



# Journey: The Martial Artist's Notebook

*Lawrence A Kane, Kris Wilder*

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**"Students who take notes progress faster and enjoy a deeper understanding than those who don't. Period."** – Loren W. Christensen, martial arts Masters Hall of Fame inductee

**THE Martial Artist's Notebook:** As martial arts students progress through the lower ranks it is extraordinarily useful for them to keep a record of what they have learned. The mere process of writing things down facilitates deeper understanding. This concept is so successful, in fact, that many schools require advanced students to complete a thesis or research project concurrent with testing for black belt (or equivalent) rank, advancing the knowledge base of the organization while simultaneously clarifying and adding depth to each practitioner's understanding of his or her art.

Journals record your accomplishments, document what you have learned, and help you break through plateaus in your training, all while simultaneously locking vital knowledge into your mind. These notes become an invaluable resource that you can refer back to again and again, so take time after every training session reflect on what transpired and jot pertinent things down. Just as Bruce Lee's notes and essays became Tao of Jeet Kune Do, perhaps someday your training journal will be published for the masses, but first and foremost this notebook is by you, for you. It contains both structured and unstructured blank pages for you to take notes and make sketches that enhance your training experience. As an added bonus, there are 125 thought-provoking martial arts quotes too.

This is where the deeper journey on your martial path begins...

**Lawrence Kane** began his martial arts journey in 1970, studying and teaching Asian martial arts, medieval European combat, and modern close-quarter weapon techniques. Working stadium security he has put his skills to the test in hundreds of armed and unarmed confrontations. A founding technical consultant to University of New Mexico's Institute of Traditional Martial Arts, he is also the bestselling author of ten books and numerous articles on teaching, martial arts, violence, and countervailing force.

**Kris Wilder** started his martial arts journey at the age of fifteen, subsequently earning black belt rankings in Goju-Ryu karate (5th dan), tae kwon do (2nd dan), and judo (1st dan), in which he competed in senior nationals and international tournaments. Head instructor and owner of West Seattle Karate Academy, he regularly teaches martial arts seminars worldwide. Bestselling author of eight books and two instructional DVDs, Kris also serves as a National Representative for the University of New Mexico's Institute of Traditional Martial Arts.

**Loren Christensen**, who wrote the foreword, has been training and teaching martial arts for 49 years. In 2011 he was inducted into the martial arts Masters Hall of Fame in Anaheim, California, receiving The Golden Life Achievement Award for his contributions to the arts.

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