

## RECOMMENDED READING

The following books are highly recommended as supplements to this manual. They have been selected on the basis of content, and the ability to convey some of the color and drama of the Chinese martial arts heritage.

*THE ART OF WAR* by Sun Tzu, translated by Thomas Cleary. A classical manual of Chinese military strategy, expounding principles that are often as applicable to individual martial artists as they are to armies. You may also enjoy Thomas Cleary's "Mastering The Art Of War," a companion volume featuring the works of Zhuge Liang, a brilliant strategist of the Three Kingdoms Period (see above).

*CHINA*. 9th Edition. Lonely Planet Publications. Comprehensive guide. ISBN 1740596870

*CHINA, A CULTURAL HISTORY* by Arthur Cotterell. A highly readable history of China, in a single volume.

*THE CHINA STUDY* by T. Colin Campbell, PhD. The most comprehensive study of nutrition ever conducted. ISBN 1-932100-38-5

*CHINESE BOXING: MASTERS AND METHODS* by Robert W. Smith. A collection of colorful anecdotes about Chinese martial artists in Taiwan. Kodansha International Ltd., Publisher. ISBN 0-87011-212-0

*CHINESE MARTIAL ARTS TRAINING MANUALS (A Historical Survey)* by Brian Kennedy and Elizabeth Guo

*CHRONICLES OF TAO, THE SECRET LIFE OF A TAOIST MASTER* by Deng Ming-Dao. Harper San Francisco, Publisher ISBN 0-06-250219-0 (Note: This is an abridged version of a three-volume set: *THE WANDERING TAOIST (Book I)*, *SEVEN BAMBOO TABLETS OF THE CLOUDY SACHEL (Book II)*, and *GATEWAY TO A VAST WORLD (Book III)*)

*CLASSICAL PA KUA CHANG FIGHTING SYSTEMS AND WEAPONS* by Jerry Alan Johnson and Joseph Crandall. A sampler of the diversity of forms Pa Kua has taken in its comparatively short history. Note that the most complete form and training discovered by the authors corresponds, posture by posture, to our own Classical Temple Pa Kua. ISBN 0-9609950-0-8

*A COMPLETE GUIDE TO CHI KUNG (Harnessing the Powers of the Universe)* by Daniel Reid

*THE E-MYTH REVISITED* by Michael E. Gerber

*THE EIGHT IMMORTALS OF TAOISM*, translated and edited by Kwok Man Ho and Joanne O'Brien. A Meridian Book. ISBN 0-452-01070-5

*THE ELEMENTS OF T'AI CHI* by Paul Crompton. A compact, but wide ranging introduction to T'ai Chi from a Western perspective.

*ESSENTIAL ANATOMY FOR HEALING & MARTIAL ARTS* by Marc Tedeschi, Weatherhill.  
ISBN 0-8348-0443-3

*THE FIGHTING ARTS* by Howard Reid and Michael Croucher. Simon and Schuster, Publisher.  
ISBN 0-671-47158-9; ISBN 0-671-47273-9 (pbk.)

*GATEWAY TO A VAST WORLD* by Deng Ming-Dao. (Book III of *CHRONICLES OF TAO, THE SECRET LIFE OF A TAOIST MASTER*) Harper & Row Publishers. ISBN 0-06-250230-1 (pbk)

*GENERAL YUE FEI* (A Novel by Qian Cai of the Qing Dynasty) - Translated by T.L. Yang.  
ISBN 962.04.1279.6

*HEALING WITH WHOLE FOODS* by Paul Pitchford. Oriental Traditions and Modern Nutrition  
ISBN 0-938190-64-4

*SHANTUNG BLACK TIGER* (A Shao-Lin Fighting Art of North China) by Tjoa Khek Kiong, Donn F. Draeger, and Quintin T.G. Chambers

*HARNESSING THE POWER OF THE UNIVERSE.* A Complete Guide to the Principles and Practice of CHI-GUNG by Daniel Reid. Shambala Publications. ISBN 1-57062-337-6

*INTRODUCTION TO SHAO-LIN KUNG FU* by Wong Kiew Kit. Paul H. Crompton, London

*IRON AND SILK* by Mark Salzman. An account of two years spent in China teaching English and learning sport "wu shu." This book presents a "slice of life" from contemporary China. ISBN 0-394-55156-7

*JOURNEY TO THE WEST* by Wu Cheng'En, translated by W. J. F. Jenner. The amazing adventures of the priest Xuanzang. In three volumes.

