



Bubishi: The Classic Manual of Combat

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Treasured for centuries by karate's top masters, the *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 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. All of karate's legendary masters have studied it, applied its teachings, or copied passages from it. No other classic work has had as dramatic an impact on the shaping and development of karate as the *Bubishi*.

Karate historian and authority Patrick McCarthy spent over ten years researching and studying the *Bubishi* and the arts associated with it. The first English translation of this remarkable martial arts manual includes numerous explanations and notes. McCarthy's work also includes groundbreaking research on Okinawan and Chinese history, as well as the fighting and healing traditions that developed in those countries, making it a gold mine for researchers and practitioners alike. For the final word on the true origins and spirit of classic Okinawan martial arts, one need look no further. This karate book is one of the best karate training supplements available.

This new paperback edition includes additional commentary from the translator, as well as a new foreword.

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Editorial Review

Review

"If you are a serious Martial Artist, no matter what your current level or background, this text is vital for you." —**Evan Pantazi, Sensei, founder of *Kyusho.com* blog**

"*The Bubishi* remains an indispensable tome for the serious Karate enthusiast." —**Joe Swift, karate historian & researcher & founder of *Tokyo Mushinkan* school**

"Patrick McCarthy is the foremost Western historian of karate-do." —**Fighting Arts International**

"Overall, this book is very well done, and the additions provide valuable insights into the origins and development of the *Bubishi*. This has long been a staple of karate research material, and I believe that it will continue to be so." —**Karate Obsession blog**

"This work is a milestone of epic proportions which will help to bridge the gap between Chinese and Okinawan culture." —**Traditional Karate blog**

"Patrick McCarthy's research is both comprehensive and meticulous...a welcome edition to any martial arts library." —**Karate International school**

"...a must-own if you are neck deep in your Karate, Kung Fu, or Taekwondo education, and will give you a deeper appreciation of the roots of where whatever martial art you do know came from." —**Matthew Kaplowitz, Fight Nerd**

"*The Bubishi*'s message is timeless. Its wisdom boundless." — **Jesse Enkamp, founder of *KARATEbyJesse.com* blog**

About the Author

Patrick McCarthy is one of the few foreigners to actually teach karate-do in Japan. Moreover, he is recognized worldwide as one of the foremost authorities on the civil fighting traditions of Okinawa. He is also the first Westerner to ever be awarded the coveted Kyoshi 7th Dan Teacher's License from the Kyoto's prestigious Dai Nippon Butokukai. He has been practicing karate-do since the 1960s, and also studied a variety of Chinese, Southeast Asian, and western fighting arts. He is a 9th Dan and is also the author of *Ancient Okinawan Martial Arts Volumes 1 and 2*.

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Chad Brown:

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