

|     |   |
|-----|---|
| 6   | Forewords   |
| 12  | To Our Young Readers ...  |
| 14  | To the Teachers, Instructors and Coaches                        |
| 19  | The Art of Walking a Line   Peter Kuhn                          |
| 23  | Winning by Giving in   Peter Kuhn                               |
| 27  | The Story of the Crane and the Snake   Peter Kuhn               |
| 33  | The Master of the Way   Eric Mbarga                             |
| 37  | The Story of Winning without Fighting   Peter Kuhn              |
| 41  | Lilly and the Praying Mantis   Florian Hartnack                 |
| 45  | Why the Empty Hand Points the Way to Peace   Peter Kuhn         |
| 49  | “Caramujo”   Carolin Kraft                                      |
| 61  | The Dog Whisperer   Peter Kuhn                                  |
| 73  | The Winner   Peter Jentzen                                      |
| 79  | Ninja Cat and Buddha Rat   Peter Kuhn                           |
| 83  | How Shōtōkan Came to the Tiger   Martin Joh. Meyer              |
| 87  | Dragon Children   Peter Kuhn                                    |
| 111 | Master Cho’s Tiger Academy   Eric Mbarga                        |
| 119 | Another Story about Winning without Fighting   Peter Kuhn       |
| 123 | The Swordmaker’s Sons   Peter Kuhn                              |
| 127 | The Secret of the Tengu   Peter Kuhn                            |
| 131 | Like a Stone that Falls into Water   Peter Kuhn                 |
| 135 | The Secret of the Mountains   Dominique Brizin                  |
| 151 | The Story of the Thick Hide   Peter Kuhn                        |
| 161 | Danny   Thomas Leffler  |
| 165 | The Story of the Hen that Suddenly Became Brave   Petra Schmidt |
| 169 | Hidden Beauty   Peter Kuhn                                      |
| 175 | The Eye of the Young Tiger   Peter Kuhn                         |
| 179 | The Story of the Detour   Peter Kuhn                            |
| 183 | Dog and Cat   Sebastian Liebl                                   |
| 187 | Ben Has the Courage to Be Afraid   Florian Hartnack             |
| 191 | The Luck of the Dragon   Peter Kuhn                             |
| 203 | Sonya’s Doing Karate Now   Peter Kuhn                           |
| 215 | What the Words Mean   |
| 224 | The Contributors  |
| 228 | Image Credits   |
| 229 | Notes   |