*KUNG FU: HISTORY, PHILOSOPHY, AND TECHNIQUES* by David Chow and Richard Spangler. A general introduction to Chinese martial arts.

*KWAN-DAO PLAY* by To Sum. Wan Li Book Co., Ltd., Publisher. ISBN 9621400104

*KWAN-DAO, SELF-LEARNING OF THE CHINESE LONG WEAPONS* by Leung Ting. Leung Ting Company, Publisher. ISBN 9627284076

*THE LIFE OF CONFUCIUS*, by Qu Chunli, ISBN 7-119-01909-0

*MASTER CHENG'S THIRTEEN CHAPTERS ON T'AI CHI CH'UAN* by Cheng Man-Ching, translated by Douglas Wile. A compact, but wide ranging introduction to T'ai Chi.

*THE MILLIONAIRE NEXT DOOR* by Thomas J. Stanley and William D. Danko

*MONKEY* by Wu Cheng-En, translated by Arthur Waley. The trials and tribulations of Monkey King, known in China as "Journey To The West."

*OUTLAWS OF THE MARSH* by Shi Nai-An, translated by Sidney Shapiro. A monumental book about the 108 Outlaws Of The Marsh, the Chinese counterparts of Robin Hood And His Merry

Men. Long out of print, this classic is available again as an inexpensive four-volume set published by the Beijing Press.

*THE PA KUA JOURNALS* – Various

*QIGONG, THE SECRET OF YOUTH* by Dr. yang, Jwing-Ming. YMAA Publication Center. ISBN 1-886969-84-1

*RIDING THE IRON ROOSTER*, by Paul Theroux, ISBN 0-399-13309-7

*ROMANCE OF THE THREE KINGDOMS.*

*THE ROOT OF CHINESE QIGONG, SECRETS FOR HEALTH, LONGEVITY, and ENLIGHTENMENT* by Dr. Yang, Jwing-Ming. YMAA Publication Center. ISBN 1-886969-50-7

*SCHOLAR WARRIOR (An Introduction to the Tao in Everyday Life)* Deng Ming-Dao (Same author as *Chronicles of the Tao*). ISBN 0-06-250232-8

*SECRETS OF SHAO-LIN TEMPLE BOXING* by Robert W. Smith. An entertaining rewrite of a martial arts manual of uncertain date.

*SEVEN BAMBOO TABLETS OF THE CLOUDY SACHEL* by Deng Ming-Dao. (Book II of *CHRONICLES OF TAO, THE SECRET LIFE OF A TAOIST MASTER*) Harper & Row Publishers. ISBN 0-06-250227-1

*SHAOLIN KUNG-FU* by Ying Zi and Weng Yi. Kingsway International Publications Ltd. ISBN 962-7051-04-2

*SHAOLIN KUNG-FU.* Henan Art Publishing House. ISBN 7-5401-0246-2/J2.164

*T'AI CHI CLASSICS* by Waysun Liao. Shambhala Publications, Inc. ISBN 0-87773-531-X

*TAI-CHI CHUAN, IT'S EFFECTS AND PRACTICAL APPLICATIONS* by Yearning K. Chen. Unicorn Press. ISBN 0878770437

*T'AI-CHI, THE SUPREME ULTIMATE EXERCISE FOR HEALTH, SPORT, AND SELF-DEFENSE* by Cheng Man-ch'ing and Robert W. Smith. Charles E. Tuttle Co., Publisher. ISBN 0-8048-0560-1

*T'AI CHI TOUCHSTONES: YANG FAMILY SECRET TRANSMISSIONS* translated by Douglas Wile. The T'ai Chi Classics, songs (instructional poems), discourses, and old photographs make this collection of fragments a colorful and instructive addition to your library.

*THE TAO OF TAI-CHI CHUAN, WAY TO REJUVENATION* by Jou, Tsung Hwa. Tai Chi Foundation. ISBN 0-8048-1357-4

*THERE ARE NO SECRETS, professor Cheng Man-ch'ing and his Tai Chi Chuan* by Wolfe Lowenthal. North Atlantic Books. ISBN 1-55643-112-0

*TALES OF THE SHAO-LIN MONASTERY* by Wang Hongjun, translated by C. J. Lonsdale. A collection of folk tales featuring many colorful heroes of the Shao-Lin tradition.

