

Afrikan Martial Arts Discovering The Warrior Within

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The Book of Five Rings (Annotated) -

Musashi Miyamoto 2021-05-03

The Book of Five Rings is a text on kenjutsu and the martial arts in general, written by the Japanese swordsman Miyamoto Musashi around

1643. Written over three centuries ago by a Samurai warrior, the book has been hailed as a limitless source of psychological insight for businessmen-or anyone who relies on strategy and tactics for outwitting the competition.

Stop Trying to Fix Policing - Tony Gaskew
2020-12-16

In *Stop Trying to Fix Policing: Lessons Learned from the Front Lines of Black Liberation*, Tony Gaskew guides readers through the phenomena of police abolition, using the cultural lens of the Black radical tradition. The author weaves an electrifying combination of critical race theory, spiritual inheritance, decolonization, self-determination, and armed resistance, into a critical autoethnographic journey that illuminates the rituals of revolution required for dismantling the institution of American policing. *Stop Trying to Fix Policing* is an essential work for anyone who wants to go beyond the rhetoric of police reform, to the next step: contributing to the formation of a world without policing.

Surviving the Urban Apocalypse Balogun Ojetade 2016-03-30

Imagine the end of the world as we know it has come. How did it happen? A global financial collapse? A nuclear holocaust? A natural

disaster? An asteroid strike? A highly infectious viral pandemic? Scientists at the University of Chicago opening a crack in the atmosphere that releases dark matter into the world? There are many ways the Apocalypse can occur. Part of being prepared is your ability to answer some very simple questions: What skills and supplies will you need to survive? Where will you stay or go? Who will be with you? How will you rebuild after it all falls down? Many believe running to the forest and living off the land is the solution. However, the reality is most of us live in cities and will be trapped in those same cities once roads become impassable or are patrolled by the military, thieves and rapists or hordes of starving, desperate people. You had better learn to survive in an urban environment or you and those you love will die...or worse. This Afrikan Warriors' Guide to SURVIVING THE URBAN APOCALYPSE puts you smack dab in the middle of The End - a global crisis has decimated most of the world's population; all utilities are turned

off; the world has become even more brutal and dangerous than it was before The End. Once you are immersed in the world that WILL one day come, this book gives you the tools that will help you survive it. Along with "Afrikan Martial Arts: Discovering the Warrior Within," "The Afrikan Warriors' Bible," "The Afrikan Warriors' Guide to Defeating Bullies & Trolls," SURVIVING THE URBAN APOCALYPSE is a must have in your self-defense and survival toolkit.

The Ultimate Guide to Unarmed Self Defense
David Erath 2014-04-02

"The Ultimate guide to unarmed self defense covers a comprehensive combination of techniques, training methods, and strategies designed to provide practitioners with highly efficient and effective self defense skills. In addition to physical techniques, non-physical awareness and prevention are also covered in great detail. The progression of techniques and training methods are presented as they would be taught in private lessons, and hundreds of easy

to follow photos with directional arrows and ghost imaging make learning easier than ever" -- page [4] of cover.

Fighting for Honor - T. J. Desch-Obi
2021-04-12

A groundbreaking investigation into the migration of martial arts techniques across continents and centuries The presence of African influence and tradition in the Americas has long been recognized in art, music, language, agriculture, and religion. T. J. Desch-Obi explores another cultural continuity that is as old as eighteenth-century slave settlements in South America and as contemporary as hip-hop culture. In this thorough survey of the history of African martial arts techniques, Desch-Obi maps the translation of numerous physical combat techniques across three continents and several centuries to illustrate how these practices evolved over time and are still recognizable in American culture today. Some of these art traditions were part of African military training

while others were for self-defense and spiritual discipline. Grounded in historical and cultural anthropological methodologies, Desch-Obi's investigation traces the influence of well-delineated African traditions on long-observed but misunderstood African and African American cultural activities in North America, Brazil, and the Caribbean. He links the Brazilian martial art capoeira to reports of slave activities recorded in colonial and antebellum North America.

