

# Student Training Manual

# AKT



## COMBATIVES ACADEMY

karate • grappling • kickboxing • sport jujitsu

### Take Ground! Keep it REAL



### COMBATIVES ACADEMY

karate • grappling • kickboxing • sport jujitsu



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(Across from Boardman Park)  
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[www.AKTcombatives.com](http://www.AKTcombatives.com)

Your Name \_\_\_\_\_

Date You Began Studying at AKTCA \_\_\_\_\_

Your Class Days and Times \_\_\_\_\_

Your Instructor \_\_\_\_\_

Your goals for studying at AKTCA \_\_\_\_\_

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Date Tested for Gold Belt \_\_\_\_\_

Date Tested for High Gold \_\_\_\_\_

Date Tested for Orange Belt \_\_\_\_\_

Date Tested for High Orange \_\_\_\_\_

Date Tested for Green Belt \_\_\_\_\_

Date Tested for High Green \_\_\_\_\_

Dated Tested for Brown Belt \_\_\_\_\_

Date Tested for High Brown \_\_\_\_\_

Date Tested for Black Belt 1<sup>st</sup> degree \_\_\_\_\_

Date Tested for Black Belt 2<sup>nd</sup> degree \_\_\_\_\_

Date Tested for Black Belt 3<sup>rd</sup> degree \_\_\_\_\_

Date Tested for Black Belt 4<sup>th</sup> degree \_\_\_\_\_

Date Tested for Black Belt 5<sup>th</sup> degree \_\_\_\_\_

Welcome To AKT Combatives Academy,

As the Twin Tier's premier martial arts academy we strive to provide the highest quality instruction to those seeking serious training in the martial arts in a fun, exciting, low-stress environment.

No matter what your reasons are for beginning classes with us, our professional certified instructors are honored to be assisting you in reaching your personal goals; whether it is for fitness, self-defense, or just for fun!

Each of our classes will challenge you while improving your confidence, self-discipline, and focus; and above all, motivate you to reach your fullest potential in an encouraging atmosphere. As you mature as a martial artist you will also learn to motivate yourself in obtaining your next level of growth.

This Student Manual is provided to give you information about our schools and martial art system, as well as guidelines to aid you in your studies and training at AKTCA. This manual is intended to supplement your Training Journal, not to replace it. Your training journal should be more than just a list of the techniques that are taught to you during class; it should also include the drills, concepts, ideas, anatomy and application of techniques that you learn as well.

To fully grow as a martial artist, you will need to set aside time outside of your regular classes to practice on your own. Your Instructors are here to provide you with new techniques and concepts; however you must be responsible to practice them daily. It is extremely beneficial for you to warm-up and stretch-out on a daily basis; this not only aids in preventing injuries, but also improves your techniques, your control, and overall health.

I look forward to working with you and am excited to have you as part of our martial arts family.

I hope that we can help you to get a kick out of life!

Yours in Peace, Comradery & Tranquility,

Barry A. Broughton, PhD  
*AKT* Founder and Grandmaster  
AKT Combatives Academy  
AKT Combatives Council

## **AKT Combatives**

Developed by Grandmaster Barry A. Broughton, AKT Combatives (A.K.T. [*American Karate Tactics*] *American Freestyle Karate*) is a comprehensive eclectic reality-based martial art system. AKT Combatives not only includes the strikes, kicks, blocks and defense techniques of most stand-up striking martial arts styles, but it also includes joint manipulations, locks, throws, take-downs, ground fighting techniques and submissions as well as weapons fighting and weapons defense. While many martial art styles focus on stand-up striking or ground fighting few address all ranges of attack and circumstances that are taught as part of the comprehensive AKT Combatives system. AKT students learn real-life techniques, concepts and anatomy to insure that their skills are effective in any situation.

*"In the application of martial tactics; without knowledge, techniques cannot be truly mastered and concepts cannot be understood. Performance without mastery produces mere technicians while the lack of understanding stifles growth. AKT Combatives encourages practitioners to reach beyond their own limitations and to strive for excellence in all areas of life. The mastery of techniques and concepts, as well as life is what produces exceptional martial artists." ~Grandmaster Barry Broughton*

Having wrestled during his youth and teenage years, Broughton began incorporating aspects of wrestling and ground defense into his teaching curriculum with his first students after receiving his first Black Belt in 1982. Joining the US Army the following year, he had the fortunate opportunity to train with practitioners from other martial arts systems such as American Kempo, Tae Kwon Do, SAMBO (Russian Combatives), Jiu Jitsu, Hapkido, and kickboxing, and also earned Black Belts in Kun Tao Kung-fu and Ching Sai Do Karate.

