Bio
John Pellegrini is one of the world's leading authorities on hand-to-hand combat. He has trained in the arts of aikido, judo, karate, taekwondo, hapkido, jeet kune do, special forces hand-to-hand combat training, and counterintelligence self-defense. He is the founder of the art of combat hapkido, which is now taught at more than 250 schools in a dozen countries. He is the first American to be promoted to ninth-degree black belt by the World Ki-Do Federation and has been named Black Belt magazine's Instructor of the Year. He lives in Phoenix, Arizona.

Bruce Lee - Wisdom for the Way
Bruce Lee

Summary
From the greatest modern martial artist of all time, this book is a compilation of proverbs coined by Bruce Lee himself. Touching on martial arts, the universe and life in general, this collection defines the concepts behind both a warrior and a martial artist. Ideal for fans and philosophers alike, this compendium is an attractive, elegant and compact guide to the insight of a legend.

Author Bio
Bruce Lee was an iconic figure in martial arts who pioneered the concept of jeet kune do from his physical training, personal research, and formal education in philosophy at the University of Washington-Seattle. He acted in several motion pictures, including The Big Boss, Enter the Dragon, Fists of Fury, and Way of the Dragon. He is the author of Tao of Jeet Kune Do.
The First Mixed Martial Art
Pankration from Myths to Modern Times
Jim Arvanitis

Summary
Detailing the evolution of the Hellenic combat arts, this handbook chronicles the history behind the art of pankration. Beginning with the myths and traditions behind the art's development, this examination also touches on pankration's modern methodology and techniques, fully explained in illustrative photographs and easy-to-follow captions. Revealing and informative, this exploration is a must-have for mixed martial arts and pankration practitioners as well as Ultimate Fighting Championship fans.

Author Bio
Jim Arvanitis is a worldwide pankration instructor. He is the author of Game of the Gods and Pankration. He has received myriad awards and has been honored by numerous organizations, including the World Martial Arts Alliance. He lives in Florida.

No Holds Barred Fighting: The Book of Essential Submissions
101 Tap Outs!
Mark Hatmaker

Summary
Chock-full of go-to finishing holds and tap-outs, this action-filled guide illustrates how to skillfully perform these essential fighting moves. More than 100 high-percentage submissions are detailed using sequenced action photographs to help strengthen the wrestling vocabulary of Mixed Martial Arts athletes. Whether used during competition or on the street, these submissions will allow both novice and seasoned no-holds-barred fighters to hold their own.

Author Bio
Mark Hatmaker is the bestselling author of seven books in the No Holds Barred Fighting series, including More No Holds Barred Fighting, The Ultimate Guide to Conditioning and Boxing Mastery, and The Ultimate Guide to Submission Wrestling. He is the founder of Extreme Self Protection, a research group dedicated to Western combat methods. He lives in Knoxville, Tennessee.
21st Century Warriors
Fighting Secrets of Mixed-Martial Arts Champions
Jason William McNeil

Summary
Filled with interviews from mixed-martial arts (MMA) masters, this tell-all shares the keys behind their training and success. Each chapter begins with a personal introduction before breaking down MMA by technique, exercise regime, diet, and other points of interest. Interviewees include MMA champions Matt Serra, Renzo Gracie, Gokor Chivichyan, Gene LeBell, Renato Magno, Randy Couture, and Gina Carano.

Author Bio
Jason William McNeil is a writer and martial artist. His writing regularly appears in Black Belt magazine. He lives in Roanoke, Virginia.

Muay Thai Book and DVD package
Bob Spour

Summary
Ultimate Muay Thai Book, written by an acknowledged expert on this fascinating fighting art, provides a detailed analysis of the techniques of Muay Thai [Thai Kick Boxing] and their application to street protection. Aimed at those with an interest in the martial arts in general and those with a specific interest in Muay Thai, this book is for beginners, intermediates, or advance practitioners. Here, the book is packaged with the Muay Thai Techniques in Action DVD, which works with the book to explain the strikes and techniques of Muay Thai, and shows how to adapt, use, and develop these moves.

Author Bio
Bob Spour has over thirty five years experience of the martial arts and has spent twenty five years studying Muay Thai in both Thailand and UK. He is the Chief instructor to over forty-five camps worldwide, collectively known as the Phraya Pichai Camps International. As a Muay Thai instructor, senior judge and referee, he is one of the most highly qualified Muay Thai experts in the world.
**Beyond Kung Fu**  
*Breaking an Opponent’s Power Through Relaxed Tension*  
Leo T. Fong

**Summary**  
Instead of facing an opponent while physically tense and adrenaline-pumped, this book teaches how to use the subtle power of nonresistance to break an opponent. Featuring detailed, step-by-step photo sequences that juxtapose relaxed-tension techniques with those used in a street fight or competition, this guide to using nonresistant force illustrates and defines the concepts used in traditional kung fu and details the similarities and differences of modern nonresistance combat. With specific grappling, hitting, and kicking attacks and a practical explanation of chi, the methods demonstrate how to use an opponent’s own movements against them, while weight and conditioning exercises and meditation further develop these subtle skills.

**Author Bio**  
Leo T. Fong is a Black Belt magazine Hall of Famer, a former amateur and collegiate boxing champion, and a longtime martial artist who holds black belts in kung fu, karate, tae kwon do, and arnis. He is the author of *Advanced Power Training in Kung-Fu and Karate* and *Power Training in Kung-Fu and Karate*. He lives in Canoga Park, California.

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**The Beginner’s Guide to the Long Sword**  
*European Martial Arts Weaponry Techniques*  
Steaphen Fick

**Summary**  
The basic movements and concepts of the European long sword are strategically covered in this comprehensive guide. Detailed photo sequences and illustrations that clearly depict stance and movements pair with engaging prose that perspicuously explicates the origins of long sword tactics. This complete look into the basics of long sword fighting is designed for sword fighting fans as well as long time practitioners and features instruction on balance, maintaining guard, proper grip, cuts, wards, stance, tempo, footwork, parries, and basic offense and defense.

**Author Bio**  
Steaphen Fick is the founder of Davenriche European Martial Artes School as well as the International Medieval Tournament Association. He is an internationally ranked provost and two-time rapier winner at the International Sword and Martial Arts Convention. He lives in Santa Clara, California.
**Combatives for Street Survival**  
*Volume 1: Index Positions, the Guard and Combatives Strikes*  
Kelly McCann

**Summary**  
Leading the reader through simple yet powerful, brutally effective methods of self-defense designed for use in myriad street crime scenarios, this guide explains the use of force continuum and teaches how to efficiently avoid potentially violent encounters though the use of "pre-incident indicators." The techniques depicted are credible, relevant, practicable, and utilized by members of elite military units and U.S. government personnel traveling abroad to high-risk areas of operation. The philosophy of "less is more" results in a succinct system of self-defense that is drawn from the author’s experiences as well as the collective experience of his students around the world.

**Author Bio**  
**Kelly McCann** is a combat instructor with more than 25 years of experience, a former CNN security analyst, and the founder and president of Crucible, a high-risk environment training provider that services Department of Defense special-missions units and federal law-enforcement agencies. He lives in Los Angeles, CA.

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**Philosophy of Fighting**  
*Morals and Motivations of the Modern Warrior*  
Keith Vargo

**Summary**  
The first printed collection of the popular "Way of the Warrior" columns from *Black Belt* magazine, this anthology contains a diverse selection of articles on traditional martial arts, modern combat, and the mentality and inspirations of a fighter. These essays offer a unique perspective on the evolution of thought on martial arts, as well as a chronological view of the trends and traditions associated with the different disciplines. With attention to the history, psychology, and lifestyles of the arts, this compilation gives insight into the spiritual and esoteric, as well as the prosaic aspects of this very diverse culture.

**Author Bio**  
**Keith Vargo** is a writer and a martial-arts instructor. A regular columnist to *Black Belt* magazine, he has earned a first-degree black belt from the renowned Takada dojo, where he trained with mixed martial arts legends Akira Shoji and Kazushi Sakuraba.
Black Belt: The First 100 Issues
Covers and Highlights 1961-1972

Summary
The first 100 vintage covers from one of the longest-running and most significant martial-arts magazines are presented in this incredible album. Showcasing the genesis and evolution of the publication, this retrospective cover art—which includes such fighting and acting legends as Bruce Lee, Chuck Norris, Morihei Uyeshiba, Sean Connery, Gene LeBell, and Toshiro Mifune—offers a glimpse into its foundational years. Written summaries of notable articles, quotes and advertisements in each issue complement the images and speak to the increased worldwide influence of the arts, as well as underline the diversity that comprises the industry. A history as well as cultural study, this magnificent collection documents the martial-arts heroes, philosophies, and traditions that are still influencing artists today.

Author Bio
Black Belt is the world's leading martial-arts magazine and is dedicated to classical and modern martial arts. First published in 1961, the magazine features interviews with the world's most prestigious martial artists; in-depth coverage of the latest techniques, weapons, self-defense systems, training regimens, and industry trends; and historical pieces on the philosophies of various combat styles. They are located in Valencia, California.

Fight Night!
The Thinking Fan's Guide to Mixed Martial Arts
Lito Angeles

Summary
The constantly evolving mixed martial arts and Ultimate Fighting Championship terminology is demystified in this comprehensive reference. Perfect for fans new to the arena or any devotee looking to gain a deeper understanding of the styles, positions and techniques, this exhaustive resource helps make sense of the flurry of action in the rings. Each entry includes written descriptions and detailed photo sequences that help readers comprehend everything from guards and locks to kicks and bars. Full-color shots of dynamic moves accompany background and historical information on the evolution of the sport, offering fans the information they need to have a more enjoyable experience when watching the matches.

Author Bio
Lito Angeles is an avid martial-arts researcher, writer, practitioner, and instructor who has been training for more than 30 years. He has studied numerous disciplines, including Shorin-Ryu karate, jeet kune do, muay Thai, The Real Combat System, and Brazilian jiu-jitsu. He lives in Los Angeles.
No Second Chance
A Reality-Based Guide to Self-Defense
Mark Hatmaker

Summary
When violence becomes unavoidable, it's best to be informed, and this self-defense book provides revolutionary information that could mean the difference between life and death in the event of a physical assault. Included are drills to increase awareness, examples for using the environment as a self-defense tool, and methods that allow victims to best use their inherent strengths to repel an attack. An interesting look at the psychology of an attack—exploring the mindset of both attacker and victim, and illuminating the dynamic between the two—this manual puts the power back into the hands of concerned citizens.

Author Bio

Wing Chun Kung Fu
The Wooden Dummy
Sifu Shaun Rawcliffe, Sifu Garry McKenzie, Paul S....

Summary
Characterized by economical movements, simultaneous attack and defense hand techniques, and powerful low kicks, Wing Chun Kung Fu is now one of the most popular of the Chinese martial arts. This helpful guidebook addresses the uses of the Muk Yan Jong—more commonly known as the Wooden Dummy form—within the Wing Chun discipline. All of the 116 movements incorporated into Wooden Dummy are covered and illustrated with step-by-step photographs, and information is provided on the practical applications of these movements. A detailed explanation of the principles and concepts behind the form, as well as its shape and structure, is also included along with a number of practice exercises and drills.

Author Bio
Sifu Shaun Rawcliffe is the chief instructor of the Midlands Wing Chun Kuen and the author of Simply Wing Chun Kung Fu. Sifu Gary McKenzie is a direct student of GrandMaster Ip Ching and chief instructor of The Wing Chun School. Paul S. Clifton is the editor of Combat magazine.
The Complete Guide to Gracie Jiu-Jitsu
Rodrigo Gracie, Kid Peligro

Summary
The definitive roadmap for anyone who wants to excel in Gracie Jiu-Jitsu, this comprehensive guidebook offers step-by-step instruction on every aspect of the world’s most extreme and most effective martial art. More than just a string of techniques, this essential guide contains a full curriculum that will benefit martial artists of all skill levels. The methods necessary to advance quickly in Gracie Jiu-Jitsu are discussed, as well as the mental aspects of the art. Helpful instruction on a broad variety of important techniques rounds out the text, following students from the beginner’s rank of white belt all the way up to the coveted black belt of a master.

Author Bio
Rodrigo Gracie is the grandson of Brazilian Jiu-Jitsu founder Carlos Gracie, has won a string of victories at the ultimate fighting event Pride, and runs his own fighting academy. He is the coauthor of the bestselling Path to the Black Belt and No Holds Barred Fighting. He lives in Los Angeles. Kid Peligro is the author of several groundbreaking books, including The Gracie Way, and the coauthor of Brazilian Jiu-Jitsu Black Belt Techniques, Brazilian Jiu-Jitsu Self-Defense Techniques, Brazilian Jiu-Jitsu Submission Grappling Techniques, and Superfit. He is editor at large for Gladiator Magazine and has regular columns in Europe’s Fighter Magazine and Gracie Magazine. He is a second-degree black belt in Jiu-Jitsu. He lives in San Diego, California.

No Holds Barred Fighting: The Kicking Bible
Strikes for MMA and the Street
Mark Hatmaker

Summary
One of the most feared and useful weapons in mixed martial arts (MMA) competition is dissected and discussed in this fully-illustrated guide to both perfecting and defending against the low kick. Many competitors view this technique as a single tool in their arsenal, limiting themselves when they could be taking this low-line method of attack and modifying it to fit far more kicking situations than those commonly used. This volume demonstrates how to expand the low-kicking arsenal, showing how a simple alteration in leg targeting can strongly challenge an opponent’s defense, and how to hone low-line kicking power and speed so that rapid-fire low-line kicking becomes a powerful advantage. These techniques are prime for MMA competitors and anyone who wants to improve both their self-defense and competition skills with the best empirical information available.

