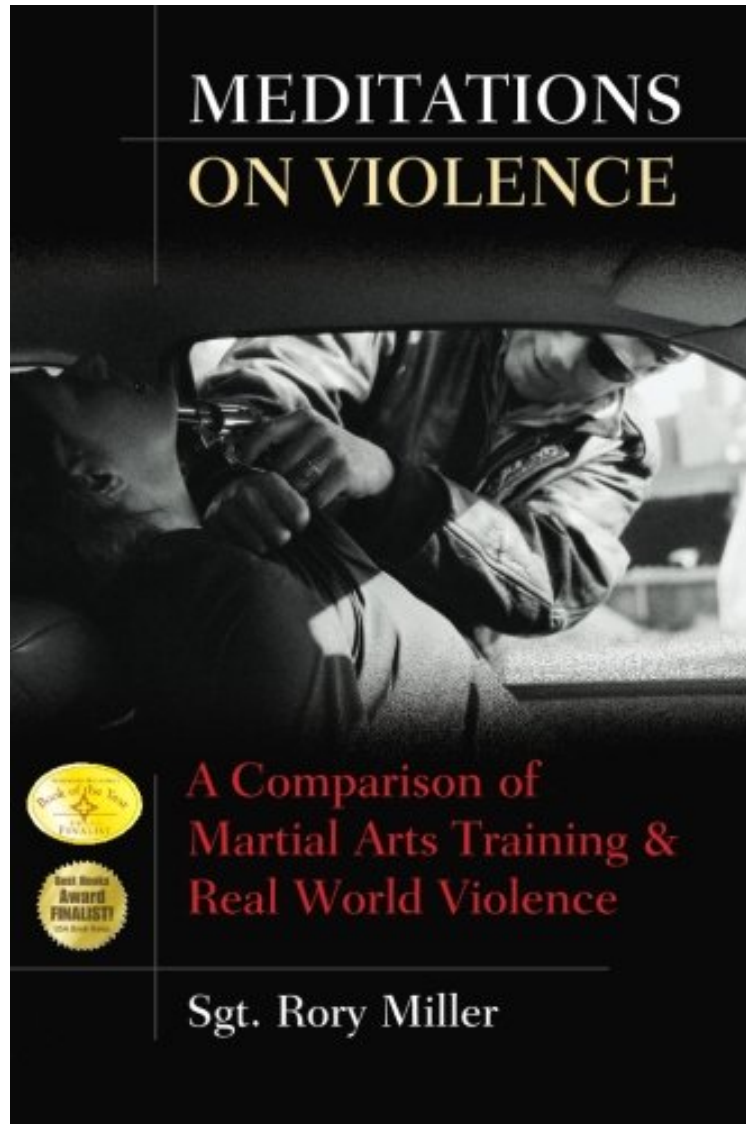


(Download pdf) Meditations on Violence: A Comparison of Martial Arts Training Real World Violence

# Meditations on Violence: A Comparison of Martial Arts Training Real World Violence

Rory Miller

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**Rory Miller : Meditations on Violence: A Comparison of Martial Arts Training Real World Violence** before purchasing it in order to gage whether or not it would be worth my time, and all praised Meditations on Violence: A Comparison of Martial Arts Training Real World Violence:

3 of 3 people found the following review helpful. A Balanced, Thoughtful Approach About What Works and WhyBy PBIThis is a very worthwhile work for anyone studying or teaching martial arts, who is in close proximity to violence,