During the early 1990's, the face of martial arts would be forever changed with the emergence of the Ultimate Fighting Championship and "reality based training". Ground fighting became popularized and therefore real-life physical assaults changed, forcing many martial arts instructors to rethink the effectiveness of what they were teaching. Master Broughton felt that a more comprehensive approach with the ability to go to the ground, and to defend oneself on the ground, yet still be able to strike at any range and on any plane was needed. Having practiced orthopedics and sports medicine, Dr. Broughton applied his intimate understanding of kinesiology, orthopedic and musculoskeletal surgical anatomy to his martial arts training and instruction, to make techniques more effective.

The AKT (*American Freestyle Karate*) *Combatives* system is not a "take the best of each style" approach; the striking style was modified to include pivoting in close-range stances (without "chambering" the non-striking / non-blocking hand) resembling the more natural

flow of boxing type punches with the elbow and knee strikes of Muay Thai. All of the joint locks, chokes, throws, take-downs, and ground techniques have been modified to fit into a progressive, adaptive style. Understanding that fighting on the ground is extremely dangerous against multiple assailants, AKT Combatives is not strictly a grappling style. The result is a comprehensive system in which there is a seamless transition in all ranges and planes of attack; giving practitioners the tools needed to defend against any situation. As AKT evolved in its scope, techniques, concepts and philosophy into a comprehensive system, *AKT American Freestyle Karate* was chartered as an independent style with the Independent Martial Arts Federation, recognizing Master Barry Broughton as the Founder and Headmaster.

In 2009 Master Broughton met Sensei Phil Rocheleau, a Modern Army Combatives Program (MACP) instructor who was still on active duty in the US Army at the time. Along with Sensei Sam Fahy, they shared ideas and techniques as they trained in MACP, which blends the striking of boxing and Muay Thai, the takedowns and throws of wrestling and Judo, the ground fighting of Brazilian Jiu-Jitsu, and the weapons fighting of eskrima and western martial arts. As they trained, they recognized many similarities in the techniques of AKT and Modern Army Combatives. Embracing a tenet in the AKT Student Creed of "Evolve or become irrelevant" Grandmaster Broughton re-wrote the AKT curriculum to include drills and teaching chains similar to that of Modern Army Combatives. Shortly thereafter, Master Broughton was invited to attend a KAPAP (Krav Maga) Combatives course with Shihan Avi Nardia (Major, Israeli Defense Force) to become a Level One KAPAP (Krav Maga) Instructor. The knife and gun defense as well as the close-quarters and ground fighting of KAPAP affirmed the techniques and concepts taught in AKT Combatives.

Because of the obvious training and battlefield injuries that can be sustained in combat and self-defense, the Japanese Samurai, the Korean Hwa Rang and ancient Chinese warriors all understood that a complete martial arts system needed to include the healing arts. They believed that if they possessed the power to injure someone; it was also their responsibility to assist in treating injuries as well, thus the term "higher healing arts". Having been a combat medic and Battalion Medical Officer in the US Army, and having practiced conventional (allopathic) orthopedic/sports medicine, and naturopathic (natural) medicine, as well as being a Master Acupressurist, Grandmaster Broughton, NMD, PhD has also developed a program as part of the "higher healing arts" for advanced students and instructors of AKT Combatives.

With Broughton testing for 10<sup>th</sup> Degree Black Belt and being honored with the title of Soke (Founder) and Grandmaster of AKT Combatives by the USA Martial Arts Alliance, being recognized by the World Wide Martial Arts Council, and by being inducted in several martial

arts Halls of Fame, the system of AKT Combatives has secured its place in martial arts history.

### **Why the name- A.K.T. (American Karate Tactics) American Freestyle Karate and AKT Combatives?**

AMERICAN – The American idea of “use what works” means not being bound by cultural traditions, especially if they are not effective. Although Asian values have been popularized by the martial arts, traditional American values also include those same values of: honor, hard work, integrity, loyalty, respect, and serving a greater cause than one-self. Many countries have their own self-defense systems that are influenced by the culture in which they were developed. AKT is martial art style developed in America by an American.

KARATE – A term derived from two Japanese words, “kara” and “te” meaning “empty hand”. This term is usually understood by most people as an empty hand martial art.

