

## 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)

## Links of Interest

Uncle Bud -- Professor Estes' life

<https://www.ajjf.org/about-the-ajjf/deceased-professors/professor-francis-merlin-bud-estes/>

A History of the Kodenkan (Prof Okazaki's history)

[http://dscheidt1.tripod.com/Morris\\_Vast\\_Influence.pdf](http://dscheidt1.tripod.com/Morris_Vast_Influence.pdf)

### **Some DanZan Ryu Zenyo Bujutsu Schools:**

Prof. Bob Karnes Golden Sage Martial Arts

[www.bobasan.net](http://www.bobasan.net)

### **Bushidokan Martial Arts Temple**

[www.bushidokan.us](http://www.bushidokan.us)

### **Feather River Kodenkan**

[www.graeagle.com/feather/](http://www.graeagle.com/feather/)

### **Koshinkan Martial Arts School**

[www.graeagle.com/koshinkan/](http://www.graeagle.com/koshinkan/)

### **Hawaii Zenyo Jujutsu Kai**

[www.zenyokai.com/](http://www.zenyokai.com/)

### **DZR and other Jujitsu Resources:**

#### **Bushidokan International Federation**

[www.bushidokan.us](http://www.bushidokan.us)

#### **Pacific Jujitsu Alliance**

[www.Pacificjujitsualliance.com](http://www.Pacificjujitsualliance.com)

#### **Professor George Arrington**

(great resource for DanZan Ryu)

[www.danzan.com](http://www.danzan.com)

#### **American Judo and Jujitsu Federation (AJJF)**

[www.ajjf.org](http://www.ajjf.org)

#### **Professor George Kirby's website**

(martial arts master and author)

[www.budoshin.com](http://www.budoshin.com)

#### **American Jujitsu Institute (AJI)**

[www.americanjujitsuinstitute.org](http://www.americanjujitsuinstitute.org)

#### **Jujitsu America (JA)**

[www.jujitsuamerica.org](http://www.jujitsuamerica.org)