Author Bio
Samurai Swordsmanship, Volume 2: Intermediate Sword Program
Masayuki Shimabukuro

Summary
Featuring the world's foremost authority on the subject, this comprehensive series covers the history, construction, rituals, and techniques associated with the samurai sword. Its three detailed installments outline basic, intermediate, and advanced concepts for students of all levels and feature in-depth interviews with the instructors. Topics include mat cutting, forms, uniform and weapons care, sword etiquette, thrusts, drawing and sheathing the sword, and many more.

Author Bio
Masayuki Shimabukuro has trained in the arts of judo; karate; Okinawan kobudo; Japanese shito-ryu; and iaido, the art of samurai swordsmanship. He is the international director for the Nippon Kobudo Jikishin-kai martial arts organization and represents authentic eishin-ryu samurai swordsmanship worldwide. He holds the title of hanshi—the highest recognition in traditional Japanese martial arts—and has been named Black Belt magazine's Weapons Instructor of the Year. He is the author of Flashing Steel and Living Karate. He lives in San Diego.

Philippine Fighting Arts, Volume 1
Single-Stick Tactics and Applications
Julius Melegrito

Summary
Providing in-depth theory and practical application of the Philippine arts of arnis, kali, and escrima, this series demonstrates an engaging array of self-defense methods. Topics covered include both single and double-stick tactics, knife applications, proper holds, applied footwork, blocking and counterstrikes, and coordination drills. Each volume also features high-energy sequences that clearly correlate Philippine fighting techniques with real-world scenarios such as car-window attacks, ATM assaults, chokes from behind, and many more.

Author Bio
Julius Melegrito is the founder of the Philippine Martial Arts Alliance and the Philippine Combatives System. He promotes and teaches his self-defense programs worldwide to civilians as well as military and police personnel. He is the president and master instructor for Martial Arts International, a training center that features martial arts programs for students of all ages. He lives in Bellevue, Nebraska.
Bruce Lee's Fighting Method
The Complete Edition
Bruce Lee, M. Uyehara

Summary
Vividly illustrating the techniques of a legendary innovator, this definitive examination explains how to survive attacks on the street, increase training awareness, and develop body movements. Originally compiled as a four-volume series, this revised edition breathes new life into a classic work with digitally-enhanced photography of jeet kune do founder Bruce Lee in his prime, a new chapter by former Lee student Ted Wong, and an introduction by Shannon Lee. This renowned compendium once again reclaims its place as an integral part of the Lee canon and a necessary addition for collectors and martial arts enthusiasts alike.

Author Bio
Bruce Lee was an iconic figure in martial arts who pioneered the concept of jeet kune do from his physical training, personal research, and formal education in philosophy at the University of Washington, Seattle. He acted in several motion pictures, including The Big Boss, Enter the Dragon, Fists of Fury, and Way of the Dragon. He is the author of Tao of Jeet Kune Do. M. Uyehara is an aikido practitioner and the founder of Black Belt magazine. He served as the owner for more than 30 years and studied jeet kune do under Bruce Lee. He lives near Honolulu, Hawaii.

Practical Kung-Fu Street Defense
100 Ways to Stop an Attacker in Five Moves or Less
Waysun "Johnny" Tsai, Paula Lazarz

Summary
World-renowned Kung Fu Master Waysun "Johnny" Tsai shares his practical self defense techniques in this book, which allows one to understand and control combat distances and defense angles. Shaolin Kung Fu offers a unique understanding of violence and how to avoid conflict, yet even with these tools, situations arise that force the use of these methods. Tsai explains each move with photographs in a detailed format, explaining ways to protect oneself, read an opponent, block the assault, and injure the attacker. Techniques explained in this instructional guide include how to defend against an attacker's punch, kick, or grab, knowing which target areas to utilize when caught in a bear hug grab, and ways to attack quickly to defend against a knife or multiple attackers. These proven methods have been used by women, executives, and FBI agents, among others, to provide personal confidence to help them defend themselves in any threatening situation.

Author Bio
Waysun "Johnny" Tsai oversees Tsai's Kung Fu International headquarters in Chicago and has taught these techniques to over 3,000 students. Tsai holds an 8th degree black sash in Shaolin Chaun Fa Kung Fu and in Tai Kit Kuen Kung Fu. Paula Lazarz is a 3rd degree black sash, and has been practicing Shaolin Kung Fu since 1992. She was a National Black Belt League regional forms champion in 2003.
The Best of Mixed Martial Arts
The Extreme Handbook on Techniques, Conditioning and the Smash-Mouth World of MMA
MMA Worldwide, Randy Couture

Summary
With clear, step-by-step information on the moves everyone should know and master to compete in the sport of mixed martial arts (MMA), this workbook provides tips and techniques from the MMA Worldwide Association's training manual on how to parlay these moves into success in the ring. Strength and conditioning are essential ingredients in reaching your potential in the sport, and this book includes the basic regimens you should follow-and some cutting edge routines as well. MMA Worldwide Magazine and TapouT Magazine are the premier magazines that cover the growing sport of mixed martial arts and now, for the first time, they are publishing a book that will cover every aspect of this exciting sport. With full color photos throughout, this book provides a mix of the best and most interesting dimensions of the always fascinating world of MMA.

Author Bio
MMA Worldwide is a mixed martial arts multi-media company with two nationally distributed magazines, MMA Worldwide Magazine and TapouT Magazine. Randy Couture is a retired mixed martial artist. He was the first fighter to hold two UFC championship titles in two different divisions.

Ninjutsu
The Secret Art of the Ninja
Simon Yeo

Summary
Covering all aspects of the art of Ninjutsu, this book reveals the secrets of how to develop power through body movement and how to effectively remove an opponent's balance. A wide-ranging introduction looks at the history of Ninjutsu, as well as mental and physical attitude. Featuring additional subjects such as training advice and pressure points, this essential guidebook will promote harmony between the reader's mind and body, a balance rarely examined from a 1,000-year-old martial arts perspective.

Author Bio
Simon Yeo has trained in martial arts for more than 30 years and has practiced Judo, Kyokushin Karate, Tai Chi, Pk Mei King Fu, Tae Kwon Do, traditional Jiu Jitsu, and Brazilian Jiu Jitsu. He has studied Bujinkan Ninjutsu under the Ninja Grand Master, Masaaki Hatsumi, and holds a 10th degree black belt in this art.
Kapap Combat Concepts
Martial Arts of the Israeli Special Forces
Avi Nardia, Albert Timen

Summary
The fundamental aspects of Kapap, the martial arts system developed and utilized by Israeli special forces, are detailed in this handy manual. The defensive tactics, hand-to-hand combat moves, and self-defense methods that compose Kapap are all detailed, with special sections covering striking, grappling, pressure points, and weapon defense. Instructions are also provided for incorporating basic Kapap training methods and techniques into preexisting workout routines.

Author Bio
Avi Nardia spent 24 years of reserve service in the Israeli Defense Forces and earned the rank of major. He has taught martial arts to police agencies and military groups all over the world and operates the Avi Nardia Academy for martial arts. Albert Timen is a former member of the undercover counterintelligence unit within the Israeli Defense Forces with 18 years of operational experience. He has trained numerous special units in close-quarters battle instruction.

Chinatown Jeet Kune Do
Essential Elements of Bruce Lee's Martial Art
Tim Tackett, Bob Bremer, Linda Lee Cadwell

Summary
The basic structures and principles of Jeet Kune Do (JKD), the martial arts system developed by the iconic Bruce Lee, are revealed in this insightful handbook. Step-by-step lessons illustrate JKD's two basic stances and demonstrate how to perform fundamental footwork, kicking, countering, and defensive moves. The most effective aspects of JKD are highlighted, as are some of its lesser-known tools and approaches. This invaluable manual is a must-have for JKD novices and trained experts alike.

Author Bio
Bob Bremer was personally trained in Jeet Kune Do by Bruce Lee. He lives in Los Angeles, California. Tim Tackett is an experienced Jeet Kune Do practitioner and the author of Hsing-I Kung-Fu, Jeet Kune Do, and Jeet Kune Do Kickboxing. He lives in Burbank, California. Linda Lee Cadwell is the widow of Bruce Lee. She continues to promote Jeet Kune Do through the non-profit Bruce Lee Foundation. She lives in Seattle, Washington.
Defensive Tactics for Special Operations
Jim Wagner

Summary
The techniques and methods that form the basis of military and combat defensive training are detailed in this insightful guide from a personal protection expert. Chapters provide instruction on knife defense, unarmed fighting, weapon retention, and arrest and control techniques. Police and military personnel as well as self-defense instructors and students at all levels will benefit from simple instructions and step-by-step exercises.

Author Bio
Jim Wagner is one of the foremost police and military tactics instructors and has trained numerous elite military organizations around the world. He is a former soldier, jailer, street cop, SWAT officer, diplomatic bodyguard, and counterterrorist agent for the U.S. government. He is the author of Defensive Tactics, Reality-Based Personal Protection, and the Reality-Based Personal Protection DVD series. He lives in Los Angeles, California.

No Holds Barred Fighting: The Ultimate Guide to Conditioning
Elite Exercises and Training for NHB Competition and Total Fitness
Mark Hatmaker

Summary
Ideal for aspiring or practicing no-holds-barred (NHB) athletes or for anyone seeking an elite fitness routine, this manual employs the regimens of top NHB athletes. Explaining how to apply the scientific concepts of specificity and synergy to create tailored workout routines, this manual features scores of exercises—from old standbys to modern training techniques—for any type of athlete. Requiring minimal time and equipment, the programs in this resource add excitement to routines and keep readers stimulated while providing fundamental training information for all skill levels.

Author Bio
Mark Hatmaker is the author of Boxing Mastery, No Holds Barred Fighting: The Clinch and Boxing Mastery, No Holds Barred Fighting: Savage Strikes, No Holds Barred Fighting: Takedowns, and More No Holds Barred Fighting: Killer Submissions. He is the founder of Extreme Self Protection, a research body that compiles, analyzes, and teaches unarmed combat methods. He lives in Knoxville, Tennessee.
Muay Thai
Techniques in Action
Bob Spour

Summary
Based on Bob Spour’s book Ultimate Muay Thai, this 85-minute companion DVD explains the strikes and techniques of Muay Thai, or Thai Boxing. It shows how to adapt, use, and develop these moves as part of a training in the most practical fighting art in the world today. Muay Thai is increasingly popular in the West as a sport, as well as being a means of self-protection and fitness. It is an exciting, exotic martial art which is distinguished by its rituals and spectacular kicks. In this film, Bob Spour—a leading chief instructor and founder of the Phraya Pichai Camps—explains the basic strikes and techniques. Bob’s experience and knowledge makes him an experienced teacher and this is a rare opportunity to see his approach to training and sparring in action. Topics covered include movement patterns, targets, wrapping the fist, boxing, elbows, kicks, knees, clinchwork, padwork, bagwork, combinations, and sparring.

Author Bio
Bob Spour has studied Muay Thai for 25 years both in Thailand and UK. He is chief instructor to more than 45 camps worldwide, collectively known as the Phraya Pichai Camps International. In 1996 he qualified as a Muay Thai judge and referee.

Rowing and Sculling
Techniques in Action
Paul Thompson

Summary
Based on Paul Thompson’s book Sculling: Training, Technique and Performance, this 87-minute companion DVD is a unique opportunity to see the techniques of Britain’s best rowers in training and to hear tips and advice from them and their coaches. Illustrated with footage from the Olympics and the World Championships, it is an accessible account of an inspiring sport. Topics covered include biomechanical principles of rowing and sculling, stroke components, rowing and sculling exercises, physiology and training, land training, mental skills and racing strategies.

Author Bio
Paul Thompson is the Amateur Rowing Association’s Chief Coach for Women and Lightweights. Paul has coached world-champion crews for Australia and Great Britain and his crews have won medals at three Olympic Games including a gold in 1996. In 2004 he received the Mussabini Medal for coaching British scullers to outstanding success and entered the Sports Coach UK’s Coaching Hall of Fame.
The Ultimate Guide to Mixed Martial Arts
Raymond Horwitz, Jon Thibault, Jon Sattler

Summary
Only one sport has reinforced elbow smashes to the head, flying knees, and liver kicks. From mixed martial arts' controversial inception to its mainstream acceptance, from the iconic legacy of Rickson Gracie and the freakish knockout power of Chuck Liddell, to the unstoppable determination of Randy Couture and the emergence of tomorrow's champions, Black Belt has covered the sport's inception and evolution. A compilation of instructional articles and interviews with the industry's greatest champions, this guide is the definitive resource on the athletes and techniques of the world's most intense and popular new sport.

Author Bio
Raymond Horwitz and John Thibault are the editors of The Ultimate Guide to Grappling, The Ultimate Guide to Knife Combat, and The Ultimate Guide to Striking.

The Ultimate Guide to Knife Combat
Raymond Horwitz, Jon Thibault

Summary
More effective than a fist and more accessible than a gun, the knife is the most pragmatic self-defense tool, and this guide to knife combat celebrates this simple, versatile, sometimes controversial weapon. With essays and instructional articles written by the world's foremost experts, including Ernest Emerson, Hank Hayes, Jim Wagner, and David E. Steele, it presents an international cross section of knife cultures and styles—from the heroic legacy of America's bowie knife to the lethal techniques of the kukri-wielding Gurkhas of Nepal—and features essential empty-hand techniques, exercises to improve fighting skills, and advice on choosing the right knife.

