

Uchinadi Journal Index

Updated October 7, 2009

CATEGORY	TITLE	AUTHOR	ISSUE	PAGE
Advertisements	20th Century Samurai (Richard Kim) - Book	Rising Sun Productions	2006 1st Quarter	68
Advertisements	20th Century Samurai (Richard Kim) - Book	Rising Sun Productions	2006 2nd Quarter	61
Advertisements	20th Century Samurai (Richard Kim) - Book	Rising Sun Productions	2006 3rd Quarter	63
Advertisements	America's First Karate 10th Dan (Peter Urban)	Warrener, Don	2007 4th Quarter	8
Advertisements	KAPAP Combat Concepts	Nardia, Avi; Timen, Albert	2008 1st Quarter	21
Advertisements	Koryu Uchinadi DVD Series, Volumes 1 thru 15	McCarthy, Patrick	2006 1st Quarter	69
Advertisements	Koryu Uchinadi DVD Series, Volumes 1 thru 15	McCarthy, Patrick	2006 2nd Quarter	62
Advertisements	Koryu Uchinadi DVD Series, Volumes 1 thru 15	McCarthy, Patrick	2006 3rd Quarter	62
Advertisements	Koryu Uchinadi DVD Series, Volumes 1 thru 14	McCarthy, Patrick	2006 4th Quarter	64
Advertisements	Koryu Uchinadi DVD Series, Volumes 1 thru 14	McCarthy, Patrick	2007 1st Quarter	54
Advertisements	Koryu Uchinadi DVD Series, Volumes 1 thru 14	McCarthy, Patrick	2007 2nd Quarter	53
Advertisements	Koryu Uchinadi DVD Series, Volumes 1 thru 14	McCarthy, Patrick	2008 1st Quarter	48
Advertisements	Orthodox Goju-Ryu Karate-Do	Miyagi, Takahashi	2007 4th Quarter	44
Advertisements	Quality Okinawan Weapons	Shapland, Don	2005 3rd Quarter	4
Advertisements	Software - The Dojo Manager		2002 2nd Quarter	Insert
Announcements	1st Okinawa Karate & Kobudo World Tournament		1997 1st Quarter	7
Announcements	A Special Exhibition: Hawaii Karate Roots	Goodin, Charles C.	2004 3rd Quarter	20-21
Announcements	Australian College of Natural Medicine Martial Arts Program		1997 1st Quarter	7
Announcements	Dai Nippon Butokukai -Shibucho Announcement	McCarthy, Patrick	1996 3rd Quarter	15
Announcements	Hawaii Karate Roots	Goodin, Charles C.	2005 2nd Quarter	4
Announcements	Invitation to Japan's Budo University		1995 Premier Issue	8
Announcements	IRKRS Netherlands Shibu Official Announcement	McCarthy, Patrick	2006 4th Quarter	3
Announcements	IRKRS Web Site		1996 4th Quarter	13
Announcements	Jukenkai (Ten Year Club)	McCarthy, Patrick	2006 4th Quarter	3
Announcements	Kobudo - Teachers' Program Announcement	McCarthy, Patrick	1996 3rd Quarter	14
Announcements	Okinawan Karate & Kobudo Tournament in NSW, Australia		1997 1st Quarter	7
Announcements	Seminars, Camps for April-June		1997 1st Quarter	22
Announcements	World Goodwill Karate Championships - Sydney		1996 4th Quarter	13
Autobiography	Discovery ... On The Road Less Traveled	McCarthy, Patrick	2007 1st Quarter	16-19
Autobiography	My Chequered Career ... A Resume	Harrison, E. J.	2007 1st Quarter	30-36
Awards	Hanshi Titles Awarded	Goodin, Charles C.	2005 2nd Quarter	5
Awards	IRKRS 1996 Annual Awards	McCarthy, Patrick	1996 4th Quarter	6
Awards	IRKRS Hall of Fame 1998 Awards		1998 4th Quarter	6

CATEGORY	TITLE	AUTHOR	ISSUE	PAGE
Awards	IRKRS Hall of Fame Awards 2000		2000 4th Quarter	11
Awards	IRKRS Honor Role		2001 4th Quarter	14
Awards	IRKRS 2002 Honour Roll	McCarthy, Patrick	2002 4th Quarter	26
Awards	IRKRS 2003 Honour Roll	McCarthy, Patrick	2003 4th Quarter	58
Awards	IRKRS 2004 Honour Roll	McCarthy, Patrick	2004 4th Quarter	63
Awards	IRKRS 2005 Honour Roll	McCarthy, Patrick	2005 4th Quarter	56
Awards	IRKRS 2006 Honour Roll	McCarthy, Patrick	2006 4th Quarter	63
Awards	IRKRS 2007 Honour Roll	McCarthy, Patrick	2007 4th Quarter	20
Awards	IRKRS 2008 Honour Roll	McCarthy, Patrick	2008 4th Quarter	18
Awards	Lifetime Achievement Award - Hiroshi, Kinjo	McCarthy, Patrick	2007 1st Quaretr	2
Awards	News Brief	Okinawa Times	1997 2nd Quarter	10
Awards	News Brief from The Okinawa Times	Translated by Misao Sakamoto & Naoko Ganaha	1997 2nd Quarter	10
Awards	News Briefs	Okinawa Times	1997 4th Quarter	9
Biographies	Asato Ankoh (A Short Story about my Teacher)	Funakoshi Gichin	1997 3rd Quarter	6-9
Biographies	Bushi Higa	Anon	2000 4th Quarter	10-11
Biographies	Kinjo Hiroshi	Hyuga Kaoru	1997 3rd Quarter	3-5
Biographies	Kinjo Hiroshi	McCarthy, Patrick	1997 1st Quarter	9-20
Biographies	Kogusuku & Aragaki -Great Bujin of Kumemura	Swift, Joe	2002 2nd Quarter	3-5
Biographies	Lineage of Kinjo Hiroshi	McCarthy, Patrick	1997 1st Quarter	23
Biographies	Masao Kawasoe - Recollections od a Shotokan Karate Master	Layton, Clive	2008 2nd Quarter	66-73
Biographies	Mizuho Mutsu -Unraveling the Mystery	Goodin, Charles C.	2001 2nd Quarter	3-9
Biographies	More on Motobu	McCarthy, Patrick	1999 3rd Quarter	5-7
Biographies	Motobu Choki - Setting the Record Straight - Part 2	Goodin, Charles C.	2001 4th Quarter	5-9
Biographies	Motobu Choki - Setting the Record Straight - Part 3	Goodin, Charles C.	2002 1st Quarter	7-10
Biographies	Motobu Choki -Setting the Record Straight - Revelations from Motobu's Son - Part #1	Goodin, Charles C.	2001 3rd Quarter	10-15
Biographies	Recollections of Motobu	Miyahira Katsuya	1999 3rd Quarter	9-10
Biographies	Remembering The Master (Bruce Lee)	Campbell, Sid; Lee, Greg; Dacascos, Al; Jay, Wally	2006 1st Quarter	35-50
Biographies	So Nechu	McKenna, Mario	2002 2nd Quarter	5-8
Biographies	Tang Daiji & Wu Xianhui	McKenna, Mario	2001 4th Quarter	10-12
Biographies	The Exemplar of the Piston Attack: The Imperial Japanese Boxer Tsuneo "Piston" Horiguchi	Svinth, Joseph R.	2003 2nd Quarter	17-22
Biographies	The Final Word	Nagamine Shoshin	1999 3rd Quarter	10-11
Biographies	The Influence of Chinese Quan'fa on Jujutsu - The Life of Chen Yuanbin	McKenna, Mario	2002 1st Quarter	3-7