or who just wants a systematic way to think about physical conflict. The author, both a long-practicing martial artist and a veteran corrections officer, has extensive experience with violence in the controlled environments of the dojo and training halls, as well as in the chaotic realms of street ambushes and jailhouse brawls, and his purpose herein is to discuss how those types of violence differ significantly. He encourages the reader to be critical of what they are taught (including the author's own work), lays out some important basic facts about body chemistry, physiology and the psychological impacts of violence, and makes enough cogent points that there is valuable information within the book for everyone, no matter their experience, level of ability, or quality of instruction received. With regard to the last, Mr. Miller's book, like a lot of what is written by Mark MacYoung, appear to be aimed at students who study in martial arts schools wherein critical thinking is unwelcome, where the skill of the instructor is never questioned, and where rigid custom may rule the day at the expense of practical application. Given the significant number of low-quality teachers in the world, there is undoubtedly great value in addressing these concerns. That said, there are also a significant number of wonderful instructors out there who teach martial arts with a strong emphasis on real world application and who have the street cred to back it up. Depending on the quality of instruction one has received, there will be either more or less material within "Meditations on Violence" that will be of value, but I feel confident that even the most experienced martial artist will come away with something positive. (For reference, I've been studying various forms of karate for more than 25 years and teaching for the last 12, and for me it was around the concept of "permission", as well as the systematic breakdown of ideas that lend themselves to structured thought for the purpose of instruction.) The author's main point - that training is never the same as a real world attack - is unquestionably true - but where Mark MacYoung's (in my opinion) often haughty attitude sometimes comes across as anti-martial arts - which can be a barrier to getting people listen to the valuable points he often makes - Rory Miller's own position appears much more balanced. This is a solid, well-written addition to the library of any martial artist, and I recommend it highly.

0 of 0 people found the following review helpful. The best book on real world violence I have ever read  
By Kindle Customer  
The best book on real world violence I have ever read. Period. Has more "That makes perfect sense" and "I never thought of it that way" than I can count. Has so many truths that any street cop, or violent criminal for that matter, will recognize. Does more to de-glamorize the perception of violence, the philosophy of what violence really is, than any other book I have ever read. If you have an interest in the subject, you have to read this book. If you teach any kind of self defense or martial art, you are doing your students a disservice if you don't read this book. And likely falling behind the new wave of teaching philosophy that this book lays the foundation for. I first bought this book three years ago, and lent it to an instructor friend and never got it back. (I am fine with that, it really needs to be read multiple times. I should probably buy and give out copies of it.) After he had read it, his grand master recommended it to him, and he was gratified to have already done so. It is definitely making the rounds in the advanced martial arts world.

0 of 0 people found the following review helpful. An Honest look at Career Criminals  
By C E Voigtsberger Jr  
This book says what I have been saying for the last fifty years. There is approximately 10% of our population that should be permanently put away from society.

Finalist - 2008 Book of the Year Award by Foreword Magazine  
Finalist - 2008 USA Best Book Award

"A must read book for LEO's, Martial Artists...highly recommend!" (Detective Sgt. Tony Urena, SWAT sniper, 6th dan, narcotics officer)  
It's the real thing! (Steve Barnes, author, martial artist)  
A fresh voice writing from the trenches on the realities of real fighting. Listen to him! (Loren Christensen, 7th dan, Police Officer, author)  
One of the best books on self-protection ever written! Outstanding! (Iain Abernethy, 6th Dan, World Combat Association Chief International Coach, author of Mental Strength, Throws for Strikers, and Karate's Grappling Methods)  
A stark look into the real world [of violence]. Highly recommended! (Robert Carver, 6th dan, USMC Ret.) "...required reading for all serious martial artists, law enforcement officers, security professionals, and anyone else who might have to deal with violence in some capacity. illuminating and very likely lifesaving as well." (Lawrence A. Kane, martial artist, author of Surviving Armed Assaults, co-author of The Little Black Book of Violence and Scaling Force)  
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FINALIST for National Best Books Award: Current Events - Political/Social, 2008 (Sponsored by USA Book News)  
FINALIST for Book of the Year Award: Body/Mind/Spirit, 2008 (Sponsored by ForeWord Magazine)  
About the Author  
Rory Miller, former Sergeant, has been studying martial arts since 1981. He's a best-selling writer and a veteran corrections officer. He's taught and designed courses on Use of Force Policy and Decision Making, Police Defensive Tactics, Confrontational Simulations, and he has led and trained his former agency's Corrections Tactical Team. Recently, he taught how to run a modern, safe, and secure prison at the Iraqi Corrections Systems, Iraq. Rory Miller resides near Portland, Oregon.