



Kenpo - How to Survive Life: Concepts and Principles

Roy Traver

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Kenpo has much more to offer people than just a means to defend yourself on the street. It has at its centre a unique strategy to survive life and the psychological techniques it uses. This is something that everybody can learn and use to their own advantage, every day of their lives. Kenpo is a self-defence system that encompasses both the physical and psychological aspect of fighting, and is one of the simplest systems to learn. It is structured in such a way, that from the very first lesson, you will leave the Dojo with valuable skills. These new found skills will help give you a new sense of confidence and perspective in every sphere of your life. It is an unfortunate fact that violent acts upon innocent people, are increasing at a dramatic rate. Wherever you live, whatever your circumstances, we should all have the right to live life the way we want to. However, to survive in life, we need to develop some basic survival skills. Life has changed, it is a fact of modern day living, that we need to be more aware of our environment and who is in it, along with the implications that it may bring. Our life survival skills have also changed, not only is it important to learn people skills and how to deal with them, but skills involving self-defence are just as important in today's modern and increasingly violent society. The development of mental strength and conditioning, is an essential part of modern living as well as learning self-defence skills. Having purely physical skills, is not enough to circumvent many of life's obstacles. Whether they are physical or mental, we need skills to deal with them. Training both our mind and body is the only way to achieve this. I have written this book to not only give an insight into my chosen Martial Art of Kenpo, but also to share some of the mental and physical conditioning techniques it uses. These techniques can be used by anybody to get through life in a productive positive way, whilst protecting yourself from people, circumstances and events. In many ways, this book is about self-help, it is a compilation of many of life's experiences, which can cost you money, friends, jobs or physical pain. Perhaps after reading this, it will motivate you to do something positive, be constructive or just extend yourself outside of life's bubble. This is the first book in a series of three, it is not possible to include all elements that Kenpo contains in one book. I have condensed what I feel are the key basics that are necessary for you to build a solid base from which to fight from, and be able to add to it in the future. The following two books will detail the "physical application" of Kenpo in much more detail and can be used as a reference for your studies of the art.

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