

# Contents

---

## Volume I: Regions and Individual Arts

List of Contributors	xi
Introduction	xvii
A Note on Romanization	xxi
<b>Africa</b>	<b>1</b>
Canary Islands Stick Fighting and Wrestling	1
Dambe	6
Gidigbo	10
Moraingy	14
Zulu Stick Fighting	18
<b>Americas</b>	<b>25</b>
52 Hand Blocks/Jailhouse Rock	25
Brazilian Jiu-Jitsu	31
Capoeira	37
Caribbean Martial Arts	42
Kenpo Karate	49
<b>Central and Southwest Asia</b>	<b>55</b>
Central Asian Archery	55
Iranian Martial Arts	66
Mongolian Martial Arts	77
Ottoman Martial Arts	81
Ottoman Oiled Wrestling	85
<b>East Asia</b>	<b>89</b>
China: Boxing Styles	89
China: Martial Arts	92
China: Martial Arts in Hong Kong	99

China: Martial Arts in Taiwan	101
China: Martial Theories	105
China: Martial Women	108
China: Shaolin Temple Legends	110
China: Weapons	114
China: Wrestling	116
Japan: Jujutsu	120
Japan: Judo	127
Japan: Aikido	132
Japan: Kendo	139
Japan: Iaido	144
Japan: Jo	147
Japan: Kyudo	152
Japan: Naginata	158
Japan: Ninpo	162
Japan: Shorinji Kempo	172
Japan: Sumo	175
Korea: Hapkido	183
Korea: Kumdo	187
Korea: Ssireum	190
Korea: Taekkyon	195
Korea: Taekwondo	199
Okinawa: Karate	205
<b>Europe</b>	<b>213</b>
Amazons and Gladiatrices	213
Canne de Combat	217
Celtic Martial Arts	221
English Pugilism	228
Fighting Arts of the Hellenic, Hellenistic, and Roman Eras	233
Fighting Arts of the Early Middle Ages	240
Fighting Arts of the Later Middle Ages	242
Fighting Arts of the Renaissance	249
Savate, Chausson, and French Boxing	256
<b>Oceania</b>	<b>263</b>
Australia	263
Melanesia	265

Micronesia	268
Polynesia: Tahiti, Hawai'i, and Aotearoa (New Zealand)	270
<b>South Asia</b>	<b>281</b>
South Asian Martial Arts	281
Indian Wrestling	289
Thang-Ta	294
<b>Southeast Asia</b>	<b>299</b>
Arnis	299
Kuntao	312
Muay Thai	317
Silat	324
Index	I-1
About the Editors	

## Volume II: Themes

List of Contributors	xi
A Note on Romanization	xvii
Social Uses of the Martial Arts	xix
<b>Belief Systems</b>	<b>331</b>
Belief Systems: Africa	332
Belief Systems: China	338
Belief Systems: European Chivalry	345
Belief Systems: European Occult Sciences	352
Belief Systems: India	357
Belief Systems: Iran	363
Belief Systems: Japanese Budo, Bujutsu, and Bugei	369
Belief Systems: Japanese Martial Arts and Religion before 1868	371
Belief Systems: Japanese Martial Arts and Religion since 1868	382
Belief Systems: Silat	394
<b>Commodification of Leisure</b>	<b>405</b>
Chinese Martial Arts and Money	406
Martial Arts Tourism	411

<b>Expressive Culture</b>	<b>417</b>
Folklore	423
Invented Traditions	428
<b>Globalization of Martial Arts</b>	<b>435</b>
Asian Martial Arts in the United States and Canada	442
Bartitsu	451
Capoeira in Europe	455
Finnish-Canadian Wrestlers	460
International Boxing	465
International Freestyle and Greco-Roman Wrestling	471
International Karate	474
Jeet Kune Do	479
Mixed Martial Arts	485
Professional Wrestling	491
Reality-Based Defense	496
Sambo	502
Women's Boxing, 1972–Present	514
Women's Freestyle Wrestling	520
<b>Martial Media</b>	<b>527</b>
Film and the Martial Arts	527
Gunfighters	534
Television and the Martial Arts	539
The Internet and the Martial Arts	549
Written Texts: Japan	554
<b>Military, Paramilitary, and Law Enforcement Methods</b>	<b>565</b>
American Judo, 1942–1945	565
Bayonet Training in the United States	568
Judo in Japan, 1931–1950	573
Jukendo	578
Kapap and Krav Maga	583
Military Unarmed Fighting Systems in the United States	588
Police Defensive Tactics Training in the United States	593
Social and Cultural Evolution of Kendo	598

<b>Performing Arts</b>	<b>605</b>
Action Design for Professional Wrestling	608
Stage Combat in the Elizabethan Tradition	611
Taiwanese Street Performances	615
<b>Political Uses of the Martial Arts</b>	<b>619</b>
Afrikan Martial Arts	625
Jujutsuffragettes	632
Political Conflict and Aikido, 1931–1942	638
Women in Combat: The U.S. Military, 2001–Present	643
<b>Secret Societies and Fraternal Organizations</b>	<b>647</b>
Plains Indian Warrior Societies	651
Social Aspects of Kata and Waza	657
Index	I-1
About the Editors	