Likewise Desch-Obi connects images of the kalenda African stick-fighting techniques to the Haitian Revolution. Throughout the study Desch-Obi examines the ties between physical mastery of these arts and changing perceptions of honor. Including forty-five illustrations, this rich history of the arrival and dissemination of African martial arts in the Atlantic world offers a new vantage for furthering our understanding of the powerful influence of enslaved populations on our collective social history.

Initiate 16 - Balogun Ojetade 2018-05-06

"Initiate 16 lay paralyzed, face-down on a glass table. Scores of blood-stained, shiny metallic needles, attached to snake-like arms, jutted from her back, neck, arms, legs, and even the backs of her heels. Her whole back was peeled open, revealing her spine. The bright lights in the ceiling above her shone on the slick, pink sinew of her back and upon several links of bone that composed her spine. Upon each link was carved an ancient rune - 'the Odu', her teacher had called them. She didn't know what an Odu was but she knew it gave her power... and pain. The nerve-blocking chemicals coursing through her blood, bones and sinew numbed the pain, but she didn't like them inside her body. She didn't particularly enjoy initiation either, but it was a step closer to godhood - and only a god would dare tread where she would soon have to." Afrofuturism meets "Into the Badlands" meets "28 Days Later" in this post-apocalyptic, biopunk thriller. It's the year 2057. Ikoko, a physically weak, abused and psychologically disturbed

young woman is selected against her will to become the first physically-enhanced hunter of "mutes" - people infected with the horrific Midway Mutagen. If the procedures go well, Ikoko will be transformed into the first of many Ologun - human killing machines - through genetic engineering. But such a powerful creature must be controlled and she will be... via an invasive memory-implantation program. But the plan goes awry when the products of a top-secret project gone wrong break out of the facility where they are being held and flee into the nearby city of Atlagos. In the ensuing panic, the scientist in charge of implanting Ikoko's memories inserts a program of her own making - one that turns Ikoko into a modern-day African warrior - part Shaka Zulu, part Mino ("Dahomey Amazon"). Ikoko must face monsters - of meat, metal and combinations of both - to save herself, those she's tasked with protecting, and maybe even a world gone absolutely mad.

Fist of Africa - Balogun Ojetade 2014-02-21

Nigeria 2004 ... Nicholas 'New Breed' Steed, a tough teen from the mean streets of Chicago, is sent to his mother's homeland - a tiny village in Nigeria - to avoid trouble with the law. Unknown to Nick, the tiny village is actually a compound where some of the best fighters in the world are trained. Nick is teased, bullied and subjected to torturous training in a culture so very different from the world where he grew up. Atlanta 2014 ... After a decade of training in Nigeria, a tragedy brings Nick back to America. Believing the disaffected youth in his home town sorely need the same self-discipline and strength of character training in the African martial arts gave him, Nick opens an Academy. While the kids are disinterested in the fighting style of the cultural heritage Nick offers, they are enamored with mixed martial arts. Nick decides to enter the world of mixed martial arts to make the world aware of the effectiveness and efficiency of the martial arts of Africa. Pursuing a professional career in MMA, Nick moves to

Atlanta, Georgia, where he runs into his old nemesis - Rico Stokes, the organized crime boss who once employed Nick's father, wants Nick to replace his father in the Stokes' protection racket. Will New Breed Steed claim the Light Heavyweight title ... Or will the streets of Atlanta claim him?

Marvel The Way of the Warrior Alan Cowsill
2021-05-04

Who is Marvel Comics' Ultimate Fighter?

Discover the fighting styles, training techniques, and secret disciplines of Marvel Comics' mighty martial artists and hand-to-hand combatants. From disciples of Eastern combat tactics and mixed martial arts to superpowered street fighters and deadly weapons masters, this ebook pulls no punches in revealing Marvel's ultimate warriors. Learn about the distinctive skills, expertise, and classic clashes of Marvel's most lethal martial artists. They are all here, beautifully illustrated with original comic art: Shang-Chi, Iron Fist, Elektra, Daredevil,

Taskmaster, Gamora, Karnak, Black Widow, Bullseye, Master Izo, Fat Cobra, Steel Serpent, Mantis and many more. This is the Way of the Warrior. © 2020 MARVEL

