



The Little Black Book of Violence: What Every Young Man Needs to Know About Fighting

By Lawrence A. Kane, Kris Wilder



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Finalist – 2010 Book of the Year Award by ForeWord Magazine

Finalist – 2010 USA Best Book Award

The Little Black Book of Violence will arm you with the knowledge and good sense to make informed choices in hazardous situations. While some yahoo spewing insults about your favorite sports team is worlds apart from a drug-crazed lunatic lunging at you with a sharp knife in his hands and bloodlust in his eyes, there is a large gray area in between these two extremes where hard and fast rules do not always apply. This is where wisdom, oftentimes hard-earned wisdom, makes the difference between good decisions and bad ones.

Every time you engage in violence, no matter how small or trivial it may appear to be at the time, it has the potential of escalating into something extraordinarily serious. What is really worth fighting for when you might find yourself spending the rest of your life behind bars, confined to a wheelchair, or trying to dig yourself out of bankruptcy from beneath the crushing weight of a civil lawsuit? It is important to ask yourself, “Is this really worth fighting over?” While in some instances the response could legitimately be “Yes,” more often than not it ought to be “No.”

More than mere techniques, this book fills in crucial information about street survival that most martial arts instructors don't teach or even know. You will learn how to use awareness, avoidance, and de-escalation to help stave off violence. Despite the best intentions, however, you may still find yourself in situations where you have no choice but to fight and others where it is prudent to do so. Consequently you will also learn smart things you might want to try and dumb things you should attempt to avoid during a physical confrontation.

In addition to learning strategies and techniques for defending yourself on the street you will also learn how to manage the aftermath of violence, including performing first aid, interacting with law enforcement, managing witnesses, finding a good attorney, navigating the legal system, dealing with the press, and overcoming psychological trauma.

Men, who commit about 80 percent of all violent crimes, are twice as likely to become victims of aggressive behavior as women. While written primarily for this at-risk demographic, this comprehensive tome is essential reading for anyone who regularly deals with violence, thinks they may encounter a hostile situation, or who simply wants to increase their ability to survive a dangerous encounter.

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Editorial Review

Review

"Kane and Wilder's book will save lives. It will keep others out of prison. As an attorney, a self-defense instructor, and someone who has experienced violence, I was most impressed with the practical and realistic information" (Alain Burrese, J.D., former U.S. Army 82nd Airborne, author)

"An exceptionally modest title for a volume so comprehensive. Kane and Wilder maintain an engaging, readable, and occasionally humorous style that makes the book not just incredibly useful, but hard to put down as well." (Barry Eisler, author)

"Every parent of an adolescent should read this." (Julie Van Dielen, Producer, Law Enforcement Training for In the Line of Duty)

"A very cool yet frightening perspective on violence; a book where the dreams of heroism and adventure are acted upon with proper forethought and intellect." (Martina Sprague, martial arts instructor, author)

Complete with forewords by a police sergeant and an expert—aptly named "Animal"—who has survived all kinds of street violence, this book belong in the hands of every young and not-so-young male. (Alan J. Couture *Foreword Reviews*)

From the Author

Praise for *The Little Black Book of Violence*:

"This book will save lives. It will keep others out of prison. I commend both Kane and Wilder for providing this much-needed resource." -- **Alain Burrese, J.D.**

"Reminiscent of Musashi's Book of Five Rings, Little Black Book of Violence gives the reader insight way beyond punching and kicking back. Well done and comprehensive." -- **Kancho John Roseberry**

"Every parent of an adolescent should read this." -- **Julie Van Dielen**

"This wonderful book fills a necessary void of knowledge in the realm of martial science. I rate it at five out of five stars. Bravo!" -- **Jeffrey-Peter A.M. Hauck, J.D.**

"Everyone with a pulse should read this book, but it's a must read for teenaged boys, who aren't likely to get this kind of a tutorial at home or school." -- **William C. Dietz**, bestselling author

"A very cool yet frightening perspective on violence; a book where the dreams of heroism and adventure are acted upon with proper forethought and intellect." -- **Martina Sprague**

"Fills in crucial information about street survival that most instructors don't teach or even know." -- **Loren W. Christensen**, 7th dan

"This book is an important work that all youth of any post-elementary school age should read or at least should have portions read to them (with the caution that the graphic nature of some of the words and

illustrations could be overwhelming to some adolescents). I like to call this book Scared Smart or at least Scared Thoughtful." -- **Michael F. Murphy**, School Board Director

"A must read for any man or woman who is interested in learning not only how to defend oneself, but how to read other people's aggressions, and understand both the mental and physical aspects of violence." - **Staff Sgt. Bryan Hopkins**, USMC

"An exceptionally modest title for a volume so comprehensive. Kane and Wilder maintain an engaging, readable, and occasionally humorous style that makes the book not just incredibly useful, but hard to put down as well." -- **Barry Eisler**, bestselling author

About the Author

Lawrence A. Kane is the author of *Surviving Armed Assaults*, *Martial Arts Instruction*, and *Blinded by the Night*, and co-author of *The Way of Kata*, *The Way to Black Belt*, and *The Little Black Book of Violence* (USA Book News--2009 Best Books