

RECOMMENDED READING

Books by Ed Parker Sr.

- Encyclopedia of Kenpo
- Infinite Insights Into Kenpo Vol. 1-5
- Zen of Kenpo
- Inside Elvis
- Guide to Nunchaku
- The Woman's Guide to Self-Defense
- Secrets of Chinese Karate
- Memories of Ed Parker
- Law of the Fist and the Empty Hand

Books by or about Bruce Lee

- Tao of Jeet Kune Do
- The Tao of Gung Fu
- Striking Thoughts: Wisdom for Daily Living
- The Warrior Within (author John Little)

Other books of interest

- Tao Teh Ching
- The Way of Qigong
- Zen in the Martial Arts
- The Journey: the oral histories of 24 of the most proficient American Kenpoists of today
- The International Journey
- EPAK's Guide to the Kenpo Kards
- Spark: The Revolutionary New Science of Exercise and the Brain