Dembo's Ditty Balogun Ojetade 2017-08-29

You are Dembo Daji, a Maroki - a Griot. But you weren't always. You were once a struggling DJ in the near future. Home for you was a tiny efficiency in the Pittsburgh Projects - a 50-story housing development in the crime-ridden, ultra-violent area of Pittsburgh, in southwest Atlanta, Georgia... until you finally saved up enough credits to purchase the U.R.E. - the Universal Reality Engine - the world's most popular gaming console and you decided to play Ki Khanga - the world's most popular MMORPG - on it. Now, you're stuck in the world of Ki Khanga and looking for a way out. All isn't bad, though. You're in love with Joni, a beautiful and brilliant princess. But in order to win her hand in marriage, you have to first win over her father, who demands his daughter marry someone of

great fame and fortune. Becoming the official Maroki of Yoro Mosa, the hero of heroes, is the best way to do it. The problem is, Yoro's life is fraught with dangers. Hordes of evil, intelligent chimpanzees, sorcerers and gargantuan monsters are just some of the terrible things you'll have to face if you get the gig. This gamebook is similar to the Choose Your Own-type books, but with cool game stats, weapons, skills and funky spell-songs to choose from! Hack, slash, talk and sing your way out of trouble and into fame and glory as you choose your path through a hilarious and dangerous LitRPG adventure!

Ofo Ase - Balogun Ojetade 2017-12-13

The secret to changing your life is to first change your mind. Most people live life by allowing their minds to control them. In this book you'll learn how to tap the power of your subconscious and make your mind work for you by using affirmations. This book includes: 365 affirmations with complete instructions on how

to use them in the most effective ways to get the results you want. Unlock your full inner-potential and achieve your ultimate goals using the age-old techniques of indigenous Afrikan warriors, scholars, and priests. Many indigenous, traditional Afrikan cultures consider the mouth to be a god - a god that manifests the thoughts of the head (mind), also considered a god - thus all positive and negative thoughts we have are made manifest by what we say, so we must learn to use our words wisely and to our benefit instead of to our detriment, because words, indeed have power. There is no limit to the positive changes that can be made through *Ofo Ase* - the Power of the Word and *OFO ASE: 365 DAILY AFFIRMATIONS TO AWAKEN THE WARRIOR WITHIN* shows you simple steps to tap into that power!

Kori O - Balogun Ojetade 2018-10-11

Violence against our children and sexual abuse are clear and present dangers that we face daily. Abusive family members and teachers, deviant

neighbors, brutal police officers, even disturbed peers pose serious threats to the safety and security of our children and teens. Protecting them from the threat of predators is one of our top concerns and fears. KORI O: PROTECTING AFRIKAN CHILDREN FROM VIOLENCE & SEXUAL ABUSE empowers parents, providing them with much needed knowledge about a subject that is hard for many to discuss, much less do anything about. In this book, you will learn strategies for keeping your children and teenagers safe inside AND outside the home, games and drills to teach children and teens essential survival skills, how to spot a predator, and warning signs of sexual abuse. KORI O: PROTECTING AFRIKAN CHILDREN FROM VIOLENCE & SEXUAL ABUSE offers practical steps to enhance your children's safety at every age level.

The Art of Peace - Morihei Ueshiba 2010

The inspirational teachings in this collection show that the real way of the warrior is based on

compassion, wisdom, fearlessness, and love of nature. Drawn from the writings of the founder of the Japanese martial art of aikido, this work offers a nonviolent way to victory in the face of conflict.

Malik: Confessions of a Black Identity Extremist 2 - Balogun Ojetade 2018-08-23

A riveting new thriller that keeps you on the edge of your seat until the end! Malik Moore and his comrades return, continuing their battle against a broken system and mobs of people so desperate they will do anything to survive in a world gone mad. After what appears to be an EMP fries the entire electrical grid, destroying all electronic and electrical devices - cell phones, vehicles, televisions, computers, lights, heat and more - Malik, Fay, Dara, Hank and Alaygra decide to take refuge at the family stronghold in Sandy Springs, Georgia they call The Spot, but first, they must survive the sadistic military personnel and law enforcement officers, murderous white supremacists and desperate

refugees that now roam the highways and byways of Georgia. Meanwhile, Malik's friend, Cochise, while traveling east, from Marietta, Georgia, to meet Malik at The Spot, must choose to remain a loner and travel quietly to safety on his own, or risk it all and become a savior to others. MALIK: CONFESSIONS OF A BLACK IDENTITY EXTREMIST 2: ENEMY OF THE STATE is the sequel to MALIK: CONFESSIONS OF A BLACK IDENTITY EXTREMIST by author Balogun Ojetade, and the second installment in the hard hitting, action-packed Confessions of a Black Identity Extremist series.

