

Contents

<i>Preface</i>	ix
<i>Acknowledgments</i>	xxix
<i>List of Abbreviations</i>	xxxiii
1 Introduction: Conceptualising the Martial Arts in Contemporary Society	1
PART I Reimagining the Martial Arts	19
2 Chinese Martial Arts as Art Forms	21
3 Martial Arts as the Basis for Mixed Movement Systems	39
4 Martial Arts as the Social Structure for Self-Help	59
5 The Restructuring of Martial Arts as Therapy	79
PART II Reconstructing the Martial Arts	99
6 Regulating the Martial Arts Industry: The McDojo Critique	101

7	The Revival and Protection of Martial Arts as Heritage	123
PART III Living and Breathing the Martial Arts		143
8	Teachers, Networks and Relationships in the Martial Arts	145
9	Investing into the Martial Arts and Related Practices	163
10	My Martial Arts Journey: An Autoethnography	183
11	Conclusions and Future Directions	207
	<i>Index</i>	217