



The 87-Fold Path to Being the Best Martial Artist: 87 Social and Psychological Tips for Living beyond the Physical

Kris Wilder, Lawrence A. Kane

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2015 Beverly Hills Book Awards finalist

"The 87-Fold Path a great read for a seasoned martial artist as well as an aspiring martial artist. What is enjoyable about this book is the pick-up-and-go kind of read. It bridges the gap between the past generation of martial arts to the modern through the use of inspirational quotes, instructing life stories, as well as applicable life lessons. The 87-fold path appeals to both the seasoned martial artist and anybody who is interested in how martial arts can lead to a prosperous life. The best way to sum up this book is a quote from it, 'The black belt is not a destination, but rather where the real journey begins.'" ~ **Michael O'Donnell**, Head Instructor, Magnolia Karate Academy, Kensho International

Despite the fact that raw materials in feudal Japan were mediocre at best, bladesmiths used innovative folding and tempering techniques to forge some of the finest swords imaginable for their samurai overlords. The process of heating and folding the metal removed impurities, while shaping and strengthening the blades to perfection. The end result was strong yet supple, beautiful and deadly.

As martial artists we utilize a similar process, forging our bodies through hard work, perseverance, and repetition. The challenge, however, is that training solely toward physical perfection is not enough. In fact, the more a practitioner knows about physical conflict, the less likely he or she is to engage in violence. Knowing how to fight is important, clearly, yet fighting itself is actually a very small part of martial arts. If you do not find something larger than base violence attached your efforts it becomes unsustainable, your martial arts adventure will eventually come to an end.

The 87-Fold Path provides ideas for taking training beyond the physical that are uniquely tailored for the elite martial artist. For those that resonate, we include instructions for making them real, suggested ways in which you might apply the concepts and integrate them into your world. This makes the martial journey more enjoyable, meaningful, and longer lasting.

"Beware! The 87-fold path is a wisdom book in the tradition of all great wisdom books. It contains unexpected, concise blows to the head and heart. One won't take you down. Ten perhaps not. But 87--you don't have a chance, but to examine and retool your way of life." ~ **George Rohrer**, Executive and Purpose Coach, MBA, CPCC, PCC

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