



# EmptyHands Library

*“A complete & comprehensive list of  
Martial Arts books for all age groups”*

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## Welcome to EmptyHands Library

This library has been setup to aid students/parents with their KaraTe learning and influence. It is a non profit making venture which has been designed to add value to all our other related services. The library is only available to members.

All books can be borrowed up to 3 weeks, we ask all students to make a small donation each time they use our library service; these funds will allow us to purchase further books thereby enhancing our current list. Students are also welcome to purchase books at normal bookshop prices.

**Please note** that this list is still under production, therefore incomplete. We endeavour to have our full list of books published in due course:

Book ID	Books Suitable for Children	Author
LC001	The Empty Hand	Rui Umezawa
LC002	My first look at Karate	Shoto Budo
	<b>Books Suitable for Adults</b>	
LA001	living the martial way	Forest E morgan
LA002	Best karate	M Nakayama
LA003	Shotokan Karate intl	Ken Nazawah
LA004	Myths and legends of martial arts	Peter Lewis
LA005	Motobu Choki Karate My Art	Patrick Macarthy
LA006	The Secret Power within	Chuck Norris
LA007	Karate Fighting techniques	Ken Nazawah
LA008	The 20 guiding principles of karate	Finakoshi
LA009	The Zen way to Martial Arts	Taisen Deshimaru
LA010	Budo Teachings of the founder of Aikido	Kisshomaru Ueshba
LA011	Budo Masters	Michael Clarke
LA012	Black Belt Karate	Ken Nazawah
LA013	Beyond the unknown	Tri Thong dong
LA014	Toward the unknown	Tri Thong dong
LA015	Zen in the martial arts	jo hyams
LA016	Ken Nazawah 10th Dan	Dr Clive Layton
LA017	Shihan Te The Bunkai of Karate Kata	Darrell Craig
LA018	Karate do and Zen	AIGLA
LA019	The bible of karate Bubishi	Patrick Macarthy
LA020	Martial arts the spiritual dimension	Peter Payne
LA021	Bubishi	George Alexander
LA022	Kodo	Kensho Furuya
LA023	Karate DO The way of my life	Gichin Funokishi
LA024	Tanpenshu Funokoshi Gichin	Pat Macarhy
LA025	Samarai Zen	Scott Shaw
LA026	Moving Zen	C W Nicole
	<b>Internal Arts</b>	
LIA001	Enlightenment	Ni Hua Ching
LIA002	The book of soft martial arts	Howard Reed
LIA003	encylopedia of Dim-Mack	Montaigne Simpson
	<b>Shiatsu</b>	
LSH001	Shiatsu Theory and Practice	Carola Beresford
LSH002	Zen Shiatsu	Shizuto Masunaga
LSH003	Meridian exercises	Shizuto Masunaga

LSH004	The Chi self massage	Mantak Chia
LSH005	Yellow emperors classic of internal medicien	Veith
LSH006	Reading the body	O Hashi
	<b>Zen and Martial Arts Philosophy</b>	
LPH001	Wen Tzu	Thomas Cleary
LPH002	Dan Tien Your secret Energy center	Christopher Markert
LPH003	Yin & Yang Understanding the Chinese Philosophy of Opposites and how to apply it to your everyday life	Martin Palmer
LPH004	Fusion of the five elements	Mantak Chia
LPH005	The complete works of Lao tzu	Hua- Ching Ni
	<b>Food &amp; Health</b>	
LFH001	Longevity The Tao of eating and Healing	Aileen Yeob
	<b>Book Recommended for Instructors</b>	
LIN001	Cultivating stillness	Eva Wong
LIN002	Tai Chi Chun Revelations	Grand Master IP Tai Tak
LIN003	Zen Masters	Ikkyu hakuin ryokan
LIN004	Clinical Anatomy made ridiculously simple	Stephen Goldberg
LIN005	The Muscle Book	Paul Blakey
LIN006	Dynamic Yoga	Godfrey Devereux