*THREE KINGDOMS* by Lo Kuan Chung, translated by Moss Roberts. A condensation of a great Chinese classic into a single volume. This tale of the fight for control of the disintegrating Han Empire features the exploits of General Kwan, Zhuge Liang, and Hua To.

*THE WANDERING TAOIST, SEVEN BAMBOO TABLETS OF THE CLOUDY SATCHEL, and GATEWAY TO A VAST WORLD* by Deng Ming-Dao. A colorful and entertaining chronicle of the life and training of a Hua Mountain monk, in three volumes. (Editor's note: these books are out of print; suggest you try used bookstores. See *CHRONICLES OF TAO.*) Harper & Row Publishers. ISBN 0-06-250226-3 (pbk)

*THE WEB THAT HAS NO WEAVER: UNDERSTANDING CHINESE MEDICINE* by Ted Kaptchuk. If you are interested in traditional Chinese medicine, this is a very readable and vivid presentation.

*THE XINGYI BOXING MANUAL (Hebei's Style 5 Principles and 7 Words)* - Edited by Jin Yunting, Translated by John Groschwitz

*When you see excellence, try to equal or surpass it. When you see the opposite, examine yourself.*

## RECOMMENDED MOVIES

### **These movies feature the chien, or double-edge straight sword:**

*Challenge of the Ninja, also know as Shaolin vs Ninja*

*Hero*

*Crouching Tiger, Hidden Dragon*

### **Akira Kurosawa Samurai Movies:**

*Hidden Fortress*

*Kagemusha*

*Ran*

*Seven Samurai*

*Throne of Blood*

*Yojimbo*

*Zatoichi*

### **American Movies:**

*Big Trouble in Little China*

*Circle of Iron (aka The Silent Flute)*

*Equilibrium*

*Matrix (Director Yuen Woo Ping)*

*Phantom Menace*

*Remo Williams:the Advanture Begins*

*Returner, The*

*They Live*

*Transporter, The*

### **Chinese Culture & History:**

*Emperor and the Assassin, The*

*Farewell my Concubine*

*Hero (Jet Li Donnie Yen Maggie Cheung)*

*Iron & Silk*

*Ju Dou*

*King of Masks*

*Last Emperor, The*

*Painted Faces*

*Postmen in the Mountains*

*Pushing Hands*

### **Imitative Styles:**

*Dance of the Drunk Mantis (Hwang Jang Lee)*

*Death Duel (Dual) of Mantis*

*Dirty Ho (Gordon Liu)*

*Mad Monkey Kung Fu (Lar Kar Leung)*

*Snake in the Monkey's Shadow*

*Shaolin Mantis ( Gordon Liu, David Chiang)*

*Snake and Crane Arts of Shaolin (Jackie Chan)*

**Internal Arts:**

*Fists of the White Lotus* (Gordon Liu, Lo Lieh)  
*Invincible Armour:* (Hwang Jang Lee, John Liu)  
*Shaolin vs. Lama*  
*Tai Chi Master (Twin Warriors/Chang Sang Feng):* Jet Li  
*The Tai Chi Master ( with Jacky Wu)*

**Legendary Heroes: Wong Fei Hung Fong Sai Yuk Lam Sai Wing:**

*Crouching Tiger Hidden Dragon* (Chow Yun Fat ZHANG Ziyi Michelle Yeoh Chen Pei Pei Director Yuen Woo ping)  
*Drunken Master* (Jackie Chan, Hwang Jang Lee)  
*Drunken Master II (The Legend of Drunken Master Jackie Chan Lar Kar Leung)*  
*Enter the 36th Chamber* (Gordon Liu)  
*Fong Sai Yuk I:* (Jet Li)  
*Fong Sai Yuk II:* (Jet Li)  
*Iron Monkey:* (Donnie Yen)  
*Legend of Yim Wing Chun:* (Michelle Yeoh)  
*Magnificent Butcher* (Sammo Hung Yuen Biao)  
*Musa The Warrior*  
*Once Upon A Time in China I:* (Jet Li)  
*Once Upon A Time in China II:* (Jet Li)  
*Once Upon A Time in China III:* (Jet Li)  
*Once Upon A Time in China In America:* (Jet Li)  
*Fearless* (Jet Li)