TACTICS – A procedure to achieve an end. It implies strategy and precision, especially in combat.

FREESTYLE - Inclusiveness with few restrictions. To truly “use what works” for any given individual for a multitude of circumstances. If you can only punch or kick, you will be in trouble if a grappler takes you to the ground. Able to adapt techniques to fit the attributes or limitation of the practitioner.

COMBATIVES- synonymous with close-quarters hand-to-hand combat.

AKT (an intentional pun for Act) – To take action. “Action (AKTion) is faster than reaction”.

The goal of *AKT Combatives/American Freestyle Karate* is to provide the most comprehensive system available by offering students the concepts and defense techniques relevant to today’s culture while maintaining the values of traditional martial arts.

*“The specific self-defense techniques in a particular martial art system are just the physical manifestation of the systems concepts, philosophies, and values. A system that is defined by a finite number of physical techniques that does not evolve with the societal changes in which they will be used will become irrelevant. Therefore, to remain relevant and effective in the 21<sup>st</sup> Century, AKT Combatives is a ‘reality-based’ system that will evolve over time.”*

~ Grandmaster Barry Broughton

# *AKT* Student Creed

**T***ake ground in all aspects of your life*

**A***ction is faster than reaction*

**K***nowing that you don't know is the first step  
to true wisdom*

**E***volve or become irrelevant*

**G***rowth through struggle is nature's way*

**R***espect brings peace, comradery and tranquility*

**O***vercoming obstacles is a choice*

**U***nderstanding conceptually brings ease in mastery*

**N***urture the desire for continuous self improvement*

**D***iscipline begins in the mind*

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# AKT Pledge

As a martial artist and student of AKT, I represent and support not only myself, but my dojo, my instructors and fellow martial artists. I will live by the traits of honor, integrity, and justice and practice self-discipline to avoid anything that diminishes my mental growth, physical health, or caliber of my character.

I will do my best in all things and encourage others to do the same. I will never be a bully or be abusive. I will value and protect the loyalty and trust that I share with my instructors and fellow AKT practitioners.

I pledge to be a life-long learner and continue to seek knowledge as a warrior-scholar. I will use what I have learned only for self-defense or the defense of those unable to defend themselves. I will demonstrate restraint and have the courage to live my life as a peaceful warrior.

I will strive to embody the tenets of the AKT Student Creed in all aspects of my life.

I *am* AKT and I *will* TAKE GROUND!

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## **Basic Terms**

Sensei- Instructor (Japanese origins)

Dojo- Martial arts school (Japanese origins)

Karate- Empty hand (martial arts of Japanese origins)

Combatives- Refers to modern close-quarters hand-to-hand combat

Houng Tai- Attention

Ha Jime- Begin

Mah Tai- Stop

Gi- Martial Arts Uniform

Founder/Grandmaster AKT Combatives / AKT American Freestyle Karate-  
Grandmaster Barry A. Broughton

## **Dojo Guidelines**

1. Be respectful of the dojo, fellow students, instructors, visitors and yourself.
2. Let your Instructor know of any injuries inside or outside of class.
3. Keep your own journal of all techniques, drills, concepts and katas taught to you.
4. After you have changed into your gi, store all clothes and gym bags in the cubbies provided in the changing area. Do not throw your clothes on the floor or keep them hanging in the changing stalls.
5. Anything lost or stolen is not the responsibility of the academy.
6. No wearing of socks or shoes on the training floor, with the exception of martial arts footwear or wrestling shoes with the approval of the instructor.
7. No chewing gum, food or drink on the training floor (with the exception of water).
8. No jewelry is to be worn during class, with exception of wedding bands. If body piercings cannot be removed they must be taped down.
9. Always bow upon entering and leaving the training floor. See "Formality of the Bow" on next page.
10. When "Fall in" is called at the beginning of class, assume the position of attention in formation with the highest ranking student at the front left of the class and the lowest ranking student in the back right.
11. No talking without permission and no fidgeting while in formal formation.
12. No profanity or inappropriate language at anytime.
13. If you have any questions about specific techniques or during the individual study time of class ask a student of higher rank or a Disciple. If they are unable answer your question, both (all) need to ask the instructor.
14. The training floor must be clean and organized at all times. All training equipment must be returned to designated areas after use. Dry off the equipment and/or floor if it is soiled after use. Senior students should ensure the floor is swept after each class.
15. Full Gi must be worn during class (approved t-shirts allowed at Instructor's discretion).
16. If you need to adjust your gi or belt, you need to face away from head wall and/ or instructor before doing so.
17. Never leave training floor without permission (unless it is an emergency).
18. Never interrupt students working alone, if you wish to ask them a question, or work with another student stand in a rest position until recognized (no bows will be exchanged).
19. If you are late to class: A) Get dressed in full gi B) Wait at main entrance of training floor until given permission by Instructor to enter C) Upon entering the training floor bow to flag and all Black Belts. D) If permission is given to leave class early, reverse the above process.
20. If you must speak to the Instructor while they are working with someone else; approach and stand in a rest position, wait to be recognized, bow to the Sensei or Master, ask your question, bow again when finished.
21. If a known Black Belt enters the dojo during class (excluding fitness classes), stop all activity, call class to houg tai (attention), greet the entering Black Belt with a bow, then resume activity.
22. Testing - Promotions are awarded to those who complete the required course of study and successfully complete and pass a test for promotion. Full gi must be worn for all tests and promotions.

