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Konigun Ninjutsu, Volumes 1-2, Bryce Dallas, Kage-Do Publishing, 2005, 0970791739, 9780970791733, 764 pages. Regardless of your walk of life, the fundamentals of Konigun Ninjutsu can start you on the path to physical, mental, and spiritual well being. The Konigun Ninjutsu Training Manual, Volume 1 & 2 has been over 20 years in the making. It has a total of 764 pages covering Hinin (White) through Taibushi (4th level Black Sash) detailing for the first time the complete rank structure of a Ninjutsu Style. All the combat effective techniques are written out completely, with the finest detail using over 2500 pictures and almost 300 illustrations and graphics which show every aspect of each combat defense. Everything from the basic stances, strikes, grappling, sweeps, bone breaking, and Japanese language are included in this book, as well as, the mathematics of fighting, woodland shelters, navigation, training ground construction, and animal traps, rounding out your training to the fullest extent, assuring your best chance of survival. For the First time see the actual Ninja Blessing of the Blade, the many Ninja Tea ceremonies as they have been handed down through the generations, and even learn sword hilt grapples which have never before been revealed. All enclosed by a beautiful glossy cover which will protect this mobile classroom as you practice the many techniques it contains..

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Chi Kung Taoist Secrets of Fitness & Longevity, Wen-Mei Yu, Jul 1, 1998, , 190 pages. Chi Kung is the ancient Chinese art for strengthening health to prevent and treat diseases, as well as to prolong life. Literally translated, it means "breathing energy, " but

Qigong Instant Health: The Shaolin Qigong Workout for Longevity, Shifu Yan Lei, Nov 9, 2009, , 232 pages. 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

Ninja Scroll, Volume 1 , Michael Chang Ting Yu, J. Torres, Aug 22, 2007, , 144 pages. Wandering vagabond samurai, Jubei Kibagami is looking for rest. Demons continue to come back from the dead to try to kill him..

Ninjitsu (Martial Arts) , Father Paul Collins, Dec 1, 2001, , 32 pages. Explores the martial art of ninjutsu and provides information on uniforms, choosing a dojo, conditioning, techniques, terminology, and competition..

The Ninja Star Art of Shuriken Jutsu, Katsumi Toda, 1984, , 64 pages. .

Qi-Gong and Kuji-In A Practical Guide to an Oriental Esoteric Experience, Francois Lepine, Jan 1, 2006, , 115 pages. Qi is energy in its manifested form, and Gong is the practical method of application. Therefore, Qi-Gong methods are the techniques using the flow of energy inside your body

Ninjutsu The Secret Art of the Ninja, Simon Yeo, May 28, 2008, , 112 pages. 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

The Xingyi Boxing Manual Hebei Style's Five Principles and Seven Words, Yunting Jin, 2004, Sports & Recreation, 68 pages. Famed for its clear-minded, unstoppable practitioners, the martial art of Xingyi is known for both its street fighting quality and its spiritual practice. Written in China

The Beginner's Guide to Shotokan Karate , John Van Weenen, Aug 30, 2006, , 532 pages. The Beginner's Guide to Shotokan Karate, the best selling beginner's book on Karate in the world, was first published in 1983 to fulfil the need for an elementary instruction

Secret Scrolls of the Warrior Sage, Volume 6 , Stephen K. Hayes, Raymond Horwitz, Jon Thibault, May 1, 2007, , 228 pages. The sixth and final instalment of this best-selling series provides the insight and wisdom garnered from the author's four decades of martial arts training. The inspirational

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