CATEGORY	TITLE	AUTHOR	ISSUE	PAGE
Biographies	The Odyssey of Yukio Tani	Noble, Graham	1999 2nd Quarter	6-11
Biographies	The Tiger - The Life & Times of Kim Bok Man	Noble, Graham	2006 2nd Quarter	31-35
Biographies	Yabu Kentsu	Gima Shinken & Fujiwara Ryoza	2001 3rd Quarter	16
Biographies	Yabu Kentsu -Karate Pioneer	Svinth, Joseph	2001 3rd Quarter	3-8
Biographies	Yamaguchi Gogen - The Cat of Goju-Ryu	Noble, Graham	2005 4th Quarter	24-37
Books	1882 Matsumura 7 Precepts & 1908 Itosu 10 Lessons Kakemono	West, Tyler - Spanish Research	1999 2nd Quarter	3
Books	Books in Japan	McKenna, Mario	2000 3rd Quarter	8-10
Books	"Bushi Matsumura" (1882 Kakemono)	Translation by P&Y McCarthy	1995 Premier Issue	7-12
Books	"Bushi Matsumura" (1885 Zaiyunomei)	Translation by P&Y McCarthy	1995 Premier Issue	7
Books	"Chinese Martial Arts Training Manuals: A Historical Survey"	Kennedy, Brian / Guo, Elizabeth	2006 2nd Quarter	10
Books	"Classical Kata of Okinawan Karate"	McCarthy Patrick	1995 Premier Issue	7-12
Books	"Identity and Resistance in Okinawa"	Allen, Matthew (Reviewed by Stanislaw Meyer)	2003 3rd Quarter	38-40
Books	"Iron Horsemen"	Burke, John	2009 1st Quarter	27-31
Books	"Itosu Ankoh" (1908 "Ten Lessons")	Translation by P&Y McCarthy	1995 Premier Issue	7-12
Books	"KarateDo - History and Philosophy"	Nakaya Takao	2008 2nd Quarter	19-24
Books	"Karatedo Gaisetsu"	Miyagi Chojun - Translation by P&Y McCarthy	1995 Premier Issue	7-12
Books	"Kata - The Key To Understanding & Dealing With The Japanese"	McCarthy, Partrick	2006 4th Quarter	4-5
Books	"Martial Arts Teachers on Teaching"	Wiley, Carol A.	1996 2nd Quarter	9
Books	"Peaceful Mind"	Burke, John	2006 4th Quarter	33-41
Books	"Ryukyu Kobudo"	Taira Shinken - Translation by P&Y McCarthy	1995 Premier Issue	12
Books	"Shotokan Dawn Over Ireland"	Layton, Dr. Clive	2006 2nd Quarter	44-45
Books	"Standing on the Shoulders of Giants" (The Mabuni Kenwa Story)	McCarthy, Patrick	1995 Premier Issue	7
Books	"The 1936 Meeting of the Okinawan Masters"	Translation by P&Y McCarthy	1995 Premier Issue	12
Books	"The Book Of Martial Power"	Pearlman, Steven	2006 4th Quarter	45-51
Books	"The Bubishi"	McCarthy, Patrick	1995 Premier Issue	3
Books	"The Bubishi" - The Bible of Karate-do	Translation by P&Y McCarthy/Li Yiduan	1995 Premier Issue	7-12
Books	"The Bubishi" - The Revised Edition	McCarthy, Patrick	2008 1st Quarter	8-12
Books	"The Dai Nippon Butokukai"	McCarthy, Patrick	1995 Premier Issue	7-12
Books	"The Dragon and The Tiger" The Birth Of Bruce Lee's Jeet Kune Do / The Oakland Years	Campbell, Sid; Lee, Greglon	2003 4th Quarter	56-57

CATEGORY	TITLE	AUTHOR	ISSUE	PAGE
Books	"The Great Karate Myth"	Johnson, Nathan	2006 2nd Quarter	45-50
Books	"Timeline Of Karate History"	Hokama, Tetsuhiro	2007 1st Quarter	3
Books	"Tuttle Dictionary of the Martial Arts of Korea, China & Japan"	Kogan, Daniel; Kontogiannis, Nikolaos; Wong, Hall	1996 2nd Quarter	8
Books & Tapes	"Japanese for the Martial Arts"	Kask, Alex	1996 2nd Quarter	8
Butokukai	Membership Termination	McCarthy, Patrick	1999 2nd Quarter	3
Calligraphy	"A person who is truly humble will always have an inner-calm"	Matsumura, Bushi. Translation by P&Y McCarthy	1996 3rd Quarter	6
Calligraphy	"From a land in the Southern seas there came a superb skill described as "Kuken"..."	Funakoshi Gichin	1997 4th Quarter	6
Calligraphy	"The true Ryukyu hands were developed by cultivating wisdom and adhering to the laws of humanity"	Taika Oyata Seiyu	1997 2nd Quarter	3
Calligraphy	Bun Bu Ryo Doh	Gisho	1997 3rd Quarter	8
Calligraphy	On Ko Chi Shin	McCarthy, Patrick	1997 2nd Quarter	6
Calligraphy	Personal signature	Mifune Toshiro	1997 4th Quarter	7
Calligraphy	Ren Ken Yoki	Murakami Katsumi	1998 3rd Quarter	5
Celebrations	Kinjo Hiroshi Beiju	McCarthy, Patrick	2007 2nd Quarter	2-3
Chart	Koryu Uchinadi Kenpo-jutsu / Empty-hand Lineage	McCarthy, Patrick	2004 1st Quarter	14
Chart	Koryu Uchinadi Kenpo-jutsu / Kobudo Lineage	McCarthy, Patrick	2004 1st Quarter	15
Chart	Ryukyu Bujutsu	McCarthy, Patrick	2007 3rd Quarter	12
Chart	Takamura ha Shindo Yoshin Ryu Bujutsu Lineage Chart	Takamura, Yoshiyoki	2005 2nd Quarter	13
Editorial	Editorial	McCarthy, Patrick	1995 Premier Issue	2
Editorial	Editorial	McCarthy, Patrick	1996 1st Quarter	2,5
Editorial	Editorial	McCarthy, Patrick	1996 2nd Quarter	2-3,5
Editorial	Editorial	McCarthy, Patrick	1996 3rd Quarter	2,4
Editorial	Editorial	McCarthy, Patrick	1996 4th Quarter	2-6
Editorial	Editorial	McCarthy, Patrick	1998 4th Quarter	2
Editorial	Editorial	McCarthy, Patrick	1999 1st Quarter	2
Editorial	Editorial	McCarthy, Patrick	1999 2nd Quarter	2
Editorial	Editorial	McCarthy, Patrick	1999 3rd Quarter	2
Editorial	Editorial	McCarthy, Patrick	1999 4th Quarter	2
Editorial	Editorial	McCarthy, Patrick	2000 1st Quarter	2
Editorial	Editorial	McCarthy, Patrick	2000 2nd Quarter	2
Editorial	Editorial	McCarthy, Patrick	2000 3rd Quarter	2,11
Editorial	Editorial	McCarthy, Patrick	2000 4th Quarter	2
Editorial	Editorial	McCarthy, Patrick	2001 1st Quarter	2
Editorial	Editorial	McCarthy, Patrick	2001 2nd Quarter	2