## **The Formality of The Bow**

There are three primary occasions for bowing. The first is a series of bows regularly at the beginning and end of a class in a formal setting. The second and third have specific applications.

### **1. Bowing in (and out) at the Beginning and End of class:**

Bow when entering or leaving the dojo/building.

Another bow is executed as you enter and leave the formal training floor.

If there is an American flag or others representing the style the student approaches them and executes a bow of respect, with a single bow being all inclusive.

The next bow is when the instructor (regardless of rank) calls the class to order with the ceremonial bow being executed between instructor and students each to the other. Another inclusive ceremonial bow is executed by the entire class and the instructor(s) towards the American Flag and/or banners.

If one leaves the floor for a break or other reason and will return to the training area, a bow at the gate or door upon leaving and re-entering is all that is necessary.

### **2. Bowing During class or a formal training session:**

If a student is approached by a Black Belt, the student should come to a rest position and immediately execute a bow. He/She then remains in the rest position until instructed otherwise by the Black Belt. Always allow enough time so that the Black Belt rises first during the bow. According to tradition, rising before the Black Belt puts him/her in an involuntary position of vulnerability and is considered very disrespectful and should not occur.

### **3. Recognizing a Black Belt entering while class is in session:**

If someone enters the dojo in plain view of the training floor and is recognized as a Black Belt, regardless of style or system, the first person to see and recognize as such should call the class to order by calling "Hong Tai" and all should face toward the person entering. If appropriate, the instructor will call "Bow" and a bow of respect will be executed. The instructor will, at his/her discretion, instruct the class to resume.

# Uniform Requirements

## Student Uniforms

Traditional style medium or heavy weight karate or jujitsu style gi.  
Pants may be either draw string waist, elastic waist band or a combination.

**Kids Karate Club** (5-7 year old -½ hour class)- Black top and black pants.  
**Jr. AKT** (8- 13 years old- 1 hour class)- Blue top/Black pants or  
Black top/Blue pants.

**AKT Combatives** (Teen/Adult)-

Blue top/Black pants or Black top/Blue pants  
Grappling Shorts (without pockets) of the appropriate solid color may  
be worn during the summer months.

Rank belt is a 1¾ inch "double wrap" colored belt. Black 1/4<sup>th</sup> inch degree  
strips are worn on the left side of the belt, beginning 2 inches from the end  
and 3/4 inch between stripes.

1 stripe = 1<sup>st</sup> degree, 2 stripes = 2<sup>nd</sup> degree, 3 stripes = 3<sup>rd</sup> degree.

## Black Belts/Instructors

Traditional style medium weight or heavyweight karate or jujitsu style gi.  
Pants may be draw string waist, elastic waist band or a combination.

### **Training:**

AKT Combatives/Karate Black Belts will wear same blue/black top/pant  
color combination as adult students.

### **AKT Combatives/Karate Semi-Formal:**

Blue top with 1½" black lapel.

Black pants with 1½" blue stripe down outside seam of both pant legs.

### **Rank Belt for Instructors:**

Black 2 inch "double wrap" belt. Red 1/4<sup>th</sup> inch degree strips are worn on  
the left side of the belt, beginning 2 inches from the end and 1/4 inch  
between stripes.

One stripe = 1<sup>st</sup> degree, 2 stripes = 2<sup>nd</sup> degree, 3 stripes = 3<sup>rd</sup> degree, etc.  
Master Instructors (5<sup>th</sup> and 6<sup>th</sup> degree) have the option of wearing a red and  
black blocked belt.