Be Water, My Friend - Shannon Lee

2020-10-06

Bruce Lee's daughter illuminates her father's most powerful life philosophies—demonstrating how martial arts are a perfect metaphor for personal growth, and how we can practice those teachings every day. "Empty your mind; be formless, shapeless like water." Bruce Lee is a cultural icon, renowned the world over for his

martial arts and film legacy. But Lee was also a deeply philosophical thinker, learning at an early age that martial arts are more than just an exercise in physical discipline—they are an apt metaphor for living a fully realized life. Now, in *Be Water, My Friend*, Lee's daughter Shannon shares the concepts at the core of his philosophies, showing how they can serve as tools of personal growth and self-actualization. Each chapter brings a lesson from Bruce Lee's teachings, expanding on the foundation of his iconic "be water" philosophy. Over the course of the book, we discover how being like water allows us to embody fluidity and naturalness in life, bringing us closer to our essential flowing nature and our ability to be powerful, self-expressed, and free. Through previously untold stories from her father's life and from her own journey in embodying these lessons, Shannon presents these philosophies in tangible, accessible ways. With Bruce Lee's words as a guide, she encourages readers to pursue their

essential selves and apply these ideas and practices to their everyday lives—whether in learning new things, overcoming obstacles, or ultimately finding their true path. *Be Water, My Friend* is an inspirational invitation to us all, a gentle call to action to consider our lives with new eyes. It is also a testament to how one man's exploration and determination transcended time and place to ignite our imaginations—and to inspire many around the world to transform their lives.

Ogun Ye! - Balogun Ojetade 2018-02-20

Ogun - the Spirit of Iron, War and Technology - is often seen as a violent warrior, fully armed with weapons and charms, and ready for battle. While the Force of Nature we call Ogun is certainly that, he is also the protector and healer of his family and community. Many of the world's best martial arts, self-defense and combat systems master physical technique, but in order to call yourself an Omo Ogun - one of Ogun's children; a warrior of the highest caliber

- all of these aspects of safety and security must be mastered: combative strategy, psychology, anatomy and physiology. Only a rare few master their warriorhood to an elite level of proficiency. The art and science contained within this book will help you achieve this elite level. **OGUN YE! PROTECTING THE AFRIKAN FAMILY AND COMMUNITY** combines valuable lessons with dozens of illustrations that will teach you to keep you, your family, your co-workers, comrades and community from falling victim to bullying, gun violence, sexual assault, Human Trafficking and other attacks. *Ogun Ye! Protecting the Afrikan Family and Community* addresses every phase of your life in which you might encounter violence and provides strategic solutions to that violence so you and those you love can survive and thrive in today's harsh world.

Afri cans John Iliffe 2017-07-13

An updated and comprehensive single-volume history covering all periods from human origins to contemporary African situations.

African Samurai- Thomas Lockley 2019-04-30
Warrior. Samurai. Legend. "A readable, compassionate account of an extraordinary life." —The Washington Post The remarkable life of history's first foreign-born samurai, and his astonishing journey from Northeast Africa to the heights of Japanese society. When Yasuke arrived in Japan in the late 1500s, he had already traveled much of the known world. Kidnapped as a child, he had ended up a servant and bodyguard to the head of the Jesuits in Asia, with whom he traversed India and China learning multiple languages as he went. His arrival in Kyoto, however, literally caused a riot. Most Japanese people had never seen an African man before, and many of them saw him as the embodiment of the black-skinned (in local tradition) Buddha. Among those who were drawn to his presence was Lord Nobunaga, head of the most powerful clan in Japan, who made Yasuke a samurai in his court. Soon, he was learning the traditions of Japan's martial arts

and ascending the upper echelons of Japanese society. In the four hundred years since, Yasuke has been known in Japan largely as a legendary, perhaps mythical figure. Now African Samurai presents the never-before-told biography of this unique figure of the sixteenth century, one whose travels between countries, cultures and classes offers a new perspective on race in world history and a vivid portrait of life in medieval Japan.

