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Section Five centers on training for violence, and adapting your present training methods to that reality. It discusses the pros and cons of modern and ancient martial arts training and gives a unique insight into early Japanese kata as a military training method. Section Six is all about how to make self-defense work.

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taken their years of training in the martial arts and adapted it to the realities of a violent world. Rory Miller, an experienced martial artist and corrections officer is such a person. In his book, *Meditations on Violence—A Comparison of Martial Arts Training & Real World Violence*, he explores the reality of violence and how to survive it.

Examining the gap between martial arts training and the

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