CATEGORY	TITLE	AUTHOR	ISSUE	PAGE
Editorial	Editorial	McCarthy, Patrick	2001 3rd Quarter	2
Editorial	Editorial	McCarthy, Patrick	2001 4th Quarter	2
Editorial	Editorial	McCarthy, Patrick	2002 1st Quarter	2
Editorial	Editorial	McCarthy, Patrick	2002 2nd Quarter	2
Editorial	Editorial	McCarthy, Patrick	2002 3rd Quarter	2-4
Editorial	Editorial	McCarthy, Patrick	2002 4th Quarter	2-3,24-25
Editorial	Editorial	McCarthy, Patrick	2003 1st Quarter	2
Editorial	Editorial	McCarthy, Patrick	2003 2nd Quarter	2
Editorial	Editorial	McCarthy, Patrick	2003 3rd Quarter	2-4
Editorial	Editorial	McCarthy, Patrick	2003 4th Quarter	2-4
Editorial	Editorial	McCarthy, Patrick	2004 1st Quarter	2-3
Editorial	Editorial	McCarthy, Patrick	2004 2nd Quarter	2
Editorial	Editorial	McCarthy, Patrick	2004 3rd Quarter	2-4
Editorial	Editorial	McCarthy, Patrick	2004 4th Quarter	2-6
Editorial	Editorial	McCarthy, Patrick	2005 1st Quarter	2-4
Editorial	Editorial	McCarthy, Patrick	2005 2nd Quarter	2-3
Editorial	Editorial	McCarthy, Patrick	2005 3rd Quarter	2-4
Editorial	Editorial	McCarthy, Patrick	2005 4th Quarter	2-4
Editorial	Editorial	McCarthy, Patrick	2006 1st Quarter	2-8
Editorial	Editorial	McCarthy, Patrick	2006 2nd Quarter	2-7
Editorial	Editorial	McCarthy, Patrick	2006 3rd Quarter	2-9
Editorial	Editorial	McCarthy, Patrick	2006 4th Quarter	2-17
Editorial	Editorial	McCarthy, Patrick	2007 1st Quarter	2-7
Editorial	Editorial	McCarthy, Patrick	2007 2nd Quarter	2-8
Editorial	Editorial	McCarthy, Patrick	2007 3rd Quarter	2-11
Editorial	Editorial	McCarthy, Patrick	2007 4th Quarter	2-8
Editorial	Editorial	McCarthy, Patrick	2008 1st Quarter	2-7
Editorial	Editorial	McCarthy, Patrick	2008 2nd Quarter	2-4
Editorial	Editorial	McCarthy, Patrick	2008 3rd Quarter	2-4
Editorial	Editorial	McCarthy, Patrick	2008 4th Quarter	2-17
Editorial	Editorial	McCarthy, Patrick	2009 1st Quarter	2-16
Editorial	Editorial	McCarthy, Patrick	2009 2nd Quarter	2-16
Editorial	Editorial	McCarthy, Yuriko	1997 1st Quarter	2,3,22
Editorial	Editorial	McCarthy, Yuriko	1997 2nd Quarter	2,3
Editorial	Editorial	McCarthy, Yuriko	1997 3rd Quarter	2
Editorial	Editorial	McCarthy, Yuriko	1997 4th Quarter	2,3,10
Editorial	Editorial	McCarthy, Yuriko	1998 1st Quarter	2

CATEGORY	TITLE	AUTHOR	ISSUE	PAGE
Editorial	Editorial	McCarthy, Yuriko	1998 2nd Quarter	2
Editorial	Editorial	McCarthy, Yuriko	1998 3rd Quarter	2
Endorsements	Peaceful Warrior (Movie)	McCarthy, Partrick	2006 4th Quarter	4
Events	13th April - 30th June, 1997	McCarthy, Patrick	1997 1st Quarter	22
Events	Okinawan Karate & Kobudo Tournament in NSW (Australia) - 1997	McCarthy, Patrick	1997 1st Quarter	7
For Sale	More Book 'n Stuff 4 \$ale	McCarthy, Patrick	2006 4th Quarter	5-7
Forums	Tegumi Query	McCarthy, Patrick & Morris, Ed	2007 3rd Quarter	8-9
Gasshuku	Melbourne, Australia	McCarthy, Patrick	2006 1st Quarter	2-4
HAPV	36 Habitual Acts of Physical Violence	McCarthy, Patrick	1999 4th Quarter	7-8
HAPV	From the Karate Study List	McCarthy, Patrick	2000 4th Quarter	6-7
Health	Applied Sports Physiology	Logullo, Mark	2005 2nd Quarter	5-6
Health	Tokitsu - Yayama / The Collaboration	Totkitsu, Kenji	2004 1st Quarter	36-38
History	1867 ceremony - "Ten Items of Bugei"	Translation by P&Y McCarthy	1995 Premier Issue	8
History	Albrecht Durer; The Book of Wrestling, Circa 1470; Part 1	Durer, Albrecht; Translated by Andreas Quast	2006 1st Quarter	56-67
History	Albrecht Durer; The Book of Wrestling, Circa 1470; Part 2	Durer, Albrecht; Translated by Andreas Quast	2006 2nd Quarter	51-60
History	Albrecht Durer; The Book of Wrestling, Circa 1470; Part 3	Durer, Albrecht; Translated by Andreas Quast	2006 3rd Quarter	51-61
History	Albrecht Durer; The Book of Wrestling, Circa 1470; Part 4	Durer, Albrecht; Translated by Andreas Quast	2006 4th Quarter	52-62
History	An Evolutionary Perspective on Karate as a Human Survival Strategy	Sanner, Katharina	2004 4th Quarter	27-47
History	Asato Anko - His Life, Teachings, & Descendants	Witter, Henning	2007 3rd Quarter	50-56
History	Bani Hasan al Shurruq	Wilson, Dr. Susan L.	2004 2nd Quarter	39-40
History	Chibana Choshin - A Conversation with Nagamine Shoshin	Nagamine Shoshin	2000 4th Quarter	7-10
History	Chinese Kung-Fu - A Brief History	Ross, David A.	2007 4th Quarter	22-30
History	Chronology	McCarthy, Patrick	2001 1st Quarter	2-12
History	You Don't Have To Dress To Kill - Early Female Shotokan Karateka of the British Isles (1957-1966)	Layton, Clive	2007 2nd Quarter	47-52
History	First Appearance of Karate in Okinawa's School System	Michihara Shinji & Yen Yoshio	2000 4th Quarter	3-5
History	Fujita Seiko - The Last Of The Koga Ninja	Hevener, Phillip	2008 1st Quarter	22-32
History	Funakoshi on Okinawa	Layton, Dr. Clive	2005 1st Quarter	46-66
History	Hama Higa Pechin & Bojutsu No Machu Hija	Quast, Andreas	2004 3rd Quarter	21-26
History	History of Karate-do	Tokitsu Kenji / French to English Translation by Victor Smith	2005 1st Quarter	5-19

CATEGORY	TITLE	AUTHOR	ISSUE	PAGE
History	History of Takamura Ha Shindo Yoshin Ryu	www.shinyokai.com/history.htm	2005 2nd Quarter	26-28
History	Incident at Oshima	McCarthy, Patrick	2000 3rd Quarter	7-8
History	Itosu Anko - Itosu Photo Discovered	Okinawa Times / Translation by Patrick and Yuriko McCarthy	2006 2nd Quarter	11-12
History	Itosu Anko Okina - The Restorer of Karate	Okinawa Times / Written by Kinjo Hiroshi / Translation by Patrick and Yuriko McCarthy	2006 2nd Quarter	12-14
History	Itosu Anko Okina - The Restorer of Karate - "The Winds of a True Ancient Bushi"	Okinawa Times / Written by Kadekaru Toru	2006 2nd Quarter	14-15
History	Itosu Anko - Further Newspaper Articles	McCarthy, Patrick	2006 3rd Quarter	48-51
History	Itosu Anko - Further Newspaper Articles	Ryukyu Shinpo Excerpt / Translation by Patrick and Yuriko McCarthy	2006 4th Quarter	18-19
History	Itosu Anko - Further Newspaper Articles	Ryukyu Shinpo Excerpt / Translation by Patrick and Yuriko McCarthy	2007 1st Quarter	20-22
History	Itosu Anko - Further Newspaper Articles	Ryukyu Shinpo Excerpt / Translation by Patrick and Yuriko McCarthy	2007 2nd Quarter	37-38
History	Itosu Buyuden - Pt # 6 - Brace Man Thwarts Rival	Japanese to English Translation by Patrick and Yuriko McCarthy	2007 3rd Quarter	56-57
History	Itosu Okina - Pt # 7 - Meijin Of Shorei-Ryu	Japanese to English Translation by Patrick and Yuriko McCarthy	2007 4th Quarter	38-39
History	Ju Jutsu	Sato, K.; A Dutch to English Translation of K. Sato's 1921 Publication by Bert Mollen Sensei	2004 4th Quarter	47-59
History	Karate Den	Kosugi Hoan / Translation by Joe Swift	2001 3rd Quarter	9-10
History	Karate ni Sente Nashi (What the Masters had to say)	Tankosich, Mark	2004 4th Quarter	22-27
History	Kojoryu Karatedo	Mizuguchi Rakuya / Translation by Joe Swift	2003 2nd Quarter	3-11
History	Manga (Japanese Comics) - featuring Kinjo Hiroshi Sensei	Gekkan Budo	2009 1st Quarter	17-22