Author Bio
**Tae Kwon Do Basics, Techniques and Forms**

*The Indomitable Martial Art of Korea*

Dong Keun Park, Allan Schein

**Summary**

Straight from a martial arts grandmaster, this manual on tae kwon do gives comprehensive physical and mental guidance for belt levels from white through black. Detailed color photographs reveal the intricacies of each position, offering coverage of essential hand and foot techniques, blocks, and strikes. For competitors, there are complete listings of both Olympic rules and World Tae Kwon Do Federation sparring guidelines. In addition to the practical aspects, the book delves into the philosophy and history of tae kwon do, giving a closer look at the "art" of this martial art. By instilling discipline in students and providing inspiration for instructors, this definitive guide makes a fitting companion for practitioners of all levels.

**Author Bio**

*Dong Keun Park* captained the Korean national tae kwon do team from 1959 to 1966, during which he was undefeated in more than 200 competitions. He also coached the 1992 U.S. Olympic team and the 1993 U.S. World Championship team and was inducted into the Tae Kwon Do Hall of Fame in 1999. He is a ninth-degree black belt grandmaster and teaches and lives in Jersey City, New Jersey. *Allan Schein* is a fifth-degree black belt and martial arts instructor who specializes in breaking techniques and women's self-defense. He lives in Salt Lake City.

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**Taekwon-Do Patterns**

*From Beginner to Black Belt*

Master Jim Hogan

**Summary**

The martial art of Taekwon-Do was initially developed by the Korean military in the 1950s and spread internationally with the formation of the International Taekwon-Do Federation [ITF] in 1966. Taekwon-Do has continued to develop and it is now one of the most popular martial arts, with around eight million students worldwide and perhaps best known for its spectacular kicking and power demonstrations. In this highly practical and informative book, Master Hogan draws on his vast experience to give unique insights into the performance and application of the first nine patterns (tul) that Taekwon-Do students must master to obtain the rank of 1st degree black belt.

**Author Bio**

Master Jim Hogan dominated the UK tournament scene in the 1980s, winning numerous national titles in all disciplines—sparring, patterns, and destruction. In 1984 he won a European title in sparring and then in 1990 won the prestigious Masters Cup in Stockholm. A highly sought-after teacher and coach since the early 1980s, Master Hogan has run numerous schools in the UK where he has coached many UK, European, and World Champions. Master Hogan holds the rank of 7th degree black belt and runs Hogan's Institute of Taekwon-Do where he continues to train and teach.
Ultimate Fighting Techniques Volume 2
Fighting from the Bottom
Royce Gracie, Kid Peligro

Summary
This array of bottom-fighting strategies is specifically designed to not only protect practitioners from being hit in any situation, but also to help them defeat bigger, stronger opponents. Exclusively focusing on the bottom game—a position in which most fighters feel vulnerable—this resource teaches students of jiu-jitsu and mixed-martial arts fighting how to develop hidden strengths and exploit the advantages of this seemingly weak position. With details and important information never before shown outside the Gracie family, the authors explore the techniques, tactics, and mindset necessary to win when fighting from the bottom—whether in an official sports jiu-jitsu competition or simply sparring with a partner.

Author Bio
Royce Gracie is the son of Gracie Jiu-Jitsu Grandmaster Helio Gracie. He lives in Los Angeles. Kid Peligro is a black belt in Brazilian jiu-jitsu and the winner of two World Masters titles. He is a columnist for Grappling and Gracie and the coauthor of Brazilian Jiu-Jitsu, Brazilian Jiu-Jitsu Self-Defense Techniques, Submission Grappling Techniques, and Superfit. He lives in San Diego, California.

No Holds Barred Fighting: The Clinch
Offensive and Defensive Concepts Inside NHB’s Most Grueling Position
Mark Hatmaker

Summary
With its complete focus on a single fighting position, this handbook unsparingly examines the clinch. In the clinch, the no-holds-barred combat techniques of striking and grappling meet, posing new challenges and calling for new strategies. With these detailed explanations of each aspect of positioning in the clinch, fighters can set up their own clinch takedowns and beat those used against them in the ring. The unique striking tools, protection strategies, and takedowns the clinch requires are explained for both offense and defense, moving smoothly between each fighting element to maximize advantage. A clinch situation is an inevitability in NHB fighting, and this reference gives fighters the most complete education in turning the clinch to their advantage.

Author Bio
Mark Hatmaker is the author of Boxing Mastery, More No Holds Barred Fighting: Killer Submissions, No Holds Barred Fighting, and No Holds Barred Fighting: Savage Strikes. He is the founder of Extreme Self Protection, a research body that compiles, analyzes, and teaches unarmed combat methods. He lives in Knoxville, Tennessee.
Advanced Jujitsu: The Science Behind the Gentle Art
George Kirby

Summary
With this new book from American Ju-Jitsu Association cofounder George Kirby, gain access to strength and energy that seems to go beyond physical explanation. Transcending the mere memorization of kata, forms, and techniques, Kirby discusses advanced concepts that will actually simplify training, help learn new techniques faster, and provide deeper access to the inner workings of jujitsu. These concepts can be applied to the entire spectrum of martial arts, as they address the fundamentals of technique, physics, anatomy, relaxation, humility, self-confidence, and open-mindedness.

Author Bio
George Kirby has been a serious student, teacher, and proponent of jujutsu since his introduction to the art in the early 1960s. He was awarded the 1981 AAU Jujitsu National Sports Award, a certificate of honor from the Federation of Practicing Ju-Jutsuans, and was voted Outstanding Instructor in both 1971 and 1974 by the California Branch Ju-Jitsu Federation.

No Holds Barred Fighting: Takedowns
Throws, Trips, Drops and Slams for NHB Competition and Street Defense
Mark Hatmaker

Summary
This fourth No Holds Barred Fighting training manual contains all fighters need to know about the art of takedowns, or “shooting,” and how to counter takedown tactics used by an opponent. Readers learn to see it from both sides with offensive and defensive stances, footwork, setups, and shooting techniques. Several variations of the most commonly employed shots are featured—double leg takedowns, single leg takedowns, snatch singles, and low singles—as well as counters for each. Hundreds of sequential photos illustrate the steps, grips, and angles of every move, and takedowns are included for use inside the inevitable clinch. Sections on drills and chains, as well as a list of resources for further practice, round out the text.

Author Bio
Mark Hatmaker is the author of Boxing Mastery, More No Holds Barred Fighting: Killer Submissions, No Holds Barred Fighting, and No Holds Barred Fighting: Savage Strikes. He has extensive experience in the combat arts, including boxing, wrestling, and jiu-jitsu, and is a highly regarded coach of professional and amateur fighters, law enforcement officials, and security personnel. He is the founder of Extreme Self Protection (ESP), a research body that compiles, analyzes, and teaches the most effective western combat methods known. He lives in Knoxville, Tennessee.
Brazilian Jiu-Jitsu: Basic Techniques

**The Essential Guard**
Kid Peligro, Rodrigo Medeiros

**Summary**
The nuances of the guard, the most important position in jiu-jitsu, are covered in this instructional guide that teaches practitioners how to put up an impenetrable defense to any opponent. Showing how a myriad of techniques originate in the guard, including sweeps, reversals, and submissions, these drills demonstrate how small changes in hip position and weight distribution can make the difference between success and failure in submission combat. Extraordinarily detailed with tips from leading black belts and down-to-earth advice on what to think about during a match, this guide is instructive reading for even advanced belts seeking to refine their game.

**Author Bio**
Kid Peligro is a columnist for *Grappling* and *Gracie*, the author of *The Gracie Way*, and the coauthor of *Brazilian Jiu-Jitsu, Brazilian Jiu-Jitsu Self-Defense Techniques, Championship Grappling Techniques, From First Down to Touchdown, Submission Grappling Techniques*, and *Superfit*. He is a black belt in Brazilian jiu-jitsu and the winner of two World Masters titles. He lives in San Diego, California. Rodrigo Medeiros is a black belt in Brazilian jiu-jitsu and winner of the first place prize at the 2001 Brazilian Jiu-Jitsu World Championships. He lives in Los Angeles.
No Holds Barred Fighting: Savage Strikes
The Complete Guide to Real World Striking for NHB Competition and Street Defense
Mark Hatmaker, Doug Werner

Summary
The techniques taught in this book enable fighters and self-defense students to knock down and knock out their opponents. Maneuvers covered include the unique no holds barred (NHB) striking stance and the complete NHB striking arsenal—every punch, kick, elbow blow, knee strike, head-butt, forearm shot, and shoulder-butt is detailed. No holds barred defenses are also taught for all of these shots. Instructions on counter-striking sequences and the smart shots to land when the fight hits the mat are also included.

Author Bio
Mark Hatmaker is the author of No Holds Barred Fighting and More No Holds Barred Fighting. He is the founder of Extreme Self Protection, a company that compiles, analyzes, and teaches unarmed combat methods. He lives in Knoxville, Tennessee.

Superfit
Royce Gracie’s Ultimate Martial Arts Fitness and Nutrition Guide
Royce Gracie, James Strom, Kid Peligro

Summary
Royce Gracie has teamed up with James Strom, fitness coach for Keyshawn Johnson, Serena Williams, and the University of Southern California Trojans, to create a customized program for martial artists. This unique program of strength training, cardiovascular routines, flexibility exercises, and nutrition includes step-by-step, full-color workout plans for beginner, intermediate, and black-belt practitioners. Provided are guidelines for working out solo or with a partner, information on complete nutritional programs for different body types and martial art styles, and injury-prevention tips. This book is appropriate for beginning martial artists wanting to sharpen their bodies and minds, black-belt instructors looking for new ways to improve and motivate their students, or anyone interested in building a body of extreme effectiveness.

Author Bio
A customized and comprehensive martial arts fitness and nutritional program
Brazilian Jiu-Jitsu Black Belt Techniques
Jean Jacques Machado, Kid Peligro

Summary
Known for his superior technical abilities and his unique and innovative moves, Jean Jacques Machado now presents his entire Brazilian jiu-jitsu system in book form for the first time. Detailed is a complete repertoire of jiu-jitsu moves to handle any situation that arises, whether on the mat or on the street. Techniques are not presented in isolation, but rather through a series of moves that guide practitioners from an initial threat or opportunity all the way through to a submission hold. The subtle interplay between various strategies is depicted, allowing students to choose the right attack or defense every time. More than 100 step-by-step martial arts positions are demonstrated.

Author Bio
Jean Jacques Machado is a sixth-degree black belt and the head instructor at the RCJ Machado Brazilian Jiu-Jitsu Academy in Tarzana, California. He is a defense tactics consultant to the Los Angeles Police Department, an advisor to the Navy's Special Warfare Development Group, and an instructor for the Navy Seals. He lives in Los Angeles. Kid Peligro is a black belt in Brazilian jiu-jitsu and the winner of two World Masters titles. He is a columnist for Grappling and Gracie, the coauthor of Brazilian Jiu-Jitsu and Brazilian Jiu-Jitsu Self-Defense Techniques, and author of The Gracie Way: An Illustrated History of the World's Greatest Martial Arts Family. He lives in San Diego, California.

Simply Wing Chun Kung Fu
Sifu Shaun Rawcliffe

Summary
Wing Chun is a logical, scientific, yet simple Chinese martial art system, which was developed purely for practical and effective self-defense for everybody. It is a martial art known for its efficiency and economy of movement, which emphasizes natural and efficient use of the body. This book looks at the fundamental principles of the hand and leg techniques; the shape, structure, and movements; each of the "empty hand" forms; and it gives a scientific and anatomical explanation of the basic principles underlying the Wing Chun system.
Secret Karate
The Hidden Pressure-Point Technique of Kata
Ashley Croft

Summary
When creating karate kata, the Okinawan masters included deadly techniques targeting vital points. But they kept these techniques secret from outsiders, and when karate was exported to Japan, it appears they chose not to pass on their full knowledge of vital-point striking. Here Ashley Croft demystifies this hidden corner of the art and explores its practical application. This book offers historical perspectives on the evolution of karate, the possible intentions of the ancient masters, and the development of vital-point striking, as well as the location and description of the pressure points, and the practical application of pressure-point strikes.

More No Holds Barred Fighting
Killer Submissions
Mark Hatmaker, Doug Werner

Summary
This advanced guide to submission wrestling—the underlying fighting skill associated with such events as the Ultimate Fighting Championships, the King of the Cage, and the Pride Fighting Championships—continues the straightforward, pragmatic approach to ultimate-fighting instruction begun in No Holds Barred Fighting. A review of the basics is provided, followed by more of everything—more takedowns, more takedown defenses, more ground positioning, more submissions, more escapes, and more drills. The cross-disciplinary approach develops physical and mental endurance, total body flexibility and agility, explosive functional strength, and a thorough knowledge of body mechanics and dynamics. Useful lists of related web sites, publications, instructional videos, and other training resources are provided.

Author Bio
Mark Hatmaker is the founder of Extreme Self Protection, a research company that compiles, analyzes, and teaches effective unarmed combat methods. He has 23 years of experience in the martial arts, including boxing, wrestling, Jiu-jitsu, and Muay Thai. He is the author of No Holds Barred Fighting. He lives in Knoxville, Tennessee. Doug Werner is the author or coauthor of 15 sport and fitness instructional guides, including the Start-Up Sports series. He lives in San Diego, California.
No Holds Barred Fighting
The Ultimate Guide to Submission Wrestling
Mark Hatmaker, Doug Werner

Summary
This instructional guide explains the origins of submission wrestling, the underlying fighting skill associated with such events as the Ultimate Fighting Championships and the King of the Cage. It explores its various offshoots and influences and features hundreds of photos to demonstrate techniques and training exercises. Rules and regulations regarding associated competitions, workout programs, and match etiquette are thoroughly discussed, and resources for further research are included. Full of self-defensive skills and tips that improve physical fitness, confidence, and mental toughness, this book starts the novice on the path to proper training and provides fundamental information for all skill levels.

