

CYCLOPAEDIA 30 – MARTIAL ARTS

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OVERVIEW

Martial Arts are the traditions, practices, cultures, and rules of various physical and melee combat systems in the world utilized for mental and spiritual development along with self-defense, law enforcement, and military fighting.

Some of the oldest codified martial arts come from China over 4000 years ago. Most historians agree that modern martial arts are a blend of early Chinese and Indian martial arts. The most common martial philosophies and strategies being developed between 300 and 500 BC.

Today, martial arts run the gamut from casual classes taught at local health clubs, to self-defense courses taught in colleges, to competitive martial arts in area dojos, to military training, to life-long monastic study.

Cinema, gaming, and fiction writers have grabbed onto the popularity of martial arts and the culture surrounding them. Whether it is soldiers defending themselves in brutal hand-to-hand combat or warriors fighting to prove who is the best in the world, martial arts proves to be a prime focus on many stories. You will find martial art experts and those in training in all genres from young adult, to post-apocalyptic, to action, to comedy, to war, to superheroes.

Besides the action of martial arts, we are fascinated by the culture, history and philosophy. From the wise old sage to the young one in training, we are fascinated to see what mind and body in perfect harmony can accomplish.

WHAT WE ARE NOT COVERING

Martial Arts cover a lot of fighting styles and cultures, some of which are genres of their own. Thus, we will leave these topics for future articles.

- Boxing
- Gladiators
- Ninjas
- Samurai
- Swordplay
- Wrestling

Following are sources of information pertaining to Martial Arts to assist prospective game masters, game designers, writers, and storytellers in knowing where to start their research.

ARTICLES

Injuries in martial arts: a comparison of five styles.

By MN Zetaruk; MA Viola'n; D Zurakowski; LJ Micheli

Source: British journal of sports medicine, 2005 Jan; 39(1): 29-33

Practicing Martial Arts Versus Studying Martial Arts

By Peter Lorge

Source: The International Journal of the History of Sport, v33 n9 (20160612): 904-914

BOOKS

The Anatomy of Martial Arts: An Illustrated Guide to the Muscles Used for Each Strike, Kick, and Throw

By Link, Norman and Chou, Lily

The Art of Peace: Teachings of the Founder of Aikido

By Ueshiba, Morihei and Stevens, John

The Book of Five Rings

By Musashi, Miyamoto

A Brief History of the Martial Arts: East Asian Fighting Styles, from Kung Fu to Ninjutsu

By Clements, Jonathan

Bruce Lee's Fighting Method

By Lee, Bruce

Capoeira: The History of an Afro-Brazilian Martial Art

By Assunção, Matthias Röhrig

Chinese Martial Arts: From Antiquity to the Twenty-First Century

By Lorge, Peter A.

Fight Like a Physicist: The Incredible Science Behind Martial Arts

By Thalken, Jason

The Fighter's Mind: Inside the Mental Game

By Sheridan, Sam

An Illustrated History of Martial Arts In America: 1900 to Present

By Farkas, Emil

Karate The Art of Empty-Hand Fighting: The Classic Work on Traditional Japanese Karate

By Nishiyama, Hidetaka and Brown, Richard

Krav Maga: Disrupt, Damage, Destroy, Disengage: Practical Solutions to Real World Challenges

By Fisher, Adam

Krav Maga: Use of the Human Body as a Weapon: Philosophy and Application of Hand to Hand Fighting Training System

By Zviram, Boaz

The Legend of the Condor Heroes

By Jin Yong

Living the Martial Arts Way

By Morgan, Forrest E.

The Man Who Never Missed

By Petty, Steve

The Marine Corps Martial Arts Program: The Complete Combat System

By United States Marine Corps

Virgin Film: Martial Arts

By Rance, PTJ

Martial Arts: Behind the Myths!: (The Martial Arts and Self Defense Secrets You NEED to Know!)

