



Bubishi: The Classic Manual of Combat

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Treasured for centuries by karate's top masters, *Bubishi* is a classic Chinese work on philosophy, strategy, medicine and technique as they relate to the martial arts. Referred to as "the bible of karate" by the famous master Chojun Miyagi, for hundreds of years the *Bubishi* was a secret text passed from master to student in China and later in Okinawa. No other classic work has had as dramatic an impact on the shaping and development of karate: all of karate's legendary masters have studied it, applied its teachings or copied passages from it.

This beautiful new edition features over 250 line drawings, photographs and calligraphy throughout. Along with additional commentary and a new foreword from Patrick McCarthy, the first person to translate the *Bubishi* into English, this book is an excellent addition to anyone's library.

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