

← COMPETITION KAMA

If you believe that lightweight weapons equal maximum speed, you'll like the Elite Competition Kama from Tiger Claw. Under the flashy coating lies a wooden handle, and securely attached to one end is an unsharpened aluminum blade in either Traditional Style (\$44.99) or Phoenix Style (\$49.99). Total weight is just 6.5 ounces. (800) 334-3456, www.tigerclaw.com

ULTIMATE FITNESS GUIDE →

Sure, it's got a strange title, but its message is clear. *The Purposeful Primitive: From Fat and Flaccid to Lean and Powerful*, by Marty Gallagher, will transform you into a lean, mean fighting machine the natural way. 473 pages, \$39.95, www.dragondoor.com

← HISTORY OF TAEKWONDO

Everything you ever wanted to know about the origins of the Korean art is revealed in *Taekwon-Do and I: 1, Motherland, The Land in Turmoil*. The late Gen. Choi Hong-Hi does the honors in this 601-page book. \$59.95. (818) 891-1133, www.risingsunproductions.net

MASTER OF THE KNIFE →

If you saw James Keating's article in the January 2009 issue and wanted to know more about what he does, you're in luck. Paladin Press has released *Drawpoint—Volume One: Reverse-Grip Knife Fighting Fundamentals, Volume Two: Reverse-Grip Knife Fighting Tactics and Volume Three: Reverse-Grip Knife Fighting Strategies*. Nuff said? Each runs for 60 minutes, and the set goes for \$99.95. (800) 392-2400, www.paladin-press.com

← NINJUTSU TEXT

A 12th-degree black belt under Masaaki Hatsumi and a brown belt under his uncle, Simon Yeo knows his stuff. Therefore, you can rest assured that *Secret Art of the Ninja* is the real deal. Its 112 pages are filled with descriptive text, and its treatment of the Japanese art's practices is top-notch. £12.99 (\$18.32), www.crowood.com

MMA LEGEND BAS RUTTEN GOES MENTAL IN EXCLUSIVE INTERVIEW!
BLACK BELT
 WORLD'S LEADING MAGAZINE OF MARTIAL ARTS

DAN INOSANTO
 KALI STICK FIGHTING

FORGOTTEN FISTS OF TAEKWONDO

SPECIAL WEAPONS ISSUE

- » Chinese Straight Sword
- » Blades in Japanese Society
- » Realistic Gun & Knife Defense



- Jeet Kune Do's Straight Lead
- Elite Israeli Art: Krav Maga Security
- Recovering From a Martial Arts Injury