The Beat down - Balogun Ojetade 2017-10-30
The coolest videogame you'll ever READ! "A Single Link NEVER Breaks!" Remi Korede is a martial artist and a fan of THE BEATDOWN, a popular MMORPG set in the fantasy world of Ki Khanga. In The Beatdown, players fight each other in the circles of sand and soil to prevent full-scale wars and the wrath of a vengeful Creator who almost destroyed the world when war on earth spilled over into the Heavens. Players experience every punch, every throw, every kiss and every sip of honey wine in The

Beatdown, so the stakes of every encounter, violent or not, are high. After suffering a brutal assault at the hands of a martial arts champion in the game, Remi decides that, to gain closure and empowerment, she must face her attacker in the first professional fight between a man and a woman. Remi, fighting as 'The Single Link' - because a single link never breaks - becomes a symbol to the people of Ki Khanga - a symbol of courage; of standing against oppression and discrimination; of freedom. Join the fight in THE BEATDOWN, the epic tale that brings together the very best in Sword and Soul and Gamelit/LitRPG!

Wicked Problems - Austin Choi-Fitzpatrick
2022-07-15

"This book argues that the field of peace and conflict needs a stronger and more practical sense of its ethical obligations. By focusing on the ethical dilemmas in peace work it aims to reckon with recent questions among those involved in mediating conflict, from international

peacekeepers to social justice activists. For example, it argues against posing false binaries between domestic and international issues and against viewing violence and conflict as the same. It holds up strategic nonviolence to critical scrutiny and shows that "do no harm" approaches may in fact do harm. The chapters cover the role of violence in conflict; conflict and violence prevention and resolution; humanitarianism; human rights advocacy; transitional justice; political reconciliation; and peace education and pedagogy, among other topics"--

Redeemer - Balogun Ojetade 2015-08-14
Ezekiel Cross is handsome, strong, intelligent and he is a cold blooded killer. For most of his life, Ezekiel has been a killer, trained from a young age to enforce the whims of his boss. But Ezekiel is tired - tired of the lies to his wife, Mali; tired of not having the normal life he craves. He longs for the day that he can hang up his guns and live a normal life with his wife Mali.

So he decides to end his career as a professional assassin; to hang up his guns and raise a family. But the life of a killer is never his own. Ezekiel is called to do one last hit, but instead of closing the deal he finds himself a target. He's sent back in time in what is meant as an experiment as well as punishment. Initially distraught, he decides to change his fate by saving himself and his family from the events that led him to a lifetime of crime. Along the way, he meets some of the coolest, sexiest, deadliest and craziest characters to ever grace the pages of a book and ultimately finds himself in a situation that could change his life forever...or end it. This Special Edition includes the expanded alternate story, Redeemer: Glitch.

Martial Arts in the Modern World - Joseph Svinth 2003

Though generally perceived and advertised as means of self-defense, body sculpting, and self-discipline, martial arts are actually social tools that respond to altered physical, social, and

psychological environments. This book examines how practitioners have responded to stimuli such as feminism, globalism, imperialism, militarism, nationalism, slavery, and the commercialization of sport.

Wrath of the Siafu - Balogun Ojetade 2015-02-28

The near future... A young genius is gunned down brutally by the police. Remi Swan - our hero from the hard-hitting Action-Adventure novella, A SINGLE LINK - fights to defend the little boy and herself. She is arrested, imprisoned, forced to fight and infected with an experimental virus that turns women into raging monsters...or worse. Possessed with incredible - and scary - new abilities, Remi sets off a war against a system that has long brutalized Black people. A war that, alone, she might not be able to fight, but now she is backed by an army...a powerful and deadly force of her own making. Now, that brutal system will suffer the... WRATH OF THE SIAFU!

