



The
**Martial
Minute**

Fast information for today's martial artist

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NOTE From Kris Wilder

After many suggestions from you the design is finally...finalized. A combination of several worlds this format should stay true to the, "Fast information for today's martial artist. Thanks to everybody who took the time to help make this newsletter better suit your needs.

Kris

1. VIDEO - Chris Carracci, Former Navy Seal defeats a taser. I suggest you just watch this once to just take in the totality of the event. Then go back and see Carracci's eyes at: 36, the fight or Flight response at 1:29, and finally the words he chooses. Carracci never uses subjective terms such as, "I believe" he speaks in terms of, "This will happen." http://channel.nationalgeographic.com/channel/fightscience/videos_5.html

2. BOOK - Martial Mechanics: *Maximum results with Minimum Effort in the Practice of the Martial Arts.*, By Phillip Starr. Having had the good fortune to train with Sifu Starr and his students on many occasions I suspected this book would be good, but just how much would Sifu Starr roll out for general consumption? Well quite a bit actually. This book is set-up in such a way that you can take one chapter and spend time just on that material and be greatly better for it. At Amazon: http://www.amazon.com/Martial-Mechanics-Maximum-Results-Practice/dp/1583942114/ref=pd_bbs_sr_1?ie=UTF8&s=books&qid=1206199198&sr=8-1 This is the good stuff, and the real stuff. Do - not - pass - it - by.

3. BLOG - Emanuel Steward, Klitschko, and Ibragimov
Everybody has a blog don't they? So read what I had for breakfast today at, http://www.myspace.com/kris_wilder

4. HEY KRIS - Where are you going?

England, Cumbria

Date: Saturday 5th of April & 6th of April 2008.

Time: 10am to 4pm each day.

Location: Kendal Judo Club, The Dojo, Parkside Business Park, Parkside Road, Kendal, Cumbria, LA9 7EN

Contact: Iain Abernethy Email: iain@iainabernethy.com

USA, Everett, Washington

Date: Tuesday 25th of March 2008.

Time: 7pm to 9pm

Location: New Life Center, 6830 Highland Drive, Everett WA 98203

Contact: John Darby Tel: 425-327-2152

USA, Spokane Washington

Date: Friday 2nd of May 2008

Time: 6pm to 9pm

Location: The Fencing Gym, 2710 N. Madelia, Spokane WA 99207.

Contact: David Chapman Email: zenhg@yahoo.com

5. TRAINING TIP - Get out

Visiting another school is just not something that is done too often in the martial arts, but I suggest you do it and here is why. Good businesses often have other branches come and visit their offices. The goal of this visit is to get a fresh set of eyes on the business, and nothing is off limits in respect to comments. This cross pollination makes you view your workspace (your dojo in this case) in a different way. So go to another school and reverse the process just a little and see what the other schools do, from drills to the color of the walls. Then bring back a small positive change to your school.

6. THE MOST INSPIRATIONAL

Frankly the world needs a little more inspiration. So to that end send your story of the most inspirational moment in martial arts you have ever seen or been a part of for inclusion in The Martial Minute. Do your best to be brief, but tell the whole story.