

Chang's Hapkido Academy - London Library

The following lists a few books I have collected over the years. CHA members are welcome to borrow any - please just ask!

Category	Title	Status
Taoism	Tao Te Ching by Lao Tsu Translated by Gia-Fu Feng and Jane English	
Taoism	Tao and the Watercourse Way by Alan Watts	
Taoism	The Book of Chaung Tzu	
Taoism	What is Tao? by Alan Watts	
Buddhism	An Introduction to Zen Buddhism by DT Suzuki	
Buddhism	Pure Heart, Enlightened Mind by Maura Soshin O'Halloran	
Buddhism	Entering the Stream: Introduction to Buddha and His Teachings	
Buddhism	Happiness by Matthieu Ricard	
Buddhism	Changing Destiny: Liao-Fan's Four Lessons A Commentary by Venerable Master Chin Kung	
Korean Buddhism	Dropping Ashes on the Buddha: The teachings of Zen Master Seung Sahn	
Korean Buddhism	The Compass of Zen Master Seung Sahn	
Zen Philosophy	An Introduction to Zen Training by Omari Sogen	
Zen Philosophy	Zen Mind, Beginner's Mind	
Zen Philosophy	This is it - and other essays on Zen and spiritual experience	
Philosophy	Think of these Things by J Krishnamurti	
Philosophy	The Art of Power by Thich Nhat Hanh	
Philosophy	Healing Society: A Prescription for Global Enlightenment by Seung Heun Lee	
Philosophy	Tao of Pooh by Benjamin Hoff	
Philosophy	Te of Piglet by Benjamin Hoff	
Psychology	Anger by Thich Nhat Hanh	
Psychology	Buddhist Psychology By Caroline Brazier	
Psychology	The power of your subconscious mind	
Psychology	The Inner Game of Tennis by Timothy Gallway	
Psychology	Creative Thinking by John G Bennet	

Psychology	Mind Control: The Ancient Art of Psychological Warfare by Dr. Haha Lung	
Psychology / Self-help	Feeling Good By David D Burns	
Health	I had a Black Dog by Matthew Johnstone	
Health	Living Chi: The Ancient Chinese Way to bring Life Energy and Harmony into your life	
Health	Root of Chinese Qigong: Secrets for Health, Longevity and Enlightenment by Yang Jwing-Ming	
Health	Embryonic Breathing by Yang Jwing-Ming	
Health	The Second Brain: Michael Gershon, MD	
Health	The Trigger Point Therapy Workbook	
Classic	A Book of Five Rings by Miyamoto Mushashi	on loan - 17.11.08 Michi Lutz
Classic	Secret Tactics by Kazumi Tabata	
Classic	The Little Prince by Antoine de Saint Exupery	
Classic	Code of the Samurai translated by Thomas Cleary	on loan 6.7.10 Anna Forberg
History & Culture	Sources of Korean Tradition Volume Two: from the sixteenth to Twentieth Century.	
Hapkido History	History of Korea and Hapkido Dr He-Young Kimm	
Hapkido	Hapkido: Way of Coordinated Power by Robert Spear	
Hapkido	Hapkido & Hapkido II by He Young Kim	On loan
Hapkido	Hapkido: An Introduction to the Art of Self Defense by Marc Tedeshi	
Hapkido	Hapkido: Korean Art of Self-defense by Bong Soo Han	
Martial Arts	Freestyle Sparring By Jung	
Martial Arts	In the Dojo: A Guide to the Rituals & Etiquette of the Japanese Martial Arts By Dave Lowry	
Martial Arts	Zen in the Martial Arts by Joe Hyams	
Martial Arts	Bruce Lee: Artist of Life	
Martial Arts	Striking Thoughts -Bruce Lee's Wisdom fro Daily Living	
Martial Arts	The Practice of Freedom : Aikido Principles as a spiritual guide by Wendy Palmer	
Martial Arts	The Big Book of Tai Chi: Build Health Fast in Slow Motion	
Martial Arts	Small Circle JuJitsu by Wally Jay	
Martial Arts	Armlocks by Neil Adams	
Martial Arts	Freestyle Sparring by Grandmaster Woo Jin Jung	
Martial Arts	The Complete Master's Jumping Kick by Master Hee Il Cho	