Author Bio
Mark Hatmaker has 23 years of experience in the martial arts as well as boxing, wrestling, and Jiujitsu. He has produced several instructional videos, including Escape from Impossible Holds, Brutal Submissions, and Guard Submissions. He lives in Knoxville, Tennessee. Doug Werner is an author of sport and fitness instructional guides, including Boxer’s Start-Up and Fighting Fit. He lives in San Diego, California.

Karate: Advanced Fighting, Vol. 3
Takayuki Kubota

Summary
Volume 3 explores cane techniques (attack and defense drills), kata and applications, keibo jitsu waza (staff techniques), attack-and-defense drills with the staff, tonfa (side-handle baton) attack-and-defense drills, kata and application, and police baton techniques and application.

Author Bio
Takayuki Kubota is a member of the Black Belt Hall of Fame and the founder and grandmaster of the International Karate Association Inc. His hybrid of judo, karate, and jujutsu techniques created the powerful and practical self-defense system called gosoku-ryu.
Practical Aiki-Do, Vol. 3
Robert Koga

Summary
Volume 3 explores nerve pressure for defense: breaking chokes, head locks, bear hugs and other grabs, and proper armbars.

Author Bio
Robert Koga is a former premier law-enforcement instructor for the Los Angeles Police Department and a consultant for countless other agencies in the United States and around the world.

Wing Chun Kung Fu, Vol. 2
William M. Cheung

Summary
Volume 2 covers the bil jee form and applications, one-arm/two-arm chi sao, and chi sao applications.

Author Bio
William M. Cheung is the grandmaster of wing chun kung fu, a doctor of Chinese medicine, and the creator of a healing program called Cheung's Meridian Therapy.
Judo
The Skills of the Game
Roy Inman

Summary
In this book, Roy Inman not only examines the basic rules and techniques of Judo, but also discusses his own original training methods for developing skills and linking techniques. Areas he covers include throws and groundwork, contest and random techniques, and how to deal with awkward opponents, left-handed fighters, and negative, defensive styles.

Introduction to Bokken and Kobudo
Ted Tabura

Summary
Utilizing the bokken—a wooden replica of the Japanese samurai sword—this video guide features exercises that will improve hand-eye coordination and strengthen hands, arms, wrists, and upper body. Combining bokken and kobudo, it includes striking, proper gripping, target areas, two-man practice, grand championship free-form two-sword kata, introduction to kama, introduction to naginata, and formal sword handling.

Author Bio
Hawaiian native Ted Tabura is one of the United States’ most famous lima lama experts, who continues to spread the Polynesian art throughout the world. He is also an expert in Okinawan weapons.
**Small-Circle Jujitsu**  
Wally Jay, Mike Lee, Doug Churchill, Dan Inosanto

**Summary**  
The complete presentation of the system developed by Wally Jay, this book brings together elements from different arts, Jay's broad-based yet focused and effective system incorporates theories, principles, and techniques essential to the development of every martial artist, whether a novice or a seasoned veteran. In this definitive instructional text, Jay covers the history of small-circle jujitsu; techniques for warm-ups, falling and resuscitation; details on weaknesses of the human body; locking techniques for wrists, fingers, arms, and legs; throwing and choking techniques; and self-defense against strikes, chokes, body grabs, and wrist grabs.

**Author Bio**  
**Wally Jay** holds a 10th dan in jujitsu and a sixth dan in judo. Jay was inducted into the Black Belt Hall of Fame in 1969 and 1990 for his contributions to jujitsu and the martial arts.

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**Chinese Gung Fu**  
The Philosophical Art of Self-Defense  
Bruce Lee

**Summary**  
Originally published in 1963, this book includes personal testimonies regarding the author and his art from James Y. Lee, the legendary Ed Parker, and jujutsu icon Wally Jay. Through hand-drawn diagrams and captioned photo sequences, Lee’s text comes to life as he demonstrates a variety of training exercises and fighting techniques. Topics include basic gung fu stances, waist training, leg training, and the theory of yin and yang. The re-edition of Bruce Lee’s original thoughts on kung fu offers martial arts enthusiasts and collectors exactly what they want: more Lee. Featuring digitally-enhanced photography, new pictures of Lee from a lost session and an original essay in Lee's handwriting, Chinese Gung Fu still maintains its position as a timeless work by one of martial art's greatest masters.

**Author Bio**  
**Bruce Lee** flashed like a meteor through the world of martial arts and motion pictures. On July 20, 1973, the iconic figure died in Hong Kong at the age of 32. He starred in several classic martial arts movies, including The Big Boss, Fists of Fury, Enter the Dragon, and Way of the Dragon.
How to Develop Chi Power
William Cheung

Summary
In this classic text, wing chun master William Cheung unravels the mystery behind the elusive energy of chi. He provides exercises to increase and direct the flow of chi and explains how chi affects the body, the philosophy behind the famous yin-yang symbol, pressure points and the 32 meridians, the principles behind dim mak (the often misunderstood “death touch”), and more. This book is a must-read not only for kung fu practitioners but also for anyone interested in Eastern philosophy.

Author Bio
William Cheung is the grandmaster of wing chun kung fu, a doctor of Chinese medicine, and the creator of a healing program called Cheung’s Meridian Therapy. With 55 years of experience in wing chun, Cheung continues to pass his knowledge on to the public through books, instructional DVDs, and seminars.

Bokken
Dave Lowry, Mike Lee

Summary
Focusing his expertise on the techniques and history of the bokken—the wooden training sword used by both ancient samurai and today’s swordsmen—the author maintains that training with the bokken is important on two levels for the modern practitioner: to build the physical stamina, rhythms, and adroit body movements of traditional swordsmanship and to achieve something of the animating spirit of the traditional swordsman. This history of the bokken combines the author’s concise, eloquent writing style with more than 100 photographs to provide the reader with the traditional and modern perspectives of this vital, historically rich practice tool.

Author Bio
Dave Lowry has written several books about Japanese culture and the martial arts. Since 1986, his writing has been featured in Black Belt magazine in a monthly column called “Karate Way.”
**Ninja Volume 4: Legacy of the Night Warrior**
Stephen Hayes

**Summary**
Heading further down the warrior's path while delving into both the ancient and modern history of ninjutsu, the topics include combat training drills, the emergence and techniques of female ninja agents, exercises to increase awareness, and the goton-po theory of escape and invisibility. The concise writing and numerous photographs make the subject matter clear to the experienced martial artist and the novice.

**Author Bio**
**Stephen Hayes** is the author of 18 books that translate the timeless knowledge of the East into pragmatic lessons for contemporary Western life. As spiritual head of the Kasumi-An Dojo, he continues to offer instruction in both the meditation and martial arts traditions of Japan.

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**The Judo Textbook**
In Practical Application
Hayward Nishioka, James West, Shag Okada

**Summary**
Details virtually everything the judoka needs to know—from the art's throws, chokes and grappling techniques to the mental preparation it takes to be a champion. Originally published in 1979, this seminal work is still considered one of the best and most comprehensive books written on the subject of judo, and it continues to provide readers with a deeper understanding and appreciation of the "gentle way."

**Author Bio**
**Hayward Nishioka** is an internationally known judo master and a two-time Black Belt Hall of Famer. **James R. West** is a three-time Southern California Open Division Judo Champion and placed first in the 1975 AAU Sambo Championships.
Beginning Karate
Tonny Tulleners

Summary
Tonny Tulleners, the 1965 middleweight International Karate Champion, demonstrates the novice techniques of shotokan karate and discusses the most common errors made by the beginner.

Author Bio
Tonny Tulleners was the 1965 middleweight International Karate Champion and is an expert in shotokan karate.

Wing Chun Kung Fu
James Yimm Lee, Bruce Lee

Summary
Edited by Bruce Lee and featuring jeet kune do legend Ted Wong, this book introduces the reader to the sil lim tao form, the immovable-elbow and centerline theories, chi sao (sticky hands), trapping, and much more. Wing Chun Kung-Fu continues to set the standard for martial arts instructional books, and it has become the perennial study guide for kung fu enthusiasts of all skill levels.
Time Heels
Cheating, Stealing, Spandex and the Most Villainous Moments in the History of Pro Wrestling
Jon Chattman, Rich Tarantino, Tommy Dreamer

Summary
Celebrate the players in the professional wrestling world—and especially the bad guys, known as "heels," whose atrocious actions make the sport worth watching.

Girls love bad boys, and it's no different in the world of professional wrestling. Whether it was Jake "The Snake" Roberts, "Macho Man" Randy Savage, or Ric Flair, wrestling fans have historically gravitated toward the "heel" or villain. Just as they've previously covered deceased wrestlers and their unforgettable gimmicks, Jon Chattman and Rich Tarantino's latest head-locking adventure celebrates the not-so-good, the bad, and the downright terrible acts of villainy in the world of pro wrestling. With a foreword by "The Innovator of Violence" Tommy Dreamer, Time Heels takes an up-close look at the world of heels over the past 30 years, counting down the top heinous moments, wacky lists, first-hand fan perspectives, foreign objects, and stables in 256 jam-packed pages of why the bad guys do it better. They say time heals all wounds—well, read this book and you will soon see why heels have stood the test of time.

Author Bio
Jon Chattman and Rich Tarantino have written several books together, including A Battle Royal in the Sky and Sweet 'Stache. Tommy Dreamer is an American professional wrestler who has performed with the ECW and WWE.

Who's The Daddy?
The Biography of Big Daddy
Ryan Danes

Summary
As wrestling superstar "Big Daddy," Shirley Crabtree became a larger-than-life national icon in the 1970s, even if the fights themselves were a bit dodgy. These were the halcyon days of televised wrestling in Britain, an innocent age when men in leotards were still allowed out in public—and surely there was no way the wrestling was fixed? Touching 55 when fame finally arrived, the People's Champion was never allowed to be beaten, which angered some; but Daddy put most bums on seats. At the height of his popularity, he appeared in comics and on records; his 1981 Wembley contest against Giant Haystacks attracted a TV audience of 18 million. However, it wasn't all glittery capes and national anthems: when the lights went down, Shirley's life was tinged with tragedy. Only those closest to Big Daddy saw him struggle on in the ring after a stroke to the age of 63.

Author Bio
Ryan Danes was born in Plymouth in 1975, just as Big Daddy was bursting onto the scene and out of his leotard, and he considers the man a childhood hero. Since then Ryan has had various publishers, BAFTA award-winning directors and authors in head-locks and wedgies as he's tried to sell his work, until somebody finally submitted to his demands.
**Spandex, Screw Jobs and Cheap Pops**  
*Inside the Business of British Pro Wrestling*  
Carrie Dunn

**Summary**  
A fun look at the thriving UK professional wrestling scene, and how it’s reviving itself for a smart, sceptical 21st-century audience after the World of Sport glory days were tarnished when fans found out that "it's not real". Carrie Dunn talks to some of the top British wrestlers, some of them now international stars, and finds out about their careers, what motivates them to risk their necks on a weekly basis, and their dreams of mainstream fame. They reveal what really happens behind the scenes at shows and training schools, and how they balance their dangerous part-time job with family life and - in most cases - a 9-to-5 job that pays the bills. She asks promoters what they believe their audiences want to see, about the sport’s resurgence, uncertain finances and turf wars. And she talks to the scene’s hardcore fans about wrestling’s chances of a return to prime-time TV.

**Author Bio**  
Carrie Dunn is the founding editor of the UK pro wrestling site *theonlywayissuplex.co.uk*. As a freelance journalist, she has written for the *Times*, the *Guardian*, the *Daily Express*, and *Cosmopolitan*, and is the author of several books including *A Brand New Bright Tomorrow: A Hatter’s Promotion Diary*, *Mothers in Fiction*, and *The Light Bulb Moment*.

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**Hart Strings**  
Julie Hart

**Summary**  
Being married is one thing, but being married to Bret "Hitman" Hart-former five-time World Wrestling Entertainment Champion-is another. In her vibrant and honest memoir, Hart's ex-wife and the mother of his four children chronicles the ups and downs of balancing life with a superstar husband in the circus world of professional wrestling. Beginning with Julie’s teen years and early romance with Bret, the story follows the couple’s marriage, children, divorce, and continued presence in each other's lives, culminating in Julie's growing role as one of the new matriarchs of the ever-expanding Hart family in Calgary. Vividly detailed and humorous, this authentic account of Julie's life as an individual, wife, mother, sister, and friend is told by, quite arguably, the Hitman’s toughest opponent and greatest ally of all time.

**Author Bio**  
Julie Hart is a former stroke group facilitator at the Calgary Foothills Hospital and has been a speaker for brain injury awareness, a fundraiser for the Winnipeg Children's Hospital, and an overseas coordinator and operations specialist for the Love of Children's Society of Alberta. She lives in Calgary, Alberta.
**Animal**
George "The Animal" Steele, Jim Evans, Cowboy Bill...

**Summary**
A stand-out character in an entertainment industry where persona is everything, George "The Animal" Steele shares how he balanced his real life as Jim Myers, a highly respected high school teacher and coach, with the green tongued, hairy backed, turnbuckle eating wrestling icon he was in the ring. The memoir delves into the golden era of wrestling in the 1970s and 1980s and his entry into the World Wrestling Federation where he earned a spot in professional wrestling history despite only speaking in animal-like grunts. In reality, the educated man that overcame his struggles with dyslexia and Crohn's Disease was a father and an inspiration to many of his students and players, and the dichotomous personalities that marked this much-loved man's life are explored in his own words. The book is filled with nostalgic and humorous anecdotes about the whirlwind life of wrestling alongside such notables as Hulk Hogan and Bruno Sammartino, both in and out of the ring.