Sr. Masters (7<sup>th</sup> and 8<sup>th</sup> degree) have the option of wearing a black and  
white blocked belt.

Grand Masters (9<sup>th</sup> and 10<sup>th</sup> degree) have the option of wearing a red and  
white blocked belt.

Black Belts have the option of having their name and/or *AKT Karate kanji* embroidered on their belt in red Chinese Kanji characters, Japanese Katakana or English lettering. The instructor name may be placed on the left side of the belt above the degree stripes, and A.K.T. Karate *kanji* may be placed on the right side of the belt. Embroidered degree stripes are red on the black belt.

### **General Uniform Guidelines:**

An academy tee shirt, rash guard or solid black tee shirt may be worn under the gi top. An academy t-shirts may be worn in place of the gi top during some components of training at the instructor's discretion. The t-shirt is not meant to replace the traditional gi top.

Females are encouraged to wear a light weight black T-shirt, rash guard or black sports bra type top under their gi top.

The AKTCA logo may be printed on the back of the training gi top.

Black martial arts footwear or wrestling shoes may be worn at the discretion of the individual instructor. Specific style of shoe may be determined by the instructor. Instructors are advised to not allow students to wear martial arts shoes during regular instruction.

Do not wear your belt outside the dojo unless you are in a formal class or training session held outside. You may wear your gi top and pants to and from class, however your belt should not be worn and tied until you enter the dojo. Do not wear your gi top in stores, restaurants, etc. unless it is completely covered by a jacket.

Keep your gi neat and clean at all times. Wash your gi between classes if you sweat during training. Teen and Adult students who train on a regular basis are encourage to have at least two (2) gi, so as to always have a clean uniform.

### **Personal Hygiene**

Remember that you will be training in close proximity to other students, personal hygiene is very important. Please use deodorant as needed. Because of certain sensitivities, please do not wear perfume or cologne to class.

Keep finger nails and toe nails trimmed.

Wash Feet before class if you have been wearing sandals, flip-flops or open toed shoes.

Keep all cuts, lacerations or open wounds covered.

## Personal Achievement Awards for Kids Karate

**Personal Achievement Awards are worn on the outside seam of the right pant leg of the student's karate gi. The first award is placed 2 inches from the bottom of the right pant leg. Consecutive awards are placed above the previous award.**



Belt Tied Correctly



Neat Gi / uniform



Self-Defense



Fitness



Student Creed



Forward Roll/  
Shoulder Roll



Awesome Effort



Respect &  
Self-Discipline



Sparring



Exceptional Attendance



Flying Kicks



On-the-Spot Award 1



On-the-Spot Award 2



Journal



Outstanding Character



Take Ground



Jr. Instructor

## How to Fold Your Gi

If you wash and fold your gi properly you will always look sharp and your gi will last much longer. *Never* just wad your gi up and throw in your duffle bag. A wrinkle and crumpled gi gives a disheveled appearance and is considered disrespectful.

The first method is a Square Fold and works best if you're packing your gi neatly along with other gear.

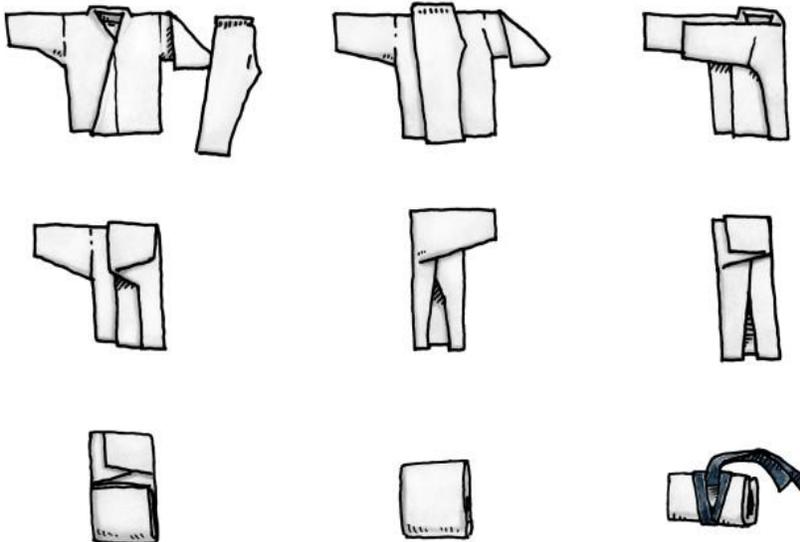
The second way is a Rounded Fold and works best if you're carrying the gi without a training bag but still want it to look neat and professional.