Martial Arts	The Art of expressing the Human Body by Bruce Lee	
Martial Arts	Combat Strategy: Junsado The Way of the Warrior by Hanho	
Biography	Angry White Pyjamas by Robert Twigger	
Biography	Karate-do: My way of life by Gichin Funakoshi	
Biography	Steal my Art - The Life and Times of Chi Master T. T. Liang	
Biography	Oyama - The Legend, The Legacy	
Biography	The Father of Judo - A Biography of Jigoro Kano	
Biography	Illuminated Spirit: Conversations with a Kyudo Master	
Biography	Pure Heart, Enlightened Mind Maura Soshin O'Halloran	
Biography	Bruce Lee and Me - A Martial Arts Adventure by Brian Preston	
Biography	Looking for a Fight Dave Mathews	
Buddhist Biography	Cave in the Snow	on loan 20/1/05 Emma Viklund
Fiction	Bones of the Master by George Crane	
Ki	The Ki Process by Scott Shaw	
Ki	Book of Ki - A practical guide to the principles of Life Energy	
Ki	Ki in Daily Life by Kochi Tohei	
Ki	A Road that Anyone can walk - Ki By William Reed	
Ki	The power of Ch'i By Michael Page	
Ki	Ki and the Way of the Martial Arts by Kenji Tokitsu	
Ki	Reflections on Qi: Turning your life to the World's Hidden Energy	
Meditation	The Book of Meditation by Chris Jarmey	on loan 7/6/04 Victor Bynoe
Meditation	Full Catastrophe Living By Jon Kabat Zinn	
Meditation	Why Meditation Works by James Baltzell, MD	
Training	Warrior Speed by Weimann	
Training	Stretching by Bob Anderson	
Training	Relax into Stretch by Pavel Tsatsouline	
Training	Jumping into Plyometrics by Donald A Chu, Phd	
Training	Boxing Fitness - A Guide to get Fighting Fit by Ian Oliver	Paul Murray 9.3.10

Training	Fighting Fit - Boxing Workouts, techniques and Sparring by Doug Werner and Alan Lachica	
Training	Athletic Body in Balance - Optimal movement & Skills Conditioning by Gray Cook	
Training	Ultimate Fitness through Martial Arts by Sang H Kim Phd	Anna Glover 29.3.11
Training	Dynamic Strength by Harry Wong	
Training	The Science of Martial Arts Training by Charles I. Stanley, MSS	
Training	Adapt and Overcome: How to Build the Body of a Warrior By Evan Hawke	
Training	Boxing Fitness: A Guide to Getting Fighting Fit by Ian Oliver	
Training	Martial Arts After 40 by Sang H Kimm, Ph.D.	Paul Murray 9.3.10
Chinese Medicine	The Yellow Emperor's Classic of Chinese Medicine	
Chinese Medicine	Chinese Self-Healing By Stephen T Chang	
Chinese Medicine	Between Heaven and Earth - A Guide to Chinese Medicine	
Chinese Medicine	Essential Anatomy for Healing and the Martial Arts by Marc Tedeschi	
Chinese Medicine	The Foundations of Chinese Medicine by Macionica	
Chinese Medicine	Oceans of Streams by Veet Allan	
DVD	Hapkido Movie (Hong Kong Legends) features interview with Instructor Tammy Parlour DVD	
DVD	Hapkido Essentials DVD	
DVD	Spring, Summer, Autumn, Winter & Spring DVD	
DVD	Dragon: The Bruce Lee Story DVD	
Video	The Warrior Arts of Korea Video	
Video	Crouching Tiger, Hidden Dragon (Video)	
Video	Masters - Historical Video Series Bruce Lee	
Video	Ultimate Hapkido - Series 1 - "Beginners" Video	
Video	Ultimate Hapkido - Series 2 - "Intermediate" Video	
Video	Ultimate Hapkido - Series 3 - "Advanced" Video	