**Author Bio**
George "The Animal" Steele is Jim Myers, a retired professional wrestler, high school teacher, and high school football and wrestling coach. He is an inductee of the Professional Wrestlers Hall of Fame, the World Wrestling Entertainment Hall of Fame, and the Michigan High School Coaches Association Hall of Fame as well as the Michigan High School Football Association Coaches Hall of Fame. He lives in Cocoa Beach, Florida. Jim Evans is a sportswriter and columnist for the Daily Tribune of Oakland County, Michigan and Macomb Daily. He lives in Rochester Hills, Michigan. Cowboy Bill Watts is a former professional wrestler and promoter who worked with and developed some of the biggest names in wrestling history. He is the author of The Cowboy and the Cross. He lives in Bixby, Oklahoma.

**Superfly**
The Jimmy Snuka Story
Jimmy Snuka, Jon Chattman, Rowdy Roddy Piper, Mick...

**Summary**
Focusing on the superstar who single-handedly influenced the development of sports entertainment, this autobiography highlights the legacy of World Wrestling Entertainment (WWE) icon Jimmy Snuka. The wrestler's legendary top-rope maneuvers, innovative high-flying style, and unprecedented aerial ability made him the most popular competitor in WWE. This fascinating account relates how a native of the Fiji Islands was at the center of two of wrestling's most talked-about moments: the night Snuka leapt from the top of the 15-foot cage-only to miss his opponent and consequently lose the match—and the night Rowdy Roddy Piper smashed a coconut over Snuka's head during a segment of Piper's Pit in 1984. Exposing the amazing life of this WWE Hall of Fame member in detail, this record presents the ups and downs of a wrestler who grew to be a key figure in the expansion of the company and all professional wrestling.

**Author Bio**
Jimmy Snuka is a semiretired Fijian professional wrestler and actor who competed for several promotions in the 1970s and 1980s. He is a two-time world heavyweight champion, having been a two-time—and becoming the very first-ECW Heavyweight Champion. He lives in Atco, New Jersey. Jon Chattman is is the author of I Love the Red Sox/I Hate the Yankees, a regular contributor to HuffingtonPost.com, and the founder of the celebrity interview and music site www.thecheappop.com. He has written for the New York Post, TV Guide, Ultimate Marvel Magazine, and Wizard. He lives in Mamaroneck, New York. Rowdy Roddy Piper was one of the World Wrestling Federation's biggest stars of the 1980s and 1990s and is a member of the WWE Hall of Fame. He later starred in World Championship Wrestling. He lives in Aloha, Oregon. Mick Foley is the author of the genre-defining New York Times bestsellers Foley Is Good: And the Real World Is Faker Than Wrestling and Have a Nice Day!: A Tale of Blood and Sweatsocks. He has wrestled professionally for more than 15 years, was a three-time World Wrestling Entertainment...
A Battle Royal in the Sky
The Life and Death of Wrestling’s 100 Greatest Gods and Gimmicks
Rich Tarantino, Jon Chattman, Al Snow

Summary
Told from a true fan's perspective—a fond look at 50 legends lost, and 50 good, bad, and very ugly gimmicks that the world of wrestling has said goodbye to.

Every child of the 1980s who watched wrestling remembers the good old days of larger-than-life superstars in unintentionally cheesy promos, while every wrestling fan of the 1990s thinks back to a golden era of grappling, where two companies battled and no matter the outcome, the audience always won. Nowadays, wrestling just isn't the same. Many fans' heroes growing up—whether it's Randy "Macho Man" Savage or Curt "Mr. Perfect" Hennig—have passed away well before they should have, and many favorite gimmicks and story angles have been permanently retired. With humorous poignancy, A Battle Royal In The Sky celebrates both 50 legends we lost, and 50 gimmicks. Told from a true fan's perspective with superstar career highlights and lowlights, this book also features quotes from some icons in the wrestling business including "Superfly" Jimmy Snuka and Nikolai Volkoff, matched with funny and factual wrestling sidebars ranging from worst c...

Author Bio
Jon Chattman and Rich Tarantino are the coauthors of I Love the Red Sox/I Hate the Yankees and Sweet Stache: 50 Bad Ass Mustaches and the Faces That Sport Them. Al Snow is a professional wrestler. He lives in Louisville, Kentucky.

Red Headed Geek
My Short and Painful Career as a Rasslin' Manager
Billy C. Wirtz

Summary
Neither an exposé of the dark underbelly of wrestling nor a justification of its existence, Red Headed Geek is a loving, firsthand look inside the regional wrestling circuits of yesteryear by a former manager who's been tossed from the ring, bashed with a folding chair, and had painfully honest conversations with the wrestlers themselves. Billy C. Wirtz gives a distinct view of the strange world of wrestling, offering a look into the actual workings of the business and the underlying reasons for its popularity, as well as an explanation for its status as an often maligned and misunderstood subculture and its vital role in American working-class entertainment. He recounts his painful "on-the-job" training—explaining certain practices and dispelling some commonly held myths and beliefs—and discusses his personal and professional relationships with wrestlers such as the Fabulous Moolah, Diamond Lil, Sir Oliver Humperdink, and dozens of others, from the legendary to the never-heard-ofs. The book also contains a glossary of wrestling slang for those who aren't as familiar with the sport. ...
Hacksaw
The Jim Duggan Story
Hacksaw Jim Duggan, Scott E. Williams

Summary
Offering professional wrestling fans a ringside seat into his adventurous life, WWE Hall of Fame wrestler Jim Duggan recounts for the first time key moments and legendary bouts both inside and outside the ring. Known to millions of enthusiasts as a charismatic patriot—with an American flag in his right hand and his signature two-by-four in his left—Duggan here reflects on his early life as a student-athlete on the Southern Methodist University football squad. Drafted by the Atlanta Falcons, Duggan shares how an injury-plagued rookie season curtailed his football ambitions and paved the way for a brighter career in professional wrestling. Rising to fame in the Cold War-era 1980s, Duggan immediately put himself at odds with anti-American "heels" and engaged in legendary feuds with some of the most legendary names in the sport, including the Iron Sheik, Nikolai Volkoff, and Andre the Giant. In this who’s who of top-tier wrestling, Duggan reveals not only the high points of championship bouts but also the low points that occurred far away from the TV cameras and screaming fans, including...

Author Bio
Hacksaw Jim Duggan was one of the nation’s most popular professional wrestlers in the 1980s. He lives in Lugoff, South Carolina. Scott E. Williams is the author of two previous books, including Terry Funk: More Than Just Hardcore. He lives in Dickinson, Texas.

Wrestling’s 101 Strangest Matches
Oliver Hurley

Summary
Full of revealing interviews with the sport’s past and present stars and candid shots from the world’s foremost wrestling photographers, this book celebrates the game at its very strangest. Culled from 100 years’ worth of mat mayhem, this collection reveals the pseudo-sport’s oddest bouts—from the contest in which a tag team lost their championship belts six days before they won them, to the match that took place in an exploding swimming pool. With a cast that includes Hulk Hogan, Kendo Nagasaki, Muhammad Ali, Andy Kaufman, a wrestling robot, and a monkey, this book takes fans well beyond the accepted canon of headlock history.

Author Bio
Oliver Hurley is a wrestling journalist and a regular contributor to Power Slam magazine. Thumbtack Jack is a retired wrestler known for his work in westside Xtreme wrestling, Combat Zone Wrestling, and IWA East Coast. Pro Wrestling Illustrated ranked him one of the top 500 singles wrestlers in 2010.
The Sheikh of Baghdad
Tales of Celebrity and Terror from Pro Wrestling's General Adnan
Adnan Alkaissy, Ross Bernstein

Summary
Saddam Hussein used a boyhood friend of his as a smoke screen when he was grabbing control of Iraq in the 1960s. Knowing that the country was enamored with wrestling, Hussein forced his former classmate, Adnan Al-Kaissy, to wrestle in giant spectacles that the public loved. Much like the gladiator matches staged by Roman Caesars, Hussein's wrestling matches featuring Al-Kaissy were intended to entertain and appease the masses while Hussein became dictator. Al-Kaissy became a living legend in Iraq, amassing great wealth and popularity, but he left all of that - and more than $2 million in the bank—when he fled in the middle of the night and bribed his way out of the country. Al-Kaissy became known to generations of wrestling fans in U.S. as "Chief Billy White Wolf", "The Sheik" and most famously as "General Adnan." No other celerity has a story similar to Al-Kaissy's, and his autobiography will keep sports fans and political enthusiasts equally raptured.

Bobby the Brain
Wrestling's Bad Boy Tells All
Bob Heenan, Steve Anderson, Hulk Hogan

Summary
Bobby the Brain unleashes the life story of Bobby Heenan, better known as "The Brain" in wrestling circles. He tells all about his experiences with Hulk Hogan, Andre the Giant, Vince McMahon, and all the other personalities that every wrestling fan knows like a relative. Just like his career, this tell-all has no holds barred.

Author Bio
Bobby Heenan is a former professional wrestling manager and color commentator who was inducted into the World Wrestling Entertainment Hall of Fame in 2004. Steve Anderson has been covering the sport of wrestling since 1990. His articles and cartoons have graced the covers of Pro Wrestling Illustrated and World of Wrestling. Currently, he writes for Last Lap, Total Wrestling, and Wrestling Digest. He lives in Farmington, Minnesota. Hulk Hogan is a professional wrestler who is a 12-time world heavyweight champion. He was inducted into the World Wrestling Entertainment Hall of Fame in 2005.
Boxing for MMA
Building the Fistic Edge in Competition & Self-Defense for Men & Women
Mark Hatmaker

Summary
Although dramatic head kicks and garrote-tight submissions may get most of the airplay in highlight reels, the stats show that punching combinations and knockouts reap more MMA victories than any other fighting technique. This boxing primer not only covers the basics, including stance, footwork, punches, and combinations, it takes these boxing skills and views them through an MMA prism that addresses the realities of the mixed martial arts game. While there are some must-know fistic skills for MMA, there are also more than a few boxing tactics that will get you smashed in MMA. Boxing for MMA builds on the good and tosses the bad, discussing the differences in strategy and tactics when it comes to facing likely MMA scenarios. Matchups covered include Boxing vs. Wrestling, Boxing vs. Jiu-Jitsu, Boxing vs. Muay Thai, Boxing vs. the Slugger, Dirty Boxing Inside the Clinch, and Boxing off of the Fence. All the techniques are illustrated in hundreds of action-sequence images, making this guide the go-to resource for blending boxing skills into your fighting arsenal.

Author Bio
Mark Hatmaker is the bestselling author of the MMA Mastery series, the No Holds Barred Fighting series, Boxer's Bible of Counterpunching, Boxer's Book of Conditioning & Drilling, Boxing Mastery, No Second Chance, and She's Tough. He has produced more than 40 instructional videos and he has extensive experience in the combat arts including boxing, wrestling, Jiu-Jitsu, and Muay Thai. A highly regarded coach of professional and amateur fighters, law enforcement officials, and security personnel, he is also the founder of Extreme Self Protection, a research body that compiles, analyzes, and teaches the most effective Western combat methods known. He lives in Knoxville, Tennessee.

War and Peace
My Story
Ricky Hatton

Summary
On November 24, 2012, four-time World Champion boxer Ricky Hatton dropped to his knees, felled by a sickening punch to the body in his first comeback fight in almost three years. Gasping for breath, down and out, it was then that something extraordinary happened: 20,000 fans began to sing his name. Ricky Hatton: War and Peace is the story of one of British boxing's true icons. From a Manchester council estate to the bright lights of Las Vegas, Ricky Hatton experienced incredible highs in his career, including one of the greatest ever wins by a British boxer, over the IBF Light Welterweight champion Kostya Tszyu. But heavy defeats to two legends of the ring, Floyd Mayweather and Manny Pacquiao, brought him quickly down to earth to face a new set of battles against depression, drink, and drugs. Written with his trademark honesty and wit, this is the inspiring story of a charismatic, funny, straight-talking fighter who boxing fans have always taken to their hearts; a man who has survived a lifetime of wars both in and out of the ring, and who only now is finding something close to peace...

Author Bio
Ricky Hatton is an ex-boxer who, as a young amateur fighter, won several British titles and boxed at the World Junior Boxing Championship in Cuba. He went on to be champion of the world four times at light-welterweight, was awarded an MBE for services to sport in 2007, and is widely seen as one of Britain's greatest ever boxers.
Fighting Men of London
Voices from Inside the Ropes
Alex Daley

Summary
Fighting Men of London explores the lives of seven former professional boxers who fought in the capital between the 1930s and 1960s. Set around a series of interviews with the fighters, it resurrects a golden age when boxing was as popular as soccer in Britain, and when leading fighters were working-class heroes. Dramatic, poignant, inspiring, and at times funny, the book covers such subjects as booth fighting, exploitation in boxing, East End poverty, World War II London, fame and success, prison life, encounters with the Kray twins, Great Train Robbers, and Britain’s most infamous inmate, Charles Bronson. Fighting Men of London journeys through a lost era of smoky fight halls and ramshackle boxing arenas. Its subjects include 1950s boxing star Sammy McCarthy, Bethnal Green knockout specialist Ted Berry (who helped his father train the Kray twins), and Sid Nathan, one of Britain’s last surviving 1930s boxers.