Either Fold works just as well. Take your pick and use what works for you.

### 1. Square Fold



#### Step by Step:

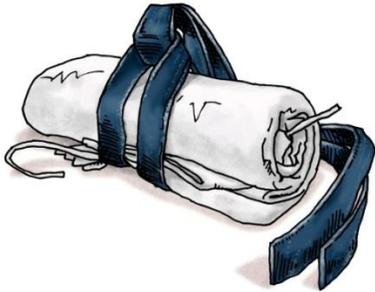


#### Instructions

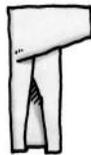
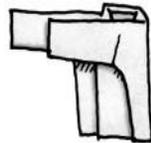
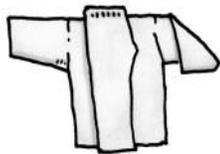
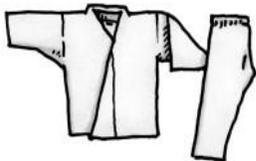
1. Put your folded pants over your open jacket.
2. Fold the jacket sides over the pants, then fold back the sleeves.
3. Fold up the jacket/pants from the bottom twice.
4. Tie your belt around the whole package.
5. Put your neatly fold gi in your training bag.

## How to Fold Your Gi (continued)

### 2. Round Fold



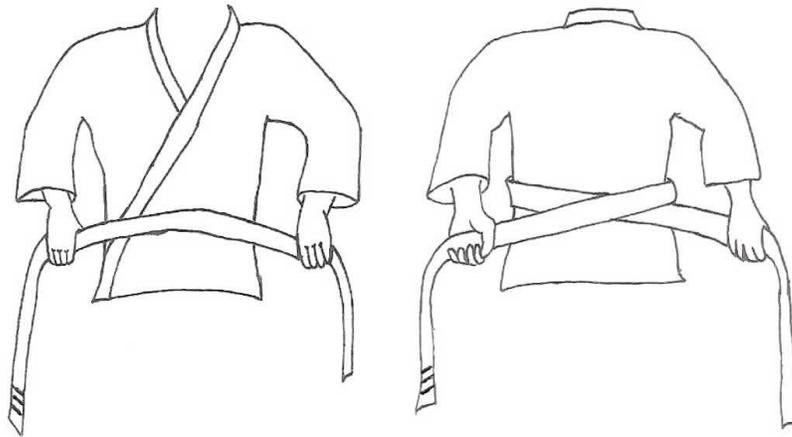
#### Step by Step:



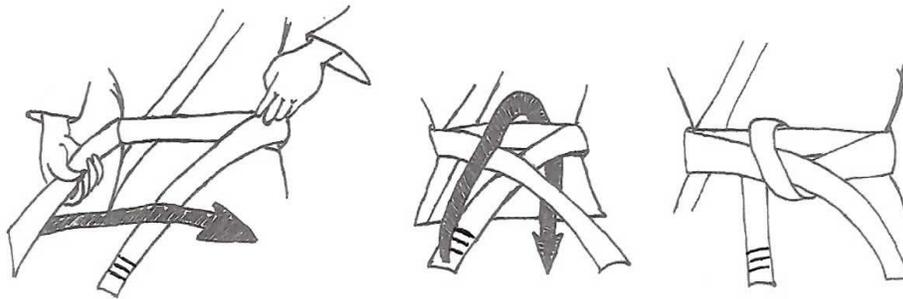
#### Instructions

1. Put your folded pants over your open jacket.
2. Fold the jacket sides over the pants, then fold back the sleeves.
3. Roll up the jacket/pants from the bottom.
4. Tie your belt around the rolled gi.
5. Swing it over your shoulder and head to the dojo!