CATEGORY	TITLE	AUTHOR	ISSUE	PAGE
History	Masters Of The Shorin-ryu	Noble, Graham (with Ian McLaren & Prof. N. Karasawa)	2003 1st Quarter	3-19
History	Okinawa's Bushi - Karate Gentlemen	Goodin, Charles C.	2005 4th Quarter	5-10
History	Okinawa's Historical Liaison With Ming China	Purves, John Michael	2007 4th Quarter	31-34
History	Ginoza - Mura Kuden (Oral Traditions of Ginoza Village)	Translation by Joe Swift	2008 2nd Quarter	65
History	Ryukyu Bujutsu - Diagram	McCarthy, Patrick	2007 3rd Quarter	12
History	Speaking About Karate	Funakoshi Gichin / Translation by Patrick & Yuriko McCarthy	2004 1st Quarter	19-28
History	The 1850 Ryukyu Embassy to Edo	Quast, Andreas	2006 2nd Quarter	28-31
History	The Evolution Of Taekwondo From Japanese Karate	Madis, Eric	2002 4th Quarter	4-17
History	The Jundokan -Through My Eyes	Kluger, Dr. Rony	2001 2nd Quarter	9-11
History	The Liverpool Red Triangle Club - Origins & Early Years (1959-66) & Formation of the KUGB	Layton, Clive PhD	2008 3rd Quarter	42-49
History	The Mitose Motobu Connection - What Can We Learn From Mitose's "What Is Self Defense? (Kenpo Jui-Jitsu)"	Goodin, Charles C.	2004 3rd Quarter	14-20
History	The Myth Of "Traditional Japanese" Karate Under The Pressure Of Prewar Nationalism	Swennen, Filip	2007 3rd Quarter	48-50
History	The Myth Of "Traditional Japanese" Karate Under The Pressure Of Prewar Nationalism (Continued)	Swennen, Filip	2007 4th Quarter	40-44
History	The Myth Of "Traditional Japanese" Karate Under The Pressure Of Prewar Nationalism (Continued)	Swennen, Filip	2008 1st Quarter	33-38
History	The Myth Of "Traditional Japanese" Karate Under The Pressure Of Prewar Nationalism (Continued)	Swennen, Filip	2008 2nd Quarter	77-85
History	The Myth Of "Traditional Japanese" Karate Under The Pressure Of Prewar Nationalism (Continued)	Swennen, Filip	2008 3rd Quarter	50-57
History	The Myth Of "Traditional Japanese" Karate Under The Pressure Of Prewar Nationalism (Continued)	Swennen, Filip	2008 4th Quarter	52-63
History	The Notes of William Adams	Quast, Andreas	2005 3rd Quarter	50-58
History	The Rules Of The Street - Self Defense And Its Early Literature	Noble, Graham	2002 3rd Quarter	5-19
History	The Shaolin Temples	Overill, R. & Silomon, J.	2008 3rd Quarter	27-33
History	The Teachings of Karatedo	Bittmann, Heiko PhD	2006 1st Quarter	17-27
History	Tradition & Standards (includes Dan ranking system)	Kim, Richard	2007 3rd Quarter	40-44
History	Warror Arts & Weapons of Ancient Hawaii	Campbell, Sid	2006 3rd Quarter	18-22
History	Why Funakoshi?	McCarthy, Patrick	2009 2nd Quarter	5-8
History	Yabu, Kentsu - The Last Samurai	Yasui, Homer	2006 3rd Quarter	32-36
Humour / Wisdom	Celebate?		2006 3rd Quarter	37
Humour / Wisdom	Chain Letters by Billy Connolly		2009 1st Quarter	13

CATEGORY	TITLE	AUTHOR	ISSUE	PAGE
Humour / Wisdom	How Many Group Posters Doe It Take To Change A Light Bulb?		2007 4th Quarter	7
Humour / Wisdom	Life In the 1500's		2007 2nd Quarter	6-7
Humour / Wisdom	Kids Letter To God		2006 4th Quarter	9-10
Humour / Wisdom	Murphy's Lesser Known Laws		2007 3rd Quarter	7
Humour / Wisdom	Serenity Prayer		2007 4th Quarter	7
Humour / Wisdom	The Cracked Pot		2006 4th Quarter	9
Humour / Wisdom	The Twenty Dollar Bill		2006 4th Quarter	9
Humour / Wisdom	The Wisdom Of Will Rogers		2009 1st Quarter	11
Humour / Wisdom	Warren Buffet - Aspects Of His Life		2007 3rd Quarter	7-8
Humour / Wisdom	What Are You Missing In Life		2009 1st Quarter	12
Humour / Wisdom	What Is Really Important In Life?		2007 4th Quarter	7-8
Humour / Wisdom	Words Of Wisdom		2006 4th Quarter	9-10
Interviews	A Meeting With Chosei Motobu	Noble, Graham	2003 1st Quarter	19-22
Interviews	Abe, Keigo	Casale, Tommy	2008 3rd Quarter	33-38
Interviews	Hanratty, John	Hargreaves, Robert	2008 3rd Quarter	39-41
Interviews	Harry Cook - Speaking Out Loud	Noble, Graham	2004 2nd Quarter	4-38
Interviews	Hayashi Shingo (Protector Of Kojoryu)	Swift, Joe	2003 2nd Quarter	11-14
Interviews	Hirokazu Kanazawa	Noble, Graham	2005 4th Quarter	47-55
Interviews	Hokama, Tetsuhiro	Lever, Gary	2008 4th Quarter	73-78
Interviews	Jon Bluming	Noble, Graham	2005 1st Quarter	22-45
Interviews	Kanzaki Shigedazu	McCarthy, Patrick	2001 2nd Quarter	12-15
Interviews	Kawanabe, Kenjiro	Varon, Carlos	2007 3rd Quarter	34-39
Interviews	Kenji Tokitsu	Arts Martiaux	2003 4th Quarter	41-55
Interviews	Kenji Tokitsu / The Essence of Budo	Barcena, David Leonardo	2004 1st Quarter	32-36
Interviews	Kinjo Hiroshi - On Ko Chi Shin	Swift, Joe	2001 4th Quarter	13-14
Interviews	Kinjo Hiroshi - No Time Like The Past	Radi, Charles; Japanese to English Translation by Kinjo Mayumi and McCarthy Patrick	2008 1st Quarter	38-47
Interviews	Matsuo Kanenori Sakon	Swift, Joe	2004 4th Quarter	7-10
Interviews	Moledzki Sensei - The Voice of Experience	Jarvis, Brian	2006 2nd Quarter	35-44
Interviews	Murakami Katsumi	McCarthy, Patrick	1998 3rd Quarter	3-9
Interviews	Nakamura Ankichi / An Informal Discussion	Conway, Steve	2004 4th Quarter	16-19
Interviews	Nishiyama, Hidetaka - A Tall Tree In The Forest Has Fallen	Warrener, Don	2008 4th Quarter	20-26
Interviews	Patrick McCarthy (Speaking With)	Banfield, Shaun	2007 2nd Quarter	26-37
Interviews	Patrick McCarthy - Karatedo Kurofune	Swift, Joe	2005 4th Quarter	37-41
Interviews	Patrick McCarthy -KSL Q&A	Maccarrone, Terry	1999 4th Quarter	3-6
Interviews	Recollections: The Shabana/Nakashin Interview	Shabana	1999 3rd Quarter	3-4

