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Some of the Contents of

The Golden Sage Martial Arts Kata Manual  
Martial Arts Kata and Beyond  
Nidan to Yodan Part 3  
By Professor Bob Karnes



Healing Arts  
Therapeutic Stretching / Warm up  
Therapeutic Stretching / After Workout  
Active Stretching  
Muscle Energy Technique (MET) Protocol  
Soft Tissue Release (STR)  
Seifukujitsu Arts  
The 35 Kappo: Origins - by Robert Reish  
Katsu and Kappo  
Extended Golden Sage Restorative Massage  
Far Eastern Massage Techniques  
SATSUZAI or Liniment for Restorative Massage  
Introduction to Chinese Medicine  
Chinese Medicine and Philosophy  
Five-Phase Theory  
Evolution Stages of Transformation  
Bushidokan-DanZan Ryu Five-Phase Chart  
Acupuncture: Unified Field of Invisible Channels  
Anatomy and Physiology Study guides

DanZan Ryu Arts

Kiai No Maki Arts  
Tessen No Maki introduction  
Tessen No Maki Arts  
Daito No Maki arts  
Bo No Maki  
Hanbo Half Staff  
Basic Hanbo Katas  
Shinrai no Maki  
Shinyo No Maki  
Hawaiian Lua

Exploration into Hanbo from Master Instructors

More Hanbo Arts  
Prof. Tom Lang the arts of Hanbo  
Grand Master Verkerke Hanbo  
Sources and Research  
Book and DVD recommendations  
Recommended Web links

Getting out of the House  
Martial Arts Introduction into  
Aikijitsu

Sticky Hands-Push Hands-Tai Chi  
Expert Push Hands- Yang Style Taijiquan  
Wing Chung-Escrima-Kali  
Two Person Double Stick Kata Practice  
Wing Chung-Escrima-Kali

Judo

Arts from Gonosen No Kata  
Advanced Judo Throws a small sample  
Nage No Kata (Forms of Throwing)  
Itsutsu no Kata (Forms of Five)  
Koshiki no Kata (Forms of Antiquity)  
More Judo taught at the Dojo