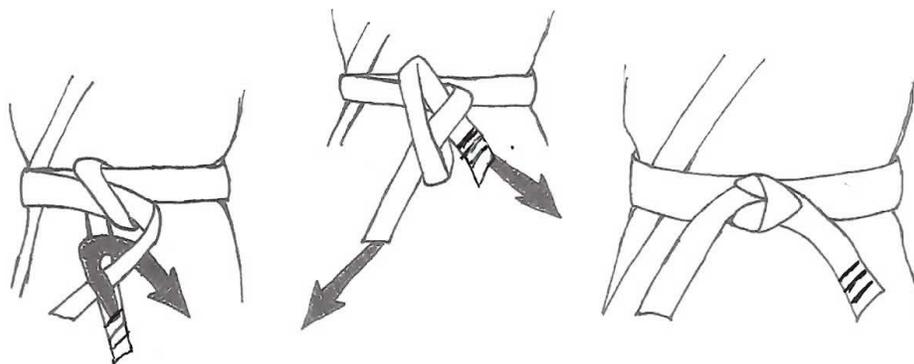
## How to Tie Your Belt



- 1) Hold belt at center with ends down. Rank stripes on right side
- 2) Place center of belt at navel and wrap around body with right end crossing over left continuing around to front of body



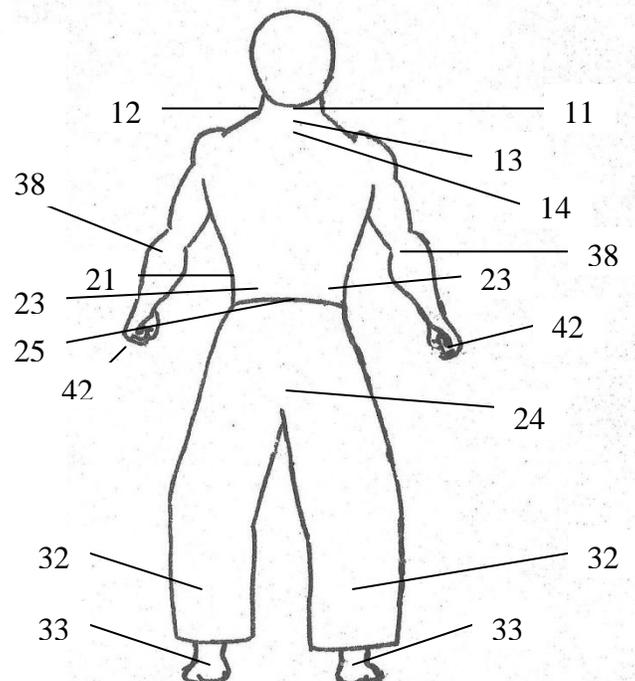
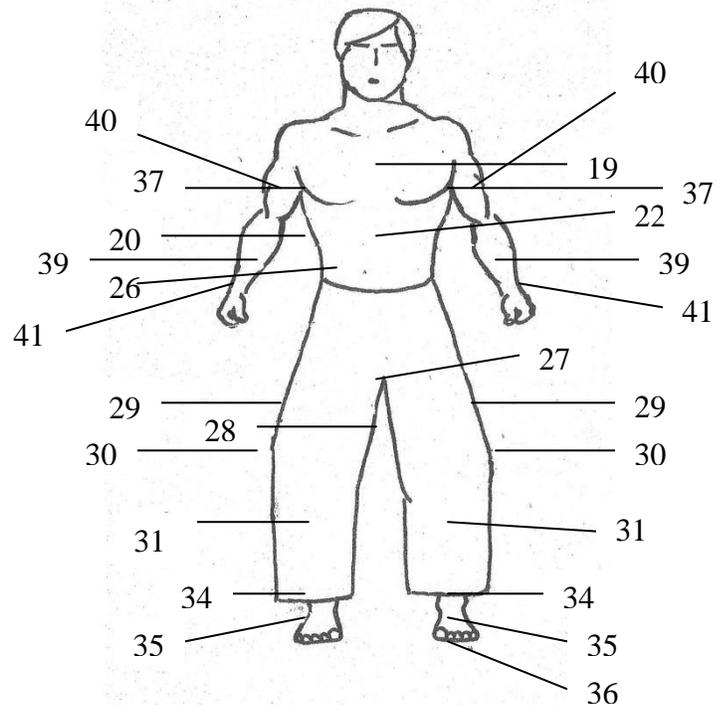
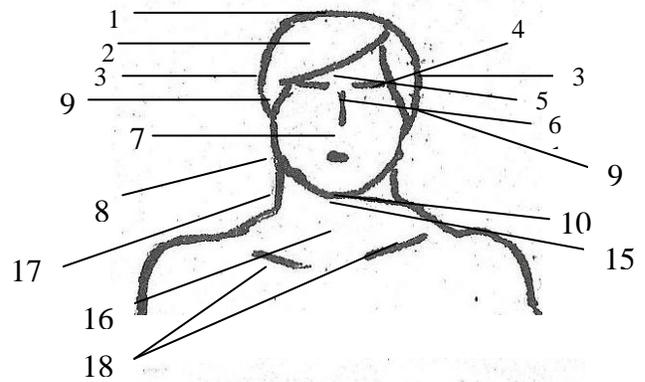
- 3) Cross right end over left again, feeding left end down between inside of belt and body, pulling end down



- 4) Loop new left end, feeding right end over and down through eyelet, grabbing both ends and tighten.
- 5) Place knot to center of body. Keep both ends of the belt the same length.

