

## Recommended Books and Movies

### Books

**Zen Flesh, Zen Bones:**  
A Collection of Zen and Pre-Zen  
Writings  
by Paul Reps and Nyogen  
Senzaki (authors)

**The Zen Way to Martial Arts:**  
A Japanese Master Reveals the  
Secrets of the Samurai  
by Taosen Deshimarn (author)

**Zen in the Martial Arts:**  
by Joe Hyams (author)

**The Way of the Peaceful  
Warrior:**  
The Book That Changes Lives  
by Dan Millman (author)

**The Book of Five Rings:**  
A Classic Text on the Japanese  
Way of the Sword  
by Miyamoto Musashi (author)

**The Art of War:**  
by Sun Tzu (author)

**The Prophet:**  
by Kahlil Gibran (author)

**Jonathan Livingston Seagull:**  
by Richard Bach (author)

### Illusions:

The Adventure of a  
Reluctant Messiah:  
by Richard Bach (author)

### Jujitsu: Techniques & Tactics:

Skills for Sparring and  
self-defense  
by Doug Musser &  
Thomas Lang (authors)

### Jujitsu:

Advanced Techniques for  
Redirecting  
an Opponent's Energy:  
by George Kirby (author)

### Black Belt Judo

by George R. Parulski  
(author)

### Stories from the Dojo:

Martial Art Stories,  
Memories,  
Myth and Lessons  
by Bob Karnes (author)

### Movies

**Seven Samurai:** (1954)  
Akira Kurosawa (director)

**Yojimbo:** (1961)  
Akira Kurosawa (director)  
Toshiro Mifune (Actor)

**Sanjuro:** (1962)  
Akira Kurosawa (director)  
Toshiro Mifune (Actor)

**Circle of Iron:** (1978)  
Richard Moore (director)  
David Carradine (actor)

**Peaceful Warrior:** (2006)  
Victor Salva (director)  
Scott Mechlowicz (actor)

**The Razor's Edge:** (1984)  
John Byrum (director)  
Bill Murray (actor)

**Sanshiro Sugata:** (1943)  
Akira Kurosawa (director)

**Remo Williams:** (1985)  
The Adventure Begins  
Fred Ward (actor)