CATEGORY	TITLE	AUTHOR	ISSUE	PAGE
Interviews	Richard Kim - The Classical Man	Warrener, Don	2006 3rd Quarter	26-32
Interviews	Rising Sun Productions - Hollywood	McCarthy, Patrick	2005 3rd Quarter	20-21
Interviews	Roy Shaw	Noble, Graham	2006 1st Quarter	51-55
Interviews	Ruang Dong - White Crane Master	Pengcheng, Chen	2008 2nd Quarter	59-64
Interviews	Steve Arneil	Noble, Graham	2005 3rd Quarter	5-19
Interviews	Takamura Yuki Yoshi	Threadgill, Toby	2005 2nd Quarter	12-23
Interviews	Talking About "The Way" - Kinjo Hiroshi Interviews Richard Kim (1957)	Translation by P & Y McCarthy	2002 3rd Quarter	19-24
Interviews	The Voice of Experience - O-sensei Kinjo	McCarthy, Patrick	1999 1st Quarter	4-6
Interviews	Two British Dragons Part #1 - Interview with Pete Consterdine	Noble, Graham	2003 3rd Quarter	16-38
Interviews	Two British Dragons Part #2 - Interview with Dennis Martin	Noble, Graham	2003 4th Quarter	25-41
Interviews	Vernon Bell - The Last Interview	Shewry, Bryan	2005 3rd Quarter	32-46
Interviews	Yamaguchi, Goshi	Noble, Graham	2009 2nd Quarter	17-26
IRKRS	Membership Form	McCarthy, Patrick	1996 3rd Quarter	7
IRKRS	Notice to all Members, Patrons & Colleagues	Gill, Roland	1997 1st Quarter	1
IRKRS	Society's Annual Questionnaire	McCarthy, Patrick	1996 3rd Quarter	9
Japanese Terminology	Bun Bu Ryo Do	McCarthy, Patrick	1997 2nd Quarter	11
Japanese Terminology	Karate ni Sente Nashi	McCarthy, Patrick	1996 4th Quarter	14
Japanese Terminology	On Ko Chi Shin	McCarthy, Patrick	1997 2nd Quarter	6-9
Japanese Terminology	Osu	McCarthy, Patrick	1997 1st Quarter	6
Kata	1940 Karate-do Special Committee: Fukyugata "Promotional" Kata	Goodin, Charles C.	2000 1st Quarter	3-10
Kata	Applications - A single technique / more than a dozen applications		2005 4th Quarter	42
Kata	Consistency & Trend in Kata Performance in Experienced Black Belt Shotokan Karateka	Layton, Clive; Pennington, Crispin	2004 4th Quarter	21-22
Kata	Folding the Hakama		2007 1st Quarter	29
Kata	Imagine	McCarthy, Patrick	1999 4th Quarter	8-10
Kata	Kaishu-gata / Seienchin	Mabuni Kenwa / French to English translation by Victor Smith	2003 3rd Quarter	5-10
Kata	Kata as Calligraphy, Shodo as Kata	Webster, Steven	1998 4th Quarter	3-5
Kata	Kata: 10 Point Evolution Theory	McCarthy, Patrick	2000 3rd Quarter	5-6
Kata	Kata - Road Map of Koryu Uchinadi	McCarthy, Patrick	1996 2nd Quarter	4-5
Kata	Kata: Unravelling The Mysteries of Nafadi	Swift, Joe	2003 2nd Quarter	14-17
Kata	KSL Q&A	McCarthy, Patrick	2000 3rd Quarter	6

CATEGORY	TITLE	AUTHOR	ISSUE	PAGE
Kata	Observations on Kata	McCarthy, Patrick	2006 1st Quarter	9-17
Kata	Ockham's Razor	Webster, Steven	2002 2nd Quarter	8-11
Kata	Old Traditions & New Realities	McCarthy, Patrick	1999 1st Quarter	7-11
Kata	Parting the Clouds	McCarthy, Patrick	1999 4th Quarter	6-7
Kata	Practice Kata Correctly	Mabuni, Kenwa	2007 2nd Quarter	39-41
Kata	Problems In Karate	Tokitsu, Kenji	2004 1st Quarter	38-45
Kata	Putting the Fight Back into Kata	McCarthy, Patrick	2000 2nd Quarter	8-11
Kata	Sanchin Kata	Mabuni Kenwa (1934); Japanese to French Translation by Tokitsu Kenji; French to English Translation by Victor Smith	2005 1st Quarter	19-22
Kata	The Big 15 / Shotokan's Original Kata	Swift, Joe	2004 3rd Quarter	5-14
Kata	The Roots & Meaning of Kata	McCarthy, Patrick	2004 4th Quarter	2-5
Kata	The Way Of Kata	Kane, Lawrence; Wilder, Chris	2006 3rd Quarter	38-48
Kata	The Why of Bunkai - A Guide For Beginners	Goodin, Charles C.	2005 3rd Quarter	26-32
Kata	Uchinadi Poem	Motobu Choki	1999 3rd Quarter	5
Martial Arts	1882 Matsumura Letter - Budo	Matsumura Bucho	2000 3rd Quarter	3
Martial Arts	A Capsule History of Koryu Uchinadi	McCarthy, Patrick	1995 Premier Issue	4-6
Martial Arts	A General Examination of Karate Organizations Through The Lens of Organizational Theory	Duchesney, Morgan	2006 1st Quarter	28-35
Martial Arts	A Love Affair With Martial Arts	Warrener, Don	2005 2nd Quarter	28-32
Martial Arts	An Informal Look at the Role of the Martial Arts as it Appears in Joseph S. Alter's Marrow of the Nation	Svinth, Joe	2004 3rd Quarter	26-28
Martial Arts	As I See Things	McCarthy, Patrick	2006 3rd Quarter	10-11
Martial Arts	Belt Colors & Ranking Tradition	Cunningham, Don	2004 2nd Quarter	50-52
Martial Arts	Bubishi - A Commentary On Its 48 Figures	Habersetzer, R.; French to English Translation by Victor Smith	2005 2nd Quarter	36-51
Martial Arts	Bubishi - Articles 14 & 16 - Principles of Ancient Law & Methods of Escape	Translation by Patrick and Yuriko McCarthy	2007 2nd Quarter	43-47
Martial Arts	Budo vs Bu-jutsu	Clark, Prof. Rick	2003 3rd Quarter	10-16
Martial Arts	Disorientating Kiai & Movement Time in Experienced Black Belt Shotokan Karateka	Layton, Clive; Al-Janabi, Laith	2004 3rd Quarter	26
Martial Arts	Dojo Kun, The	McCarthy, Patrick	1996 3rd Quarter	9
Martial Arts	Essential Anatomy For The Martial Arts	Miller, Bruce	2006 3rd Quarter	23-26
Martial Arts	Fusei Kise / Master of Karate & Kobudo	Oliver, Gary	2004 3rd Quarter	50-53