Moses: the Chronicles of Harriet Tubman (Books

1 And 2)- Balogun Ojetade 2012-06-17

"I'm gon' drive the evil out and send it back to Hell, where it belong!" - Harriet Tubman
Harriet Tubman: Freedom fighter. Psychic. Soldier. Spy. Something...more. Much more. In "MOSES: The Chronicles of Harriet Tubman (Book 1: Kings * Book 2: Judges)", the author masterfully transports you to a world of wonder...of horror...of amazing inventions, captivating locales and extraordinary people. In this novel of dark fantasy (with a touch of Steampunk), Harriet Tubman must match wits and power with the sardonic John Wilkes Booth and a team of hunters with powers beyond this world in order to save herself, her teenaged nephew, Ben and a little girl in her care - Margaret. But is anyone who, or what, they seem?

Scorpion Wine - Balogun Ojetade 2017-12-26

Ki Khanga has always had its heroes. Men and women of honor, who risk it all for life, love, freedom, or to beat back the evil that threatens to creep, crawl, or fly from the Cleave and

consume the world. Then there's Qiq. Skilled. Brilliant. Deadly. For the right price. Qiq is the bounty hunter called when no one else is bold enough, crazy enough, or greedy enough to do the job, but he doesn't come cheap because he always gets the job done and done well. Now someone has said, "To the Cleave with Qiq's reputation," double-crossed him and left him to die. Big mistake. A tale of redemption? Nope. A coming of age quest? Hell no! This is a tale of bloody, brutal (and sometimes snarky) revenge. Served cold. With a tall cup of Scorpion Wine.
The Afrikan Warri ors' Bi b Balogun Ojetade 2015-07-08

The long-awaited sequel to "Afrikan Martial Arts: Discovering the Warrior Within!" This book expands on the first, teaching the reader advanced techniques and principles that aid in the awakening and discovery of their Warrior within. This book applies the FTP/RBG Codes of Conduct to the lives and methods of REAL Afrikan Warriors and Revolutionaries. If you

consider yourself a Warrior, read this book! And remember: Revolutionary WILL, without Revolutionary SKILL, will get a Revolutionary KILLED!

The Black Heroes of the Martial Arts - Ron Van Clief 1996

The Uspi Urban Self Defense Minua Balogun Ojetade 2016-09-14

Written by the Co-Chairman of the Urban Survival and Preparedness Institute (USPI), the USPI URBAN SELF DEFENSE MANUAL is the complete guide to survival in an urban environment. Wherein Woodland Survival - also known as Rural Survival - is concerned with SHTF ("S**t Hits The Fan") events, Urban Survival is concerned with day-to-day survival. We need Urban Survival and Preparedness EVERY day. We only need Woodland Survival when all things have fallen apart AND we are able to make it to the forest and live off the land like Robinson Crusoe. The modern, URBAN

environment is rife with dangers. Crime, violence, natural disasters, wars and police terrorism are real life possibilities for which few people are prepared. The home is no longer a place of sanctuary and armored, heavily armed, militarized police have been conditioned to see people of Afrikan descent NOT as citizens to protect and to serve, but as the enemy. The USPI URBAN SELF DEFENSE MANUAL offers readers simple, safe, and practical advice on how to prepare for, and react to, dozens of life threatening situations. Whether you are caught in the city during a major earthquake or experiencing police terrorism in your neighborhood, it is always important to be prepared, not just with equipment, but with the knowledge how to survive any dire situation. The USPI URBAN SELF DEFENSE MANUAL equips us with that knowledge.

The Scythe - Balogun Ojetade 2014-02-01
He has been given a second chance at life. A second chance at revenge. He is the bridge

between the Quick and the Dead. He is...THE SCYTHE! Out of the tragedy of the Tulsa Race Riot of 1921, a two-fisted hero rises from the grave! Inspired by the pulp magazines of the 1930s and 1940s, a tale of action, adventure, thrills and chills await fans of Dieselpunk, die-hard pulp fans and readers who just love a gritty story that packs a mean punch. Enter a world in which Gangsters, Flappers, vampires, robots and the Ku Klux Klan all roam the same dark back streets; a world of grit, grime and grease; a world of hardboiled gumshoe detectives and mad scientists; a world where magic and technology compete for rule over the world. Dieselfunk has emerged in The Scythe...and the Roaring Twenties will never seem the same!