By Pierce, Phil

Muay Thai: A Living Legacy

By Junlakan, Lesley D. and Prayukvong, Pitsaporn "Kat"

Musashi

By Yoshikawa, Eiji

Questions to a Zen Master: Practical and Spiritual Answers from the Great Japanese Master

By Deshimaru, Taisen

Shibumi

By Trevanian

Tao of Jeet Kune Do

By Lee, Bruce

The Theory and Practice of Historical Martial Arts

By Windsor, Guy

Tiger (The Five Ancestors, Book 1)

By Stone, Jeff

The Twenty Guiding Principles of Karate: The Spiritual Legacy of the Master

By Funakoshi, Gichin and Teramoto, John

The Ultimate Guide to Martial Arts Movies of the 1970's: 500+ Films Loaded with Action, Weapons & Warriors

By Reid, Craig D.

Zen in the Martial Arts

By Hyams, Joe

Fatal Fury - Video Game

Feng Shui 2 - RPG

GURPS Martial Arts - RPG

Hero System: The Ultimate Martial Artists - RPG

Hong Kong Action Theater! - RPG

The King of Fighters - Tabletop Game

Kung Fu 2100 - Tabletop Game

Kung Fu Fighting - Tabletop Game

Kung Fu Panda: The Board Game - Tabletop Game

Martial Arts: The Card Game - Tabletop Game

Mortal Kombat - Video Game

Munckin Fu - Tabletop Game

Ninjas and Superspies - RPG

Sleeping Dogs - Video Game

Soul Calibur - Video Game

Street Fighter: The Storytelling Game - RPG

Street Fighter - Video Game

Street Fighter: The Miniatures Game - Tabletop Game

Tekken - Video Game

UFC Undisputed - Video Game

Universal Fighting System: Street Fighter - Tabletop Game

Virtua Fighter - Video Game

Way of the Fighter - Tabletop Game

Yomi - Tabletop Game

GAMES

AD&D Oriental Adventures - RPG

Age of Wushu - Video Game

Brawl - Tabletop Game

Bushido Blade - Video Game

CapCom Street Fighter Deck-Building Game - Tabletop Game

Double Dragon - Video Game

Dojo Kun - Tabletop Game

Exalted - RPG

CINEMA

A Force of One

Avatar: The Last Airbender - Cartoon

Big Trouble in Little China

Bloodsport

Brotherhood of the Wolf

Chocolate

Cobra Kai - TV

Crouching Tiger, Hidden Dragon

Dragon Ball Z - Anime

Enter the Dragon
Equilibrium
Fist of Legend
Hard to Kill
Hero
Hong Kong Phooey - Cartoon
Ip Man
Iron Monkey
Jackie Chan Adventures - Cartoon
The Karate Kid
Kill Bill Vol. 1
Kickboxer
Kung Fu - TV
Kung Fu Hustle
Kung Fu Panda
Kung Pow! Enter the Fist
The Last Airbender - Anime
The Last Dragon
The Legend of the Drunken Master
Martial Law - TV
The Matrix
Mighty Morphin Power Rangers - TV
Mortal Kombat
Mortal Kombat: Conquest - TV
Naruto - Cartoon
Once Upon a Time in China
Ong-Bak
Police Story
Romeo Must Die
Rumble in the Bronx
Rush Hour
Shanghai Noon
Shaolin Soccer
Sidekicks
Street Fighter
Supercop
The Transporter
Undisputed
Way of the Dragon

LOCATIONS

Aikikai Hombu Dojo
<https://www.guillaumeerard.com/aikido/articles/the-traveling-aikidoka-s-guide-to-practice-at-the-aikikai-hombu-dojo>

Bruce Lee's Grave Site
<http://www.lakeviewcemetaryassociation.com/lees.php>

International Martial Arts Festival
<http://www.internationalmartialartsfestival.com/>

Kodokan Judo Institute
<http://kodokanjudoinstitute.org/>

Martial Arts History Museum
<http://martialartsmuseum.com/>

PEOPLE

David Carradine
Jackie Chan
Gichin Funakoshi
Royce Gracie
Sammo Hung
Jijoro Kano
Bruce Lee
Jet Li
Yip Man
Chojun Miyagi
Chuck Norris
Mas Oyama
Ronda Rousey
Steven Seagal
Jean-Claude Van Damme
Donnie Yen
Michelle Yeoh
Zhang Ziyi