CATEGORY	TITLE	AUTHOR	ISSUE	PAGE
Martial Arts	Goal Setting & Karate	Melton, James R.	2004 3rd Quarter	54-55
Martial Arts	Getting Back to Roots of Traditional Karatedo	McMahon, Gayleen	1996 2nd Quarter	6
Martial Arts	Glima & The Viking Fighting Arts	Enoksen, Lars Magnar	2008 2nd Quarter	73-76
Martial Arts	Hanging The Stamp - Yong-chun White Crane	Watts, Martin	2006 4th Quarter	41-45
Martial Arts	Itosu's 1908 Ten Articles	Itosu Ankoh	2000 3rd Quarter	4-5
Martial Arts	Jigen-Ryu & Its Influence Upon Karate-Do	Wittwer, Henning	2006 2nd Quarter	15-23
Martial Arts	JKA Ultimatum	JKA HQ	2007 2nd Quarter	3
Martial Arts	Journey To The 10th Planet (10th Planet Jiu Jitsu)	Barca, Frank	2009 1st Quarter	54-55
Martial Arts	Kalarippayattu	Zarrilli, Prof. Phillip	2003 4th Quarter	5-25
Martial Arts	Karate	Funakoshi Gichin	1998 1st Quarter	3-4
Martial Arts	Karate Do Kyohan	Funakoshi Gichin	2006 4th Quarter	20-31
Martial Arts	Karate Kenpo	Mutsu Mizuho	2000 2nd Quarter	3-6
Martial Arts	Karate Overseas (Mutsu Mizuho & American Karate)	Ogami Shingo	2000 2nd Quarter	6-8
Martial Arts	Karate Training & What to Know About Fighting	Kyan Chotoku	2001 4th Quarter	3-5
Martial Arts	Karate Training (Over Age 80)	31 May 1998 Ryukyu Shinpo Newspaper / Translation by Joe Swift	2004 4th Quarter	10-11
Martial Arts	Karate's Four Factions Reunify	McCarthy, Patrick	2007 1st Quarter	4-5
Martial Arts	Karatedo	Funakoshi Gichin	1997 2nd Quarter	4-5
Martial Arts	Karatedo Without its Superlatives	McCarthy, Patrick	1996 4th Quarter	12
Martial Arts	Koryu Uchinadi -Kata	McCarthy, Patrick	1996 2nd Quarter	4-5
Martial Arts	Koryu Uchinadi -Modern Interpretation of Ancient Tradition	McCarthy, Patrick	1996 1st Quarter	7-10
Martial Arts	Mechanics of Power	Melton, James	2005 3rd Quarter	22-26
Martial Arts	News Briefs	Okinawa Times	1997 4th Quarter	9
Martial Arts	Okinawa - Reflections (and time spent with Hokama Tetsuhiro Sensei)	Lever, Gary	2008 4th Quarter	27-34
Martial Arts	Psychosocial Benefits of the Martial Arts. Myth or Reality?	Binder, Dr. Brad	2007 1st Quarter	23-28
Martial Arts	Self Defense - Some Things Never Change	King, Bob	1997 4th Quarter	9
Martial Arts	Seminars - Koryu Uchinadi		1997 1st Quarter	23
Martial Arts	Something to Think About - Budo	McCarthy, Patrick	2000 1st Quarter	11
Martial Arts	Soul Of Budo - Japanese Budo VS Western Sports	Shigetoshi, Sugiyama	2007 3rd Quarter	45-48
Martial Arts	Sport Karate Friend or Foe?	Johnson, Kenny	1996 1st Quarter	6
Martial Arts	Ten Precepts	Itosu Ankoh	2007 4th Quarter	37
Martial Arts	Tegumi	McCarthy, Patrick	1997 4th Quarter	8
Martial Arts	Tegumi	McCarthy, Patrick	1998 1st Quarter	5-9
Martial Arts	The Busen	McCarthy, Patrick	1995 Premier Issue	3
Martial Arts	The Dragon & Tiger - The Birth of Jeet Kune-do in Oakland	Campbell, Sid; Lee, Greglon	2005 4th Quarter	10-21

CATEGORY	TITLE	AUTHOR	ISSUE	PAGE
Martial Arts	The Kuden of Torite in Karate - "Ikichigai"	Kinjo, Hiroshi / Translated by Mario McKenna	2008 4th Quarter	19
Martial Arts	The Makiwara	www.karatetips.com	2004 4th Quarter	60-62
Martial Arts	The "PM" Delivers Good Oil to Melbourne	Woodard, Dr. A.	1998 4th Quarter	6-9
Martial Arts	The Rules of Quanfa	Motobu Choki	1999 3rd Quarter	7-9
Martial Arts	The Science of Self Defense / A Treatise on Sparring & Wrestling	Price, Edmund (1867)	2004 3rd Quarter	29-50
Martial Arts	The Soul of Budo	Shigetoshi, Sugiyama	2005 4th Quarter	21-24
Martial Arts	Thinking Outside The Box	Baczynski, Michael	2004 1st Quarter	4-19
Martial Arts	To "Japanize" Or Not?	Swennen, Filip	2009 1st Quarter	22-25
Martial Arts	To Ki or Not to Ki - Aikido	Hartley, Keith	1997 1st Quarter	4-5
Martial Arts	Traditional Karatedo & its Effect on Modern Society	King, Bob	1997 2nd Quarter	10-11
Martial Arts	Traditonal Okinawan Kobudo	Nakamoto, Masahiro	2009 2nd Quarter	26-43
Martial Arts	Violence & Gender - How Do We Train?	Shewry, Bryan MA	2008 4th Quarter	69-73
Martial Arts	Warrior Spirit	Ledwab, Claudio; Standefer, Roxanne	2004 4th Quarter	19-21
Martial Arts	Were There Really Weapons on Okinawa During The 19th Century?	Layton, Clive	2004 1st Quarter	29-31
Martial Arts	Yagu Shingan Ryu Heiho Jutsu	Hinshelwood, Philip	2006 4th Quarter	31-33
Martial Arts	Zenkutsu Dachi And Its Variants In Shotokan-ryu	Witter, Henning	2007 4th Quarter	34-36
Miscellaneous	Optical Illusions		2008 3rd Quarter	13-14
More News	Various Items Of Interest	McCarthy, Patrick	2008 2nd Quarter	5-18
More News	Various Items Of Interest	McCarthy, Patrick	2008 3rd Quarter	4-12
Obituaries	Akutagawa, David	McCarthy, Patrick	2008 3rd Quarter	11
Obituaries	Armstrong, Steve	McCarthy, Patrick	2006 4th Quarter	8
Obituaries	Bell, Vernon - The Passing of a British Warrior	McCarthy, Patrick	2004 1st Quarter	3
Obituaries	Campbell, Sid		2009 1st Quarter	14
Obituaries	Carradine, David		2009 2nd Quarter	14-15
Obituaries	Day, Ron	McCarthy,Patrick	2008 2nd Quarter	15-16
Obituaries	Eelles, Chuck	McCarthy, Patrick; Lopresti, Paul	2006 1st Quarter	7
Obituaries	Gracie, Helio		2009 1st Quarter	13
Obituaries	Hartsell, Larry	McCarthy, Patrick	2007 3rd Quarter	3
Obituaries	Hyams, Joe		2008 4th Quarter	9
Obituaries	Ivan, Daniel	McCarthy, Patrick	2007 3rd Quarter	4
Obituaries	Kim, Richard - The Passing of a Pioneer	McCarthy, Patrick	2001 4th Quarter	3
Obituaries	Kin, Shek		2009 2nd Quarter	15-16
Obituaries	Mabuni, Kenso		2005 2nd Quarter	7
Obituaries	Melton, James	McCarthy,Patrick	2005 2nd Quarter	7