**Modern Action:**

*Black Mask* (Jet Li)  
*Dragons Forever* (Sammo Hung, Yuen Biao, Jackie Chan)  
*Enter the Dragon* (Bruce Lee)  
*Game of Death* (Bruce Lee)  
*Gorgeous* (Jet Li)  
*Kiss of the Dragon* (Jet Li)  
*Legend of Zu* (Sammo Hung Director Yuen Woo Ping)  
*My Father is a Hero* (Jet Li)  
*Operation Condor* (Armour of God 2 Jackie Chan)  
*Operation Condor 2* (Armour of God Jackie Chan)  
*One, The* (Jet Li)  
*Police Story* (Jackie Chan)  
*Police Story 2* (Jackie Chan)  
*Police story 3* (Supercop Jackie Chan Michelle Yeoh)  
*Police Story 4* (Jackie Chan's First Strike)  
*Return of the Dragon* (Bruce Lee)  
*Romeo Must Die* (Jet Li)  
*Rumble in the Bronx* (Jackie Chan)  
*Rush Hour* (Jackie Chan)  
*Rush Hour 2* (Jackie Chan)  
*SuperCop 2* (Michelle Yeoh)  
*Twinkle Twinkle Lucky Stars*

*Twin Dragons (Jackie Chan)*  
*Volcano High*  
*Who Am I? (Jackie Chan)*

**Samurai Movies:**

*Azumi*  
*Lone Wolf and Cub/ Baby Cart Series:*  
*Sword of Vengeance (Combined into Shogun Assassin) pt. 1*  
*Baby Cart at the River Styx (Combined into Shogun Assassin) pt. 2*  
*Baby Cart to Hades pt. 3*  
*Baby Cart in Peril pt. 4*  
*Baby Cart In The Land of Demons pt. 5*  
*White Heaven in Hell pt. 6*  
*Samurai I: Musashi Miyamoto*  
*Samurai II: Duel at Ichijoji*  
*Samurai III: Duel at Ganryu Island*

**Shaolin Temple Movies:**

*18 Bronzemen*  
*Death Chambers: (Ti Lung, Alexander Fu Sheng, David Chiang 5 Venom Mob)*  
*Enter the 36th Chamber: (Gordon Liu Lar Kar leung director)*  
*Invincible (8 Triagram Diagram) Pole Fighter: (Gordon Liu, Lar Kar Leung)*  
*Shaolin Temple: (Jet Li)*  
*Shaolin Temple Strikes Back*  
*Shaolin vs. Wutang: (Gordon Liu Lar Kar Leung Director)*

**Traditional Kung Fu:**

*All Men are Brothers: Blood of the Leopard*  
*Ashes of Times (Sammo Hung director)*  
*Bichunmoo*  
*Buddhist Fist (Yuen Woo Ping Director)*  
*Chinese Connection (Bruce Lee)*  
*Chinese Super Ninjas (5 Venom Mob)*  
*Circle of Iron*  
*Come Drink with Me (Cheng Pei Pei)*  
*Duel to the Death*  
*Fearless Hyena (Jackie Chan)*  
*Fist of Fury (Bruce Lee)*  
*Fist of Legend (Jet Li)*  
*Five Deadly Venoms (5 Venom Mob)*  
*Flag of Iron (5 Venom Mob)*  
*Half A Loaf of Kung Fu (Jackie Chan)*  
*Instant Kung Fu Man: (Hwang Jang Lee)*  
*Kid with the Golden Arm (5 Venom Mob)*  
*Last Hero In China (Jet Li)*  
*Last Hurrah for Chivalry (5 Venom Mob)*  
*Master of the Flying Guillotine (Jimmy Wang Yu)*  
*Mystery of Chess Boxing (Jack Long, Mark Long)*

*Odd Couple (Sammo Hung)*  
*Prodigal Son (Sammo Hung, Yuen Biao)*  
*Project A (Sammo Hung, Yuen Biao, Jackie Chan)*  
*Project A2 (Jackie Chan)*  
*Return of the 5 Deadly Venoms (5 Venom Mob)*  
*Shanghai Knights (Pt. 2 Jackie Chan)*  
*Shanghai Noon (Pt. 1 Jackie Chan)*  
*Shaolin Challenges Ninja*  
*Snake in the Eagle's Shadow (Jackie Chan, Hwang Jang Lee)*  
*Warrior's Two (Sammo Hung Yuen Biao)*  
*Young Master (Jackie Chan)*

**T.V. Series:**

*Kung Fu TV Series DVD set, includes Pilot episode and commentary (Original, Bruce Lee Concept)*