Siafu Vs. the Horde - Balogun Ojetade
2017-08-07

You are the Peoples' Champion, Defender of the Defenseless; the Afrikan Ant... the Siafu! By day, you are a not-so-mild-mannered 13 year old 9th Grader - yeah, you're smart, and cool, too. But

when duty calls, YOU are ready to risk your life to defend the defenseless; ready to stand up for those afraid to, or unable to, stand up for themselves. YOU are a superhero! YOU choose how the story unfolds. YOU choose how the story ends. YOU have 4 Superpower Archetypes to choose from! YOU have new Mega-Powers to choose from and develop! There are puzzles to solve, clues to find, Supervillains to bring to justice, HERO points to gain and lose, and citizens to save! All YOU need to save the world is a pen or pencil, a few sheets of paper, and a regular deck of playing cards. You'll also need your wits, your imagination, the help of your 1st cousin, Big 'Lo, your superpowers, a few characters from Siafu Saves the World (Black Power: The Superhero Gamebook, Book 1) and maybe even a new superhero or two! Enjoy Siafu vs. The Horde, the second action-packed, fun-filled volume in the Black Power: The Superhero Gamebook series!

[Siafu Saves the World!](#) - Balogun Ojetade

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2017-05-29

You are the Peoples' Champion, Defender of the Defenseless; the Afrikan Ant... the Siafu! By day, you are a not-so-mild-mannered 13 year old 9th Grader - yeah, you're smart, and cool, too. But when duty calls, YOU are ready to risk your life to defend the defenseless; ready to stand up for those afraid to, or unable to, stand up for themselves. YOU are a superhero! YOU choose how the story unfolds. YOU choose how the story ends. YOU have 4 Superpower Archetypes to choose from! There are clues to find, Supervillains to bring to justice, HERO points to gain and lose, and citizens to save! All YOU need to save the world is a pen or pencil, a few sheets of paper, and a regular deck of playing cards. You'll also need your wits, your imagination, the help of your 1st cousin, Big 'Lo and of course, your superpowers! Enjoy SIAFU SAVES THE WORLD, the first action-packed, fun-filled volume in the Black Power: The Superhero Gamebook series!

afrikan martial arts - discovering the warrior within

Rise - Paige VanZant 2018-04-10

AN INSPIRING MEMOIR FOR ANYONE WHO'S BEEN KNOCKED DOWN AND CAME UP SWINGING Paige VanZant is a rising Mixed Martial Arts star in the UFC's women's strawweight division and holds a reputation for her ability to defeat obstacles and brutal fights in and out of the octagon. But long before she was a world-class fighter and winning over fans with her unlikely strength, Paige battled her own private demons. Rise is the story of her fight to become a bone-breaking competitor. It is the deeply moving and soul-inspiring journey of a warrior who transformed her pain into power and became one of the toughest women in the world.

The Way of the Fight Georges St-Pierre
2013-04-23

A NEW YORK TIMES BESTSELLER From the world's most popular UFC fighter, Georges "Rush" St. Pierre, comes a startlingly honest portrait of a fighter's journey, highlighting the

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lessons that propelled his rise from bullying victim to internationally celebrated athlete and champion. There's more to winning battles than fists and feet For world-renowned professional fighter Georges St-Pierre, the greatest asset is not physical strength or athleticism—it's a sense of purpose. From his beginnings as a small, mercilessly bullied child first discovering karate to his years as a struggling garbage collector who spent all his free time in the gym, his hard-fought rise in the sport of mixed martial arts, and his long, painful recovery from a career-threatening injury, Georges never lost sight of his ambition to become the greatest martial artist of all time. In *The Way of the Fight*, Georges for the first time reveals what propelled him not only to become a champion but to embrace obstacles as opportunities to build character. *The Way of the Fight* is an inspirational look into the mindset of a master. To Georges, all life is competition, and there's no more perfect metaphor for competition than the

life of a fighter. He explains the value of discipline, risk and even fear, with the wisdom of one who knows that nothing is assured—his next fight could always be his last. Drawing inspiration from fighting legends, Eastern philosophy and a trusted inner circle, *The Way of the Fight* is a powerful, life-changing guide to living with purpose and finding the way to accomplish your loftiest goals.