CATEGORY	TITLE	AUTHOR	ISSUE	PAGE
Obituaries	Mifune, Toshiro	McCarthy, Patrick	1997 4th Quarter	7
Obituaries	Miyagi, An'ichi		2009 1st Quarter	14
Obituaries	Miyagi, Takash (Kei)		2008 4th Quarter	10-11
Obituaries	Morgan, John	McCarthy, Patrick	2007 4th Quarter	3
Obituaries	Nishihira, Kosei	Nishihira, Itoe	2007 2nd Quarter	5
Obituaries	Nishiyama, Hidetaka		2008 4th Quarter	8-9
Obituaries	Ouellette, Jean-Guy	McCarthy, Patrick	2006 1st Quarter	7
Obituaries	Penland, Ken	McCarthy, Patrick	2006 4th Quarter	8
Obituaries	Ratti, Oscar	Calandra, Michael	2005 2nd Quarter	8
Obituaries	Snyder, Bobbi	McCarthy, Patrick	2008 2nd Quarter	15
Obituaries	Toyama, Seiko		2009 1st Quarter	14
Obituaries	Uehara, Seikichi - Motobu Udundi Kobujutsu Headmaster Passes Away	Swift, Joe	2004 2nd Quarter	3
Obituaries	Van Horne, George	McCarthy Patrick	2006 3rd Quarter	2
Open Dialogue	Open Dialogue	McCarthy, Patrick	1998 2nd Quarter	5-10
Parable	The Samurai and the Fisherman		2008 2nd Quarter	65-66
Philosophy	Clarity	McCarthy, Patrick	1996 2nd Quarter	8
Philosophy	Cooperating with the Infinite	McCarthy, Patrick	1996 4th Quarter	9-13
Philosophy	Dojo, The	McCarthy, Patrick	1996 1st Quarter	5
Philosophy	Dokkodo, The	Miyamoto Musashi	1997 1st Quarter	8
Philosophy	Don't Quit	McCarthy, Patrick	1996 2nd Quarter	8
Philosophy	Ego - Why does it Make Us Resist Change?	McCarthy, Patrick	1996 1st Quarter	3-4
Philosophy	Hyaku Hachi No Bonno: Influence of 108 Defilements & Other Buddhist Concepts on Karate Thought & Practice	Goodin, Charles	1998 2nd Quarter	3-5
Philosophy	Is Karate:	McCarthy, Patrick	1997 4th Quarter	5
Philosophy	May You Always Have:	McCarthy, Patrick	1997 2nd Quarter	15
Philosophy	Moment, The	McCarthy, Patrick	1996 1st Quarter	4
Philosophy	Native Indian Wisdom	Anon	2000 3rd Quarter	11
Philosophy	Personal Empowerment	McCarthy, Patrick	2007 1st Quarter	5-6
Philosophy	Principles	Sutton, Bruce	2000 1st Quarter	10-11
Philosophy	Quote	Allan, James	1997 1st Quarter	5
Philosophy	Reflections upon a Journey	Morris, Vince	1996 1st Quarter	4
Philosophy	Shinzui	McCarthy, Patrick	1996 1st Quarter	11
Philosophy	Shu Ha Ri	Baczynski, Michael	2002 1st Quarter	10-11
Philosophy	Shu Ha Ri / Modern Martial Arts; A Study in Concept Formation	West, Tyler	2002 4th Quarter	21-23
Philosophy	Shu Ha Ri & Teaching	Takamura, Yukio; Edited by Nanette Okura	2005 2nd Quarter	23-26
Philosophy	Shu Ha Ri & the 5 Principles	Bell, Dr. Andrew	2004 2nd Quarter	41-50

CATEGORY	TITLE	AUTHOR	ISSUE	PAGE
Philosophy	Shuhari, Bubishi & Contemporary Psychology: Common Foundations And A Framework For The Future	Wells, Bradley Kenneth	2008 4th Quarter	63-69
Philosophy	Stillness & Action/Yin & Yang	Funakoshi Gichin	1997 4th Quarter	4-5
Philosophy	Tea?	Laschke, Karl-Heinz	2000 4th Quarter	6
Philosophy	The Optimist Creed		2008 1st Quarter	5
Philosophy	Thoughts	Allan, James	1996 2nd Quarter	6
Philosophy	Tying an Obi: "A Deeper Meaning?"	McCarthy, Patrick	1999 2nd Quarter	3
Philosophy	Various Quotes	Various	1997 4th Quarter	10
Philosophy	Various Quotes	Waldrop,Mary/Minninger, William/Jay,Wally/Einstein, Albert	1997 4th Quarter	10
Philosophy	Voice of Wisdom	Norris, Chuck	1996 3rd Quarter	9
Philosophy	Warrior Maxim	Anon	2000 3rd Quarter	11
Philosophy	What I've Learnt	Rooney, Andy	2000 3rd Quarter	10-11
Philosophy	Winner vs Loser	McCarthy, Patrick	1996 2nd Quarter	8
Philosophy	Words of Wisdom	Exaros, Jonathan	2000 3rd Quarter	6
Philosophy	Zen - Why it Might be Important to You	Rench, Alan	1999 1st Quarter	3
Photographs	Anderson, George/ Koepfel, Phil/ McCarthy, Patrick		1997 2nd Quarter	15
Photographs	Cook, Harry/ McCarthy, Patrick/ Noble, Graham		2006 2nd Quarter	9
Photographs	Dometrich, William/ McCarthy, Patrick		1997 2nd Quarter	9
Photographs	Early Karate Training		1997 1st Quarter	18
Photographs	Funakoshi Gichin		1997 3rd Quarter	7
Photographs	Funakoshi Gichin		1997 4th Quarter	5
Photographs	Funakoshi Gichin & students		1997 3rd Quarter	6
Photographs	Funakoshi Gichin and Japanese writers		1997 2nd Quarter	4
Photographs	Hanashiro Chomo		1997 1st Quarter	10
Photographs	Itosu Anko		2006 2nd Quarter	11-13
Photographs	Japanese Sword		1997 1st Quarter	20
Photographs	King, Bob/ Hartman, Erik/ McCarthy, Patrick		1997 2nd Quarter	11
Photographs	Kinjo Hiroshi		1997 1st Quarter	11
Photographs	Kinjo Hiroshi		1997 3rd Quarter	Cover
Photographs	Kinjo Hiroshi/Izumigawa Kanki		1997 3rd Quarter	4
Photographs	Kinjo Hiroshi/Mas Oyama		1997 3rd Quarter	6
Photographs	Kinjo Hiroshi/ Yamaguchi Gogen/ Kanazawa		1997 3rd Quarter	5
Photographs	Kinjo Hiroshi/Itosu Angoh		1997 1st Quarter	15
Photographs	Kinjo Hiroshi/Itosu Angoh		1997 3rd Quarter	3
Photographs	Kinjo Hiroshi/Japanese Karate Dignitaries		1997 1st Quarter	13