Author Bio
Alex Daley is a grandson of 1920s boxing legend Nipper Pat Daly, and author of the critically acclaimed biography Nipper: The Amazing Story of Boxing’s Wonderboy.

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**War and Peace**

**My Story**

Ricky Hatton

**Summary**

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**Willie Pep vs. Sandy Saddler**

**Notes on the Boxing Legends and Epic Rivalry**

Doug Werner

**Summary**

Any discussion of great boxers must include Willie Pep and Sandy Saddler—midcentury featherweight champions whose heroics electrified the fistic world then and reverberate today. This book explores the boxing lives of both pugilists—early years, fighting years, training and conditioning, historical context, life after boxing, and, of course, the lasting controversy over their rivalry and legacy. Pep recorded 229 wins, only 11 losses and one draw over a pro career that spanned three decades. He won the featherweight crown twice. Sandy Saddler's record of 144-16-2 includes an amazing 103 knockouts. He also won the title twice and retired an undefeated featherweight champion. Their four title bouts are an epic showcase of contrasts. Pep was the exquisite dancer/boxer, a wildly popular Italian American personality who made his opponents miss and scored at will. Saddler was a curious blend of unprepossessing menace—a tall, thin, black American banger who pressed and brutalized with singular leveraged force. Their matchups had it all: contrasting styles, dazzling skills, hard punching, spl...

**Author Bio**

Doug Werner is the founder of Tracks Publishing and the author of many books on sports and fitness, including *Boxer's Start-Up* and *Fighting Fit*, as well as all the books in the Start-Up Sports series. He lives in San Diego, California.
**Counterpunch**  
*Ali, Tyson, the Brown Bomber, and Other Stories of the Boxing Ring*  
Ira Berkow

**Summary**  
Spanning the period between 1967 and 2005, this compilation includes 84 of Pulitzer Prize-winning author Ira Berkow's columns on boxing. Readers will meet some of the greatest names in the sport's history in the pages of this book, including Muhammad Ali, Joe Frazier, Joe Louis, and Mike Tyson. Among the unforgettable stories gathered in this collection are the heated rivalry between Ali and "Smokin' Joe" Frazier, Tyson's infamous "Bite Fight" in 1997, and the will-he-or-won't-he retirement saga of Sugar Ray Leonard. Written in Berkow's gripping prose, the columns included in *Counterpunch* chronicle the most important moments in boxing over the last four decades.

**Author Bio**  
*Ira Berkow* is a former sports columnist and feature writer for the *New York Times*, where he worked for more than 25 years. He shared the Pulitzer Prize for national reporting in 2001 and was a finalist for the Pulitzer for commentary in 1988. He is the author of more than 20 books, including *Rockin' Steady: A Guide to Basketball and Cool*, and the bestsellers *Maxwell Street: Survival in a Bazaar* and *Red: A Biography of Red Smith*. He is the coauthor and editor of *Hank Greenberg: The Story of My Life*, which was a primary source for the award-winning documentary *The Life and Times of Hank Greenberg*. He lives in New York City.

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**Wayne Barker: Born to Fight**  
*The Extraordinary Story of a Bare-Knuckle Boxer*  
Bernard O'Mahoney

**Summary**  
The extraordinary memoirs of a bare-knuckle boxer, recounting his numerous brushes with the law, and his time in New York.

From Salford to St. Louis, Missouri, former professional boxer Wayne Barker fought every man who ever challenged him. In this brutally honest account of his eventful life, Wayne recounts how his parents left him in the care of a gypsy community, where he learned to fight and traveled throughout Britain and Ireland to take on opponents for cash. Later, after being charged with attempting to murder a child killer, Wayne fled to the U.S., where he found work in the gymnasiums of New York sparring with the likes of world champion Wilfred Benitez. By night, he took part in bloody bare-knuckle bouts on the East Side. His ability in the ring was noticed by promoter Bobby Gleason, whose gym had been graced by legendary boxers such as Jake LaMotta, Roberto Durán, and Mike Tyson, and Gleason set up a fight between Wayne and former super middleweight world champion Fulgencio Obelmejias ("Fully Obel"). Wayne's criminal past eventually caught up with him and he was deported t...

**Author Bio**  
*Wayne Barker* was expelled from school at the age of 12 and sent by his father to local gypsies to be reared as one of their own. This experience set him on the road to the dangerous world of bare-knuckle fighting, professional boxing, and eventually prison. He emerged from his extraordinary adventures intact, but died in 2012. *Bernard O'Mahoney* is the author of *Essex Boys, Wannabe in My Gang?*, and other true crime titles.
**Marvelous**

The Marvin Hagler Story  
Damian Hughes, Brian Hughes

**Summary**

The extraordinary career of a true sports icon

Marvelous Marvin Hagler is a sporting legend. Often called the greatest middleweight boxer of all time, he held the world title for 12 defenses, including bouts with Sugar Ray Leonard, Thomas Hearns, and Roberto Duran which entered fistic folklore. This biography tells the story of Hagler's extraordinary life for the first time, separating truth from myth to get right to the heart of a complex and charismatic man. From his wild early fights in the boxing wilderness of Brockton, Massachusetts, the book follows the blazing trail of Hagler's career: the controversial defeats subsequently avenged, a riot-scarred title win in London, and his unification of the middleweight crown. It also cover the *Ring* magazine's "greatest round of all time" against Hearns, his ferocious battle with Duran, and the still-controversial loss to his nemesis Leonard.

**Author Bio**

Damian Hughes and Brian Hughes are coauthors of *Hit Man: The Thomas Hearns Story* and *Peerless: The Sugar Ray Robinson Story*. Damian is a sports psychologist, and Brian has been recognized for his Outstanding Contribution to British Boxing.

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**Champagne Charlie**

Charlie Magri

**Summary**

Charlie Magri is one of the most popular boxers ever to have stepped into the ring. The exuberance and energy of the former WBC Flyweight Champion earned him a core of dedicated fans and, throughout his career, his determination and his ability to overcome adversity inspired all those who watched him. At last, one of boxing's most deserving legends has decided to tell all about his amazing life. As a young boy Magri's exceptional promise as a boxer became apparent when he fought for Stepney's Arbour Youth Club. His impressive start as a Junior ABA Champion earned Charlie a reputation and, when he became a fully fledged senior fighter, he experienced what he describes as the best two years of his life. In 1974, he was unbeaten domestically, he won the ABA, and then he took home the silver medal in the European Under-21 Championships. These victories cemented his determination to remain a winner. It was only a matter of time before Magri turned professional and, with legendary manager Terry Lawless as his mentor, he went on to become the British Flyweight Champion. Having secured the E...

**Author Bio**

Charlie Magri is a former amateur and professional star of the prize ring, who won the Junior ABA title twice, the ABA title four times and represented his country as an international amateur, before going on to win British, European and WBC World Flyweight Championships as a professional. Hailing from the East End of London, he is one of the most recognizable and highly regarded British fighters of the golden era of 1980s boxing. Today he is a publican as well as a vice chairman of the London Ex-boxers Association and a continuing ambassador for the sport of boxing.
Successful Boxing
The Ultimate Training Manual
Andy Dumas, Jamie Dumas

Summary
The ultimate training manual for aspiring boxers, with inspiration and advice from world champions Juan Manuel Marquez, Sergio Martinez, Saul Alvarez, and Julio Cesar Chavez, Jr.

An indispensable resource for both new and seasoned fighters, this book is filled with tips and suggestions on how to improve skills and maximize performance. With inspiration and advice from world champions, using the information presented in this book will be just like receiving private sessions with a coach or top performer. These tips and training methods allow fighters to master the individual nuances of boxing in order to get that winning edge. Whether a reader is new to the sport or a serious competitor, this book will help them reach the next level of skill development.

Author Bio
Andy Dumas is a boxing coach and a fitness consultant who hosts and produces a number of TV fitness and sports shows. He has been featured in such magazines as Men's Health, Muscle Mag International, Oxygen, and Self. Jamie Dumas is a fitness instructor. They are the coauthors of Knockout Fitness and The One-Two Punch Boxing Workout.

Street Fighting Man
Paddy Monaghan, Ali Muhammad

Summary
Paddy Monaghan was not immediately as intimidating as bare-knuckle boxers like Lenny McLean or Roy Shaw. But if anyone dared to underestimate this man, as many foolish opponents did, the full force of the hardest man in Ireland, a fine and ferocious fighting machine, would be unleashed. His unbroken record of 114 bare-knuckle fight wins is not only testimony to his exceptional strategic skill and fearsome punching ability, but also to his sheer determination and passion. Paddy Monaghan simply has something inside him that will not allow defeat. Life has been far from easy—although the Monaghans were originally a wealthy family, by the time Paddy was born it had all been wasted away through fraud and gambling. A wiry youngster, Paddy left school with a reputation for fighting, but with no qualifications. Many years later, Paddy single-handedly taught himself how to read and write, beginning with books designed for children. Paddy, a staunch Muhammad Ali fan, displayed the same tenacity when he launched a one-man campaign to protest the stripping of Ali's boxing license in 1967.

Author Bio
Paddy Monaghan was born in the village of Ederney, Co. Fermanagh, Northern Ireland. When Paddy was 5 years old, his father, broke and desperately trying to make ends meet, uprooted the family to Abingdon, England. Often bullied and ridiculed as a young lad for his strong Northern Ireland accent, Paddy, determined that no one would push him around, quickly learned to fight with ferocity beyond his years. This was the beginning of a long and renowned career as a bare-knuckle fighter. He retired in 1980 and now, almost 30 years later, his extraordinary 114 bare-knuckle fight win record is still intact. He returned to the small Irish village of Ederney where he lives today. PETER GERRARD is a crime writer and biographer. He lives near Boston in rural Lincolnshire with his wife and son. Amongst others he has worked with Reggie Kray, Ronnie Knight and was the co-author of Lenny McLean's autobiography - The Guv'nor - the surprise bestseller of 1998.
The Bite Fight
Tyson, Holyfield and the Night That Changed Boxing Forever
George Willis

Summary
The infamous boxing match between Mike Tyson and Evander Holyfield on June 28, 1997, was like none other in the sport’s history, and this insightful account of the anticipation, the gruesome fight itself, and the ongoing aftermath of that one night reveals just how much of an impact it really made. The rivals met for a rematch that would never be finished, as Tyson earned a disqualification and infamy that followed in the third round by biting off a portion of Holyfield’s ear. Through nearly 100 interviews, including with the famed fighters themselves, and extensive research of past interviews, books, and transcripts, this exploration of the sensational events surrounding the fight provides a behind-the-scenes, past and present look at the bout.

Author Bio
George Willis is an award-winning sports columnist for the New York Post and a former journalist with the New York Times, Newsday, and the Commercial Appeal in Memphis. His writing has also appeared on ESPN.com and in ESPN magazine. He is a member of the Boxing Writers Association of America, the Golf Writers Association of America, the National Association of Black Journalists, and the Baseball Writers Association of America. He lives in Whippany, New Jersey.

Bamboozled
An Incarcerated Boxer Goes Undercover for John McCain’s Boxing Bill
Joey Torrey, Joe Biel

Summary
In this introspective exploration of former boxer Joey Torrey’s life, his past, his murder conviction, and his more than 30-year incarceration in a California state prison are each fine-tooth combed. Nearly five years after his original memoir, this new edition is re-written as a biography and delves deeper into circumstances surrounding Torrey’s alleged murder of his boxing coach, the lengthy prison sentence handed down, his undercover collaboration with the FBI on “Operation Matchbook” in support of John McCain’s proposed Professional Boxing Amendments Act, and the inner workings of the prison system in general. From his days as a Compton gang leader and an Olympic boxing hopeful to being tried as an adult rather than a 17-year-old minor, this compelling narrative reflects on his life as a parable as well as examining the strategies used in his conviction, such as establishing the motive as robbery despite a lack of evidence linking the opening of safe to the murderer. And after more than three decades as a model prisoner-and saving the life of a prison guard-Torrey has prolificall...

Author Bio
Joey Torrey was convicted for the murder of his boxing manager and is currently in the Mule Creek State Prison in Ione, California. Joe Biel is the author of Beyond the Music and Make a Zine. He lives in Portland, Oregon.
Greatest Ever Boxing Workouts
Gary Todd

Summary
The sequel to Workouts from Boxing's Greatest Champs will KO all boxing and combat sport enthusiasts.

Featuring a classic coterie of international boxing legends, this superb anthology is illustrated throughout with some of the best photos of them at work in the ring or training in the gym. Celebrated present-day fighters and former champions featured here range from the instantly recognizable Manny Pacquiao, Floyd Mayweather, Jr., Mike Tyson, Thomas Hearns, and Roberto Duran to such respected international figures as Danny Williams and Vitali Klitschko. Incorporating career biographies for every fighter, the reader is introduced to the fitness and training regimes of some of the world's most physically powerful men. Culled from the author's original research and interviews, the greatest ever champion pugilists grant us a fly-on-the-wall look at their typical day and their personal workout regimes. Not just a boxing fan's album but a fitness guide for those looking for a seriously effective workout, this book grants the reader vital knowledge from the Olympian gods of pugilism.

Author Bio
Gary Todd is the author of Workouts from Boxing's Greatest Champs.

Cyclone
My Story
Barry Mcguigan

Summary
The Irish legend of the ring and former World Featherweight champion tells his story for the first time.

On a hot summer's night, in June 1985, in one of the most emotionally charged fights of all time, Barry McGuigan beat Eusebio Pedroza to become the Featherweight champion of the World. An epic battle that lasted a full 15 rounds, it remains one of sport's greatest moments—watched by 27,000 spectators ringside and by a further 20 million on television around the world.