A Single Link - Balogun Ojetade 2013-12-06
"A Single Link NEVER Breaks!" After suffering a brutal rape at the hands of a martial arts champion, Remi "Ray" Swan decides that, to gain closure and empowerment, she must face her attacker in the first professional fight between a man and a woman. Join Ray in this powerful, two-fisted adventure as she fights, not just for herself, but for all who have suffered at the cruel hands of those who would wreak pain, oppression, injustice and death! Step into the cage, where action, adventure, bone shattering fights, and a touch of romance await you!* Cover

by Travis X!

The Martial Arts Book - Laura Scandiffio 2003

Provides an overview and history of martial arts such as karate, taekwando, and judo, and offers facts on each of the disciplines and anecdotes about famous martial artists.

Jagunjagun Lewa - Balogun Ojetade

2018-02-05

"Beauty is power; a smile is its sword." The Gods of the Martial Arts gain power, prestige and wealth from the number of followers they possess. The Asian martial gods are most powerful and prosperous, as the Asian martial arts have long been marketed to humanity and are quite popular, even in the post-apocalyptic, Afrofuturistic world of JAGUNJAGUN LEWA. The African gods of the martial arts, on the other hand, are so unpopular that they risk falling into eternal sleep. To save themselves, they pick an unlikely champion who, with his brother, Papio, a man cursed to live out his life as a mandrill, sets out to build the reputation and popularity of

the African martial arts by defeating the best martial artists in the world. The problem is, no one wants to fight him - and NOT because of his extraordinary fighting skills. Jagunjagun Lewa is set in a world of spring and gear technology, a world where the sword and spear are still the kings of weapons. It is a future much like, while also unlike, our past. JAGUNJAGUN LEWA ("Pretty Warrior") is a wild ride that will have you turning the pages and clamoring for more! [Living the Martial Way](#) - Forrest E. Morgan 1992
A step-by-step aoroiach to applying the Japanese warriors mind set to martial training and daily life.

Martial Arts as Embodied Knowledge - D. S.

Farrer 2011-12-01

A wide-ranging scholarly consideration of the martial arts.

The Chronicles of Harriet Tubman - Balogun

Ojetade 2015-11-18

Set in Freedonia - author Milton Davis' world, brought to life in the "Steamfunk!" anthology

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and fully realized in the Steamfunk novel, "From Here to Timbuktu" - Harriet Tubman and her friend and rival, "Stagecoach" Mary Fields, chase agents of the vengeful Alchemist out of their world and into another, in which Frederick Douglass and a quite different Harriet Tubman govern a country of former enslaved Africans that rivals - and often bests - the United States, England and France in power and technology. Harriet must fight to stop a powerful alliance of British and American soldiers and the elite and fearsome Hwarang warriors of Joseon ("Korea") from invading Freedonia. But a wicked force from Harriet's world has come to destroy Freedonia and all it stands for. Will Harriet and her allies be able to stand against it?

Never Unarmed - Balogun Ojetade 2017-10-11
Learn to protect yourself - even if all you have is a cup of coffee and a donut! NEVER UNARMED: The Afrikan Warriors' Guide to Improvised Weapons teaches you how to turn everyday items-your hat, your socks and even a pack of

'Koolade'-into deadly weapons. Using the scores of illustrated strategies, tactics and techniques in NEVER UNARMED: The Afrikan Warriors' Guide to Improvised Weapons, you will always have a weapon at hand to defend yourself and your loved ones!

Ori - Balogun Ojetade 2018-01-16
Your mindset is a major factor in determining whether you live or die in a violent encounter, whether you build a "go bag" (bug-out bag) just in case It All Falls Down, whether you train to protect yourself and your loved ones and whether you read this book to the very end and study the principles and techniques found inside. From weekend warriors to master martial artists, having the mental training and skills to perform with consistent excellence is very often the critical difference between winners and losers, between the quick and the dead. ORI: THE AFRIKAN WARRIORS' MINDSET will provide you with a real and sustainable edge in an increasingly dangerous world. All you need is

to commit to the mental training found in ORI:
THE AFRIKAN WARRIORS' MINDSET. When
you put the information in this book into action,

you will increase your mental toughness
exponentially, win more often, and achieve more
success in your life.