CATEGORY	TITLE	AUTHOR	ISSUE	PAGE
Photographs	Kinjo Hiroshi/Japanese Karate Dignitaries		1997 1st Quarter	14
Photographs	Kinjo Hiroshi/Japanese Karate Dignitaries		1997 1st Quarter	16
Photographs	Kinjo Hiroshi/Japanese Karate Dignitaries		1997 1st Quarter	17
Photographs	Kinjo Hiroshi/Japanese Karateka		1996 4th Quarter	15
Photographs	Kinjo Hiroshi/Japanese Karateka		1997 1st Quarter	12
Photographs	Kinjo Hiroshi/Mas Oyama		1997 1st Quarter	19
Photographs	Kinjo Hiroshi/McCarthy, Patrick		1997 1st Quarter	Cover
Photographs	Kinjo Hiroshi/McCarthy, Patrick		1997 2nd Quarter	3
Photographs	Kinjo Hiroshi/Richard Kim		1997 1st Quarter	9
Photographs	Koeppel/McCarthy, Patrick		1997 2nd Quarter	9
Photographs	Masters of the Okinawan Fighting Arts		2008 2nd Quarter	25-31
Photographs	Matayoshi/ McCarthy, Patrick		1997 3rd Quarter	2
Photographs	Matsumura, Bushi	Courtesy of Nagamine Shoshin	1996 3rd Quarter	6
Photographs	McCarthy, Yuriko		1997 3rd Quarter	2
Photographs	Mifune Toshiro/McCarthy, Patrick		1997 4th Quarter	7
Photographs	Naha, Ryukyu Kingdom		1997 3rd Quarter	7
Photographs	Oshiro Chojo		1997 1st Quarter	10
Photographs	Sheldon, Parker/ Awad, Mike/ Maccarrone, Terry		1997 2nd Quarter	9
Photographs	Toronto KU Study Group		2006 1st Quarter	7
Photographs	Various - 2006 Seminars / Gasshuku / Individuals / Study Groups		2006 3rd Quarter	12-17
Photographs	Various - 2007 Seminars / Gasshuku / Individuals / Study Groups		2007 1st Quarter	8-15
Photographs	Various - 2007 Seminars / Grandmaster Kinjo Hiroshi's 88th Birthday		2007 2nd Quarter	9-25
Photographs	Various - 2007 Seminars / North American Gasshuku / Miscellaneous		2007 3rd Quarter	13-33
Photographs	Various - 2007 Seminars / Miscellaneous		2007 4th Quarter	9-19
Photographs	Various - 2008 Seminars / Melbourne Gasshuku / Miscellaneous		2008 1st Quarter	13-20
Photographs	Various - 2008 Seminars / European Gasshuku / North American Gasshuku / Miscellaneous		2008 2nd Quarter	32-58
Photographs	Various - 2008 Seminars / New Zealand Gasshuku & Rank Promotions / Miscellaneous		2008 3rd Quarter	15-25
Photographs	Various - 2008 Seminars / IRKRS Yudansha From Around The World		2008 4th Quarter	35-51
Photographs	Various - 2009 Seminars / Brisbane Gasshuku / Miscellaneous		2009 1st Quarter	32-46
Photographs	Various - 2009 Seminars / NSW & European Gasshuku / Miscellaneous		2009 2nd Quarter	45-61
Photographs	Yao Loong Kung Fu Centre, Toronto		1997 2nd Quarter	12
Puzzle	Sudoku		2005 3rd Quarter	19
Quiz	Who Art They?		2002 2nd Quarter	11
Quiz	Perspective		2007 2nd Quarter	5-6
Quotes	A Beginner's Mind	Tsuruoka, Masami	2002 4th Quarter	28

CATEGORY	TITLE	AUTHOR	ISSUE	PAGE
Quotes	Animosity ...		2005 2nd Quarter	6
Quotes	Between stimulus and response ...		2005 2nd Quarter	28
Quotes	by Lucius Annaeus Seneca		2009 1st Quarter	12
Quotes	"No matter how you may excel in the art of 'Te'....."	Tejunsoku	1998 4th Quarter	10
Quotes	Not Understood By All - Did The Pioneering Japanese Masters Understand Kata?	Various	2009 2nd Quarter	4-5
Quotes	You Are ...		2005 2nd Quarter	11
Reader's Forum	Reader's Forum	Exaros, Jonathan	1997 2nd Quarter	15
Seminars	Motobu Chosei - American Seminar	Zingg, Robert	2005 3rd Quarter	46-50
Social Comment	Flower-cide	Cunnold, Ian	2009 1st Quarter	25-26
Teaching/Learning	Academic Instruction and Teacher Training in Karate-do / A brief Overview	McKenna, Mario	2002 4th Quarter	17-21
Teaching/Learning	Being a Beginner	Tsuruoka, Masami	1999 2nd Quarter	3
Teaching/Learning	Differences Between Physical and Non-Physical Development Training	Melton, James	2005 2nd Quarter	0-10
Teaching/Learning	Faster Horses, Younger Women, Older Whiskey, & More Money	Melton, James R.	2004 4th Quarter	10-16
Teaching/Learning	Grading Standards Outcomes & Assessment Criteria	McCarthy, Patrick	1996 3rd Quarter	3,8,10-13
Teaching/Learning	Indiscriminate Learning	McCarthy, Patrick	1997 4th Quarter	8
Teaching/Learning	Karate Training	Cook, Harry	2009 2nd Quarter	62-69
Teaching/Learning	Learning Curve	McCarthy, Patrick	2000 1st Quarter	12
Teaching/Learning	Learning Phases	McCarthy, Patrick	2007 4th Quarter	21-22
Teaching/Learning	Letter from Sweden	Andersson, Per-Ivar	1999 4th Quarter	10-11
Teaching/Learning	The Martial Arts Pedagogy - The Mind & The Body	Da Silva, David	2009 1st Quarter	47-53
Teaching/Learning	Neglected Stepping Techniques	McCloskey, Ron MS	2006 2nd Quarter	23-27
Teaching/Learning	Poem: "Warm Feet, Cold Floor"	Henry, Glen	1996 4th Quarter	15
Teaching/Learning	Sensei & His Deshi	Dalgliesh, Bob	1997 1st Quarter	6
Teaching/Learning	Shanghai - Reflections	Shewry, Bryan	2007 2nd Quarter	42-43
Teaching/Learning	The Long & Winding Path	Melton, James R.	2004 4th Quarter	11-12
Teaching/Learning	The Manipulative Leader	Wagner, Stan	1999 2nd Quarter	4-5
Teaching/Learning	Tips for Teachers	McCarthy, Patrick	1996 4th Quarter	8
Teaching/Learning	Variety vs Repetition	Melton, James	2005 2nd Quarter	10-11
Teaching/Learning	Wearing, Tying & Folding the Hakama	Courtesy of Bujin Design	2005 2nd Quarter	33-35
Teaching/Learning	What to Expect at Seminars	McCarthy, Patrick	1999 2nd Quarter	3
Testimonials	Lost Practices - Once Again Revealed	Green, Nicole	2007 4th Quarter	3
Videos	Akamine Eisuke		2006 3rd Quarter	51
Videos	Chibana Choshin		2006 3rd Quarter	36
Videos	The IRKRS on Youtube.com	McCarthy, Patrick	2008 1st Quarter	5
Videos	PM Seminars - Vol. 1 Nyumon Tegumi Renzokugeiko		1997 2nd Quarter	13

CATEGORY	TITLE	AUTHOR	ISSUE	PAGE
Videos	PM Seminars - Vol. 1 Nyumon Tegumi Renzokugeiko		1997 3rd Quarter	13
Videos	PM Seminars - Vol. 1 Nyumon Tegumi Renzokugeiko		1997 4th Quarter	10
Videos	Vol #8, Finland 2002 Hyvinkaa Seminar		2002 4th Quarter	27
Videos	Vol #8, Finland 2002 Hyvinkaa Seminar		2003 1st Quarter	24
Videos	Vol #9, Koryu Uchinadi Nyumon		2003 2nd Quarter	23
Videos	Vol #9, Koryu Uchinadi Nyumon		2003 3rd Quarter	41
Videos	Vol #9, Koryu Uchinadi Nyumon		2003 4th Quarter	4
Weapons	The Short Staff / Medieval German Stick-fighting	Mair, Paulus Hector / German-to-English Translation by Andreas Quast	2007 1st Quarter	37-53