## PRESSURE POINTS

1. Top of the head
2. Crown
3. Temples
4. Eyes
5. Eye Brow
6. Bridge of nose
7. Philtrum
8. Hinge of the jaw
9. Behind the ear
10. Point of the jaw
11. Base of the cerebellum
12. Sides of the cerebellum
13. 3rd and 4th vertebrae
14. 7th and 8th vertebrae
15. Adams apple
16. Hollow of the throat
17. Side of the neck
18. Clavicles
19. Sternum
20. 7th and 8th rib
21. Floating rib
22. Solar plexus
23. Kidneys
24. Coccyx
25. Lumbar area of the back
26. Bladder
27. Groin
28. Inside of the thigh
29. Outside of the thigh
30. Knee
31. Shin
32. Back of the calf
33. Achilles tendons
34. Ankle
35. Instep
36. Toes
37. Lymph nodes under the arm
38. Point of the elbow
39. Top of the forearm
40. Biceps
41. Bottom of the wrist
42. Back of the hand



## **PROPER STRETCHING TECHNIQUES**

It is extremely important that you warm up before doing any stretching. Many sports medicine studies have found cold stretching to be counterproductive to gaining sustainable flexibility. It is safer to do about five minutes of cardiovascular activity that may include, treadmill, stationary bike, jumping jacks, jump rope, light katas, etc at a light to moderate intensity. While performing your stretching activities, attempt to hold your feet, hands, and body in a similar position as if you were performing a specific kick or technique. As you begin your stretching exercises, increase the range of stretch until you feel a mild tension. Relax and hold the stretch for 15 to 30 seconds. As you breathe and relax into the stretch position, the feeling of tension should ease as you hold the stretch. If not, just slowly ease off until it feels more comfortable. After the 15 to 30 seconds, increase the stretch just a little, until you feel that same mild tension. Again hold for 15 to 30 seconds.

While stretching, breathe slowly and naturally. Do not hold your breath while stretching. Keep your muscles relaxed, including your hands, feet, shoulders and jaw.

When you stretch too far at too fast of a pace, a nerve reflex signals the muscle to contract. A simple technique to "over-ride" this reflex is called Proprioceptive Neuromuscular Facilitation (PNF). PNF invokes an "inverse stretch reflex" upon the muscle spindles and golgi tendon organs (GTO) of the muscles you are attempting to lengthen. PNF is one of the best methods to increase overall flexibility in targeted muscle groups.

As in conventional stretching, stretch to a range where you feel mild tension. At this point, isometrically contract the muscle against the support holding your extremity. In other words, push down against a rail, counter top, or training partner for a period of about six seconds; then relax for about six seconds. You will find that you now can easily increase your stretch further than your previous repetition. Do so until you feel mild tension again and repeat the isometric contraction up to four times. Use discretion and listen to your body. Do not tolerate anything resembling pain.

**Pain is a signal that something is wrong. Stop the activity immediately and assess the painful area. The old adage of, "No pain, no gain" is absolutely inappropriate to stretching activities.**

## **Required Reading List for Black Belt Testing**

1. **Beyond Self-Defense: AKT Combatives Reality-Based Personal Protection** by Barry A. Broughton, PhD ISBN: 978-1-939263-99-5
2. **Living the Martial Way: A Manual for the Way a Modern Warrior Should Think** by Forrest E. Morgan
3. **Be Like Water: Practical Wisdom from the Martial Arts** by Joseph Cardillo
4. **The Art of War** by Sun Tzu
5. **Meditations on Violence: A Comparison of Martial Arts Training & Real World Violence** by Sgt. Rory Miller
6. **The Art of Peace** by Morihei Ueshiba Translated by John Stevens
7. **On the Warriors Path** by Daniele Bolelli
8. **Code of the Samurai: A Modern Translation of the Bushido Shoshinshu of Taira Shigesuke** by Thomas Cleary
9. **Simple Taoism** by Simpkins and Simpkins
10. **The Book of Five Rings** by Miyamoto Musashi