Raised in the border town of Clones, Co. Monaghan, at the height of the troubles, Barry McGuigan united people across sectarian and religious divides during a difficult time in the country's political history. A Catholic, Barry married his Protestant childhood sweetheart, Sandra in 1981. An Irishman, he fought for the British Title, wearing boxing shorts in the colours of the United Nation's Flag of Peace - and in place of a national anthem his musician father, Pat McGuigan would often sing a heartfelt rendition of 'Danny Boy' before a fight.

Engaging and intelligent, McGuigan is a renowned and revered figure i...

Author Bio
BARRY MCGUIGAN is a Former World Featherweight Champion boxer. He currently enjoys a successful career as a sports commentator and writer and motivational speaker. He continues his involvement in the boxing world as president and founder of the Professional Boxing Association and as a boxing promoter and trainer, who has coached his youngest son Shane to National titles in England and Ireland. He lives in Kent with his wife and family.
The Cobra
My Story
Carl Froch

Summary
The no holds barred autobiography of Britain's super-middleweight world boxing champion.

Carl Froch, known as 'the Cobra', was brought up tough on a Nottingham housing estate. His dad encouraged him to start boxing at just nine years old, thinking it would keep him out of trouble. He was obviously talented, but as teenager he lost direction, taking up a series of dead-end jobs and getting into pub fights. His family knew that what he needed was to get back in the ring. And once Carl returned to boxing, he never looked back.

Carl Froch is Britain's world champion at super-middleweight. His 28 professional fights have seen him win 20 knockout and 7 decision victories, and suffer defeat only once. His greatest fights have already gone down in boxing history. In 2009 he was knocked down for the first time in his career by Jermain Taylor. Behind on everyone’s scorecard but his own, until, with just 14 seconds of the fight to go, he came back in spectacular fashion with a stunning knock out.

In late 2010 he put up arguably the best performance of his career in the innovative new Supe...

Author Bio
CARL FROCH was born is Nottingham in 1977. He took up boxing aged nine, and turned pro in 2002 after winning two amateur titles. He is currently taking part in the Super Six World Boxing Classic super middleweight tournament devised by American giant Showtime, against five of the greatest middleweight boxers in the world.
**Boxer's Bible of Counterpunching**

**The Killer Response to Any Attack**

Mark Hatmaker

**Summary**

All the tools necessary to build a powerful defensive base for boxing—every defense for every punch from every angle—are included in this manual. Punching prowess has become equated with boxing, but what is done in response to that incoming flurry makes a truly good boxer: how to make an opponent miss, how to easily defend, and, most importantly, how to counterattack. Building on that defensive base, this book explores natural punching triggers, or logical counterpunching sequences, that move past the beginner’s realm of being a mere puncher into the upper echelons of crafty counterboxing. With encyclopedic boxing defensive drills bolstered by numerous illustrative photographs, this is a one-stop resource for learning the art of counterpunching.

**Author Bio**

**Mark Hatmaker** is the bestselling author of *Boxer's Book of Conditioning & Drilling*, *Boxing Mastery*, the MMA Mastery series, the No Holds Barred Fighting series, and *No Second Chance*. He has produced more than 40 instructional videos and he has extensive experience in the combat arts including boxing, wrestling, Jiu-jitsu, and Muay Thai. A highly regarded coach of professional and amateur fighters, law enforcement officials, and security personnel, he is also the founder of Extreme Self Protection, a research body that compiles, analyzes, and teaches the most effective Western combat methods known. He lives in Knoxville, Tennessee.

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**Johnny Lewis: The Biography**

**The Story of Australia's King of Boxing**

Paul Kent

**Summary**

The authorized biography of the Australian boxing legend who has trained six World Champions He's the best loved man in Australian boxing—from training Jeff Fench and Kostya Tszyu to touring with the Kangaroos and appearing on talk back with Alan Jones, Johnny Lewis looms large in Australian sporting life. This is his story. It was the night Jeff Harding came back to the corner at the end of the eleventh, behind on all three judges’ cards and bleeding around both eyes, his nose long broken. As Lewis cleaned the cuts he quickly poured everything that was important into his ear. Then he picked him up from his stool with one last instruction: “Go out and come back champion of the world.” Over the past 30 years Johnny Lewis has trained six world champions, among them Jeff Fenech, Kostya Tszyu, and yes, Jeff Harding. Yet he is known for much more than that. For a wisdom that stems from his childhood growing up in Erskineville, where he mixed with hustlers and hard men and, in his words, never met a bad man. Now, in his authorized biography, we learn why Johnny Lewis is not only Austral...
**Making Haye**
The Authorised Biography of David Haye
Elliot Worsell

**Summary**
The authorized life of Britain's best boxer, former WBA world heavyweight champion and twice shortlisted BBC Sports Personality of the Year, David Haye

David "The Hayemaker" Haye is the former WBA world heavyweight champion and the former undisputed (WBA, WBC, and WBO) world cruiserweight champion. Haye is one of British boxing's most celebrated and successful ring champions of the modern era, and has won twenty-three of twenty-five professional fights. He has twice been shortlisted for BBC Sports Personality of the Year and is now recognized as the face of British and world boxing. Haye was involved in the biggest heavyweight title clash for nearly a decade when he fought Wladimir Klitschko in July 2011, with the fight televised live in over 140 countries. Although Haye ultimately lost his belt, following a twelve-round points decision, his charismatic approach has reminded fight fans of a time when the heavyweight championship was the greatest prize in sport. This is the authorized story of how Haye reached this point, and details the ten-year rise of the boxer from a precocious W...

**Author Bio**
Elliot Worsell has followed David Haye's career intensely for the past decade. He has worked as a boxing and mixed martial arts writer since the age of sixteen, and has been published in Boxing News, Boxing Monthly, and The Ring magazine, and has also freelanced for numerous national British newspapers. He is also the main contributor and features editor for David Haye's official bookazine, Hayemaker.

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**Hard Knocks & Soft Spots**
My Life as King of the Gypsies
Paddy Doherty

**Summary**
As the star of Big Fat Gypsy Weddings and winner of Celebrity Big Brother, traveller Paddy Doherty won the hearts of a nation. But before his rise to fame, this well-loved character had already lived a rich and colourful life.

Born into a generation of travellers, as a young man Paddy carved a career as a champion bare-knuckle fighter, earning himself a legendary reputation within the tight-knit community. But underneath this hard man exterior was a soft centre that bagged him the ultimate prize—the love of a good woman.

Together he and his wife Roseanne, living closely by the traditions of their community, became a mother and father figure to not only their own 10 children, but to a whole camp of travellers in Manchester.

Yet among the warmth and fun of traveller life there's been heartache too. Having endured the deaths of five of his children and being shot point blank in the head by a rival, Paddy is no stranger to pain in more ways than one.

Hard Knocks & Soft Spots is the story of how one man emerged from the most secretive and persecuted of societies to be unexpectedly acc...

**Author Bio**
Born in 1959, PADDY DOHERTY is an Irish Traveller and a former bare-knuckle boxer. He found fame after starring in hit Channel 4 show Big Fat Gypsy Weddings. In 2011, he won Celebrity Big Brother and since then he has starred in his own reality TV series When Paddy Met Sally with Sally Bercow. He has been married to his wife Roseanne for over 34 years. The couple now live in a chalet in North Wales and have five children and 15 grandchildren.
Hard Knocks & Soft Spots
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Advanced Boxing
Training, Skills and Techniques
Rakesh Sondhi, Tommy Thompson

Summary
A reference and training guide for boxers wishing to improve competition fighting, and for coaches and trainers looking to enhance their training methods

Utilizing the latest research in sports science and combat sports, this book focuses on developing every aspect of a boxer’s fighting to the most advanced extent, and training the boxer to win competition fights. It reviews the basics of boxing in order to provide the tools to begin an advanced boxing program focusing on specific development goals. It also outlines the best contemporary training methods, concentrating on yielding the most effective outcomes. Topics include a 12-month training plan; useful tips and tables to help organize a training program; the important aspects of psychology, physiology, nutrition, and coaching; important right fighting and sparring strategies; and the latest sports science thinking, including new techniques for pad-holding.

Author Bio
Rakesh Sondhi has studied Pak Lei Hung Kung Fu and Shotokan Karate since 1976, and has been practicing and coaching boxing for the last 15 years. Tommy Thompson is a boxing trainer. Together they developed the concept of coaching boxing through the tvp framework—technique, variety, and unpredictability.
**Boxer's Book of Conditioning & Drilling**

Mark Hatmaker

**Summary**

Going beyond the standard workout for boxers, this innovative manual introduces a diverse set of training methods, integrating them into drill sets that build the athletic attributes for which past and present fighters are known. From Leroy Jones sparring with chickens and Ken Norton's 15 combined rounds of shadow boxing, sparring, and bag work to Ricky Hatton's staggering 12-round sparring bouts with a body belt and Kosta Tszyu's creative tennis-ball and head-strap punching apparatus, this guide highlights a wide vocabulary of exercises, all incorporating boxing-specific equipment. The drills can be performed solo or with a partner, and each piece of equipment is approached individually with detailed descriptions of routines, including floor exercises and drills with the heavy bag, medicine ball, horizontal rope, and jump rope. With two workout menus for weight training, this guide guarantees a regime to suit any individual need—be it professional or simply a desire to train like some of the best athletes in the world.

**Author Bio**

Mark Hatmaker is the bestselling author of *Boxing Mastery*, the MMA Mastery Series, the No Holds Barred Fighting Series, and *No Second Chance*. He has produced more than 40 instructional videos and he has extensive experience in the combat arts including boxing, wrestling, Jiu-jitsu, and Muay Thai. A highly regarded coach of professional and amateur fighters, law enforcement officials, and security personnel, he is also the founder of Extreme Self Protection, a research body that compiles, analyzes, and teaches the most effective Western combat methods known. He lives in Knoxville, Tennessee.

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**The Boxing Register (5th Edition)**

*International Boxing Hall of Fame Official Record Book*

James B. Roberts, Alexander G. Skutt

**Summary**

The greatest fighters of all time come to life in the pages of this carefully researched and fully illustrated guide to the "Sweet Science." Packed with facts, figures, and action photos, every honoree in the Hall of Fame is here, from the earliest bare-knuckle brawlers to 20th-century heroes like Joe Louis and Muhammad Ali. In addition to the most significant boxers, this collection also includes information on lesser-known contributors to the sport—writers, journalists, promoters, trainers, and cutmen. The fifth edition has definitive fight-by-fight records of all International Boxing Hall of Fame inductees through 2011 and updated biographies and records for previous inductees.

**Author Bio**

Cyclone
My Story
Barry McGuigan

Summary
The Irish legend of the ring and former World Featherweight champion tells his story for the first time.

On a hot summer's night, in June 1985, in one of the most emotionally charged fights of all time, Barry McGuigan beat Eusebio Pedroza to become the Featherweight champion of the World. An epic battle that lasted a full 15 rounds, it remains one of sport's greatest moments-watched by 27,000 spectators ringside and by a further 20 million on television around the world.

Raised in the border town of Clones, Co. Monaghan, at the height of the troubles, Barry McGuigan united people across sectarian and religious divides during a difficult time in the country's political history. A Catholic, Barry married his Protestant childhood sweetheart, Sandra in 1981. An Irishman, he fought for the British Title, wearing boxing shorts in the colours of the United Nation's Flag of Peace - and in place of a national anthem his musician father, Pat McGuigan would often sing a heartfelt rendition of 'Danny Boy' before a fight.

Engaging and intelligent, McGuigan is a renowned and revered figure i...

Author Bio
BARRY MCGUIGAN is a Former World Featherweight Champion boxer. He currently enjoys a successful career as a sports commentator and writer and motivational speaker. He continues his involvement in the boxing world as president and founder of the Professional Boxing Association and as a boxing promoter and trainer, who has coached his youngest son Shane to National titles in England and Ireland. He lives in Kent with his wife and family.

Sweet Thunder
The Life and Times of Sugar Ray Robinson
Wil Haygood

Summary
Sugar Ray Robinson was not only one of the most iconic figures of the fight game; almost all sportswriters agree that he was the greatest boxer of all time. This illuminating biography grounds the spectacular story of Robinson's rise to greatness within the context of the fighter's life and times. Born Walker Smith Jr. in 1921, Robinson's early childhood was marked by the seething racial tensions and explosive race riots that infected the Midwest throughout the twenties and thirties. After his mother moved him and his sisters to the relative safety of Harlem, he came of age in the vibrant post-Renaissance years. It was there that--encouraged to box by his mother, who wanted him off the streets--he soon became a rising star, cutting an electrifying, glamorous figure, riding around town in his famous pink Cadillac. Beyond the celebrity, though, Robinson would emerge as a powerful, often controversial black symbol in a rapidly changing America.

From Robinson's gruesome six-bout war with Jake "Raging Bull" LaMotta and his lethal meeting with Jimmy Doyle to his Harlem nightcl...

Author Bio
Wil Haygood is an award-winning author and journalist and a national reporter for the Washington Post. He is the author of The Haygoods of Columbus, In Black and White, and King of the Cats.
Manly Art
They Can Run?But They Can’t Hide
George Kimball

Summary
This compilation of boxing-related commentary, criticism, reportage, and analysis represents the decade’s best from award-winning sports journalist George Kimball. With selections culled from a wide array of publications including Boxing Digest, the Irish Times, ESPN.com, and TheSweetScience.com, this is a hard-hitting look at the current state of the sport. Kimball pulls no punches as he dissects the triumphs, defeats, and mistakes of the major figures in boxing from yesterday and today—including Muhammad Ali, George Foreman, Manny Pacquiao, Oscar de la Hoya, and dozens more—bringing all the controversies and personalities vividly to life.

Author Bio
George Kimball spent 25 years as a sports columnist for the Boston Herald and received the Nat Fleischer Award for Excellence in Boxing Journalism in 1986. He has covered nearly 400 world-title fights in a four-decade sports writing career and is the author of the acclaimed Four Kings: Leonard, Hagler, Hearns, Duran and the Last Great Era of Boxing. He lives in New York City.

The Little Book of Boxing
Graeme Kent

Summary
Boxing has a long and eventful history and its drama, excitement and humor are covered in this fascinating account of the noble—and sometimes ignoble—art all over the world. It covers the bare-knuckle days when the Duke of Cumberland callously abandoned his protégé Jack Broughton when the latter could no longer fight on because he was blind as well as the famous fight in 1964, when the charismatic Muhammad Ali knocked out Sonny Liston with a “phantom punch” that no one in the audience saw thrown. It also highlights the advent in the 21st century of the dreaded “Beast from the East,” the 7-foot-tall Russian Nikolai Valuev who powered his inexorable way to the world heavyweight title. This book presents a vivid picture of the sport rightly referred to as the hardest game.

Author Bio
Graeme Kent is the author of more than 120 books, including Boxing’s Strangest Fights, Olympic Follies, and The Great White Hopes, which was short-listed for the 2005 William Hill Sports Book of the Year award.
Four Kings
Leonard, Hagler, Hearns, Duran and the Last Great Era of Boxing
George Kimball

Summary
"Sugar" Ray Leonard, "Marvelous" Marvin Hagler, Thomas "Hit Man" Hearns, and Roberto Duran all formed the pantheon of boxing greats during the late 1970s and early 1980s—before the pay-per-view model, when prize fights were telecast on network television and still captured the nation’s attention. Championship bouts during this era were replete with revenge and fury, often pitting one of these storied fighters against another. From training camps to locker rooms, veteran sports journalist George Kimball was there to cover every body shot, uppercut, and TKO. Inside stories, including recent interviews of each of the boxers, are full of drama, sacrifice, fear, and pain, resulting in a fast-paced, blow-by-blow account of four extraordinary adversaries and a remarkable boxing epoch.

Author Bio
George Kimball was a sports columnist for the Boston Herald for 25 years. He was awarded the Nat Fleischer Award for Excellence in Boxing Journalism in 1985 from the Boxing Writers Association of America. He has covered nearly 400 world-title fights and is the author of Only Skin Deep and Sunday's Fools. He lives in New York City.

Four Kings
Leonard, Hagler, Hearns, Duran and the Last Great Era of Boxing
George Kimball

Summary
Their names are legendary: Sugar Ray Leonard, Marvelous Marvin Hagler, Thomas Hit Man Hearns, and Roberto Duran. They were exceptional boxers with unique combinations of power and speed. In another era, with few rivals of equal caliber, each might have held championship belts for years on end. But as it was, they matured together in the 1980s and fought each other as middleweights. With unforgettable courage and skill, they ruled the ring and ushered in the last Golden Age of boxing.

George Kimball takes an authoritative look at the rivalries that fueled this great era in sports history. Veteran sports journalist Kimball reported on every one of the Four Kings' nine internecine fights. Here his eye-witness coverage is enhanced by recent interviews with each of the boxers and other seasoned analysts. The result is a fast-paced, blow-by-blow account of four extraordinary adversaries and a remarkable boxing epoch.

Author Bio
George Kimball spent a quarter-century as a sports columnist for the Boston Herald. In 1985 he was awarded the Nat Fleischer Award for Excellence in Boxing Journalism from the Boxing Writers Association of America. He was an eyewitness to all nine of the bouts between the Four Kings and has covered nearly 400 world title fights in a four-decade sports writing career.
**Inside the Ropes**  
Arthur Mercante, Phil Guarnieri

**Summary**  
Inside stories of some of the greatest prizefights of all time, including Floyd Patterson-Ingemar Johansson II, Joe Frazier-George Foreman I, and The Fight of the Century: Muhammad Ali-Joe Frazier I. Referee and elder statesman of boxing Arthur Mercante gives behind-the-scenes glimpses into his world and into the lives and careers of the greatest boxers of all time. Mercante has officiated more championship fights than any other referee, and his blow-by-blow accounts are peppered with grit and teflling details.

**Author Bio**  
Arthur Mercante has been a professional referee since the 1940s. Besides officiating Muhammad Ali-Joe Frazier I, he has been the third man in the ring for championship bouts featuring Floyd Patterson, Emile Griffith, Carlos Ortiz, George Foreman, Sugar Ray Leonard, Wilfred Benitez, Jeff Fenech, Mike Tyson, Julio Cesar Chavez, Ike Quartey, Roy Jones Jr., and Shane Mosley, among others. He lives in Garden City, New York.

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**Hard Road to Glory**  
**How I Became Champion of the World**  
Johnny Nelson

**Summary**  
A self-confessed coward, boxer Johnny Nelson hoped his opponents wouldn't turn up, failing twice at his chance to take the world title. He relates his moving, funny, frank and inspirational story—an amazing odyssey from chump to champ—in this autobiography that includes drugs, gangsters, and a terrifying plot to kidnap him. Johnny Nelson’s story has a universal appeal that goes beyond fight fans as a straightforward, honest account of overcoming personal fears and terrible setbacks to become the best in the world.

**Author Bio**  
Johnny Nelson was born in Sheffield in January 1967. Johnny is now starting a new career in the media and still lives in Sheffield with his wife Debbie, their two daughters and a string of horses.
Boxing's Ten Commandments
Essential Training for the Sweet Science
Alan Lachica, Doug Werner

Summary
This boxing handbook provides up-to-date, in-depth coaching for serious contenders. Weaving fundamental skills into a progression of drills that hone technique in increasingly complex, demanding, and realistic fighting situations, the handbook aids fighters in developing the reflexes of a complete boxer and teaches the move from a process-and-react mentality to one of seeing-and-reacting. Hundreds of sequential images illustrate vital steps in the progression—from proper stance, effective footwork, and range to defense and counters, the importance of angles, and creating winning strategies.

Author Bio
Alan Lachica is the coauthor of Boxer’s Start-Up, Fighting Fit, and Fitness Training for Girls. He is a certified USA amateur boxing coach and the owner of Bulldog Boxing Gyms. His boxing exhibitions have been featured on local and national television, including the CBS News’ Eye on America. He lives in Inman, South Carolina. Doug Werner has written more than a dozen sport instructional guides, including the Start-Up Sports series and is the coauthor of Boxer’s Start-Up and Fighting Fit. He lives in Chula Vista, California.

Inside the Ropes
Arthur Mercante, Phil Guarnieri

Summary
Inside stories of some of the greatest prizefights of all time, including Floyd Patterson-Ingemar Johansson II, Joe Frazier-George Foreman I, and The Fight of the Century: Muhammad Ali-Joe Frazier I. Referee and elder statesman of boxing Arthur Mercante gives behind-the-scenes glimpses into his world and into the lives and careers of the greatest boxers of all time. Mercante has officiated more championship fights than any other referee, and his blow-by-blow accounts are peppered with grit and telling details.

Author Bio
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The Guv'nor
Through the Eyes of Others
Anthony Thomas, Valerie McLean

Summary
One of the most notorious figures ever to emerge from the East End of London, Lenny McLean had a reputation that was held dear by his friends and associates and feared by his enemies. In this fantastic new book, friends, family, colleagues, and adversaries have all come together to share how they knew Lenny and the part he played in their lives. He is known as a formidable fighter and a feared enemy, but these accounts tell of a man who had a big heart and always had time for his friends. This book gives the famous and infamous a chance to share their memories about a man that they loved.

Shadow Boxers
Sweat, Sacrifice & the Will to Survive in American Boxing Gyms
Jim Lommasson, Joe Frazier, John Gattuso, Bert Sugar...

Summary
Boxing gyms are uncovered in all of their glorious grunge in these photographs and essays that reveal both the stark reality of success and the possibility of promise in the sport of boxing. This intimate look at the fighters, trainers, and hangers-on who inhabit these gyms brings to life the tough-and surprisingly tender-world of American boxing. Evocative images reveal the pain, sacrifice, and discipline of the "sweet science" as well as the triumphs, tragedies, and big dreams of the men and women who practice it. A dozen essays by veteran boxing writers such as Katherine Dunn, Carlo Rotella, Kate Sekules, F. X. Toole, Lucius Shepard, Robert Anasi, Loic Wacquant, Joe Rein, and Ralph Wiley explore the community and culture of boxing gyms, an endangered American institution that serves not only as the training ground for the next generation of great fighters, but as a sanctuary in tough neighborhoods, a lifeline for troubled kids, and a repository of a centuries-old tradition of pugilistic knowledge.

Author Bio
John Gattuso is the editorial director of Stone Creek Publications. He lives in Milford, New Jersey. Joe Frazier is a former heavyweight champion and a legend in the boxing world. He is a member of the Boxing Hall of Fame. He lives in Philadelphia, Pennsylvania. Jim Lommasson has been chronicling the culture of American boxing gyms through photography for more than 10 years. He is a two-time winner of the New York Art Directors Award and exhibits his work throughout the United States. He lives in Portland, Oregon. Bert Sugar is the former editor of The Ring, Boxing Illustrated, and Fight Game and is the author of more than fifty books. He was named the "Greatest Boxing Writer of All Time" by the International Veteran Boxers Association.
The Great Prize Fight
Alan Lloyd

Summary
Describing the most outrageous boxing match in history, this account provides the exciting details of the Englishman Tom Sayers and American John Heenan's legendary 1860 fight. "The Great Fight" was the sensation of its time, involving sportsmen, thieves, and citizens all thrilled by the bare-knuckled punches. Exploring both men's lives and the colorful world around them, from scratch to finish, from the Victorian sporting life to the sleazy world of gamblers and politicians, this enthralling story gives all the dramatic details of a seminal moment in boxing history.

Author Bio
Alan Lloyd is the author of more than 30 books, including Destroy Carthage, Marathon, and The Taras Report on the Last Days of Pompeii.

Dark Trade
Lost in Boxing
Donald McRae

Summary
Dark Trade is Donald McRae's illuminating five-year journey through the intense and forbidding world of the professional fight game. Tyson, Bruno, Hamed, Benn, Eubank, Holyfield, Watson, Jones, and Toney confide in him their fears and ambitions. Their fantastic, almost mythological stories are uncovered in new and striking detail, drawn from the hundreds of hours McRae has spent in their company. With wit, compassion, and lucidity, Dark Trade examines the ways in which race and violence beat at the heart of American and British society and what it is that drives men to pursue this most brutal kind of fame.
**Boxing Mastery**  
*Advanced Technique, Tactics, and Strategies from the Sweet Science*  
Mark Hatmaker, Doug Werner

**Summary**  
This guide to the finer points of boxing provides the wisdom needed to make the transition from enthusiastic beginner to proficient pugilist. The ABCs of ring generalship, offensive and defensive ring movements, feints, and draws and fakes are examined and explained along with clinching techniques, head-hunting, body work, and counter-punching chains. Strategies for boxing against tall and short opponents as well as for a variety of fighting styles such as charger, speed-demon, stick-and-move, and slugger and brawler are discussed in detail. Specific drills focus on sophisticated ring strategies such as throwing complex combinations, cutting off the ring, fighting off the ropes, generating power, and cornering an opponent are included.

**Author Bio**  
**Mark Hatmaker** is the author of *No Holds Barred Fighting* and *More No Holds Barred Fighting*. He lives in Knoxville, Tennessee. **Doug Werner** is the author of *Boxer’s Start-Up* and *Fighting Fit*. He lives in San Diego, California.

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**Natural Born Fighters**  
*The Real Fight Club*  
Craig Goldman

**Summary**  
Plunged into a brutal world that exists beyond the authority of any sporting body, *Natural Born Fighters* uncovers today’s kings of underground combat. From bare-knuckle fights that take place in country lanes and inner-city building sites to bloody, raw gladiatorial cage fighting, you’ll meet hard men, villains, gypsies, maybe even the bloke who lives next door to you. They’re all connected by a common thread—they all love fighting, and they’ll do anything to win.
**The Guv'nor**  
Lenny McLean

**Summary**  
Lenny McLean was one of the deadliest bare-knuckle fighters Britain has ever seen. He had dear, powerful friends, but he also had terrible enemies. So much so that he has two bullet wounds in his back, and has been stabbed repeatedly—always from behind. Lenny, however, is also a warm, grizzly bear of a man, whose main weakness is an overwhelming desire to put the welfare of his mates ahead of his own well-being. In this autobiography he tells of how the mafia flew him to New York to take on their greatest bare-knuckle boxer in a multi-million pound illicit challenge bout. The Mafia's man lasted less than three minutes. When the IRA fronted up a London gang in a money-laundering scam, Lenny was brought in to intimidate the terrorists. The IRA, not surprisingly, backed off. Lenny's most serious trial came when he was accused of murder. Fighting to prove his innocence against a minimum sentence of 25 years, Lenny never gave up, and went on to be found not guilty. After deciding to retire from the violent life, Len turned his hand to acting, having parts in *The Fifth Element* and *Lock, St...*

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**War, Baby**  
The Glamour of Violence  
Kevin Mitchell

**Summary**  
An astonishing piece of boxing writing detailing one of the most vicious, controversial and tragic fights of the last thirty years, between Britain's Nigel Benn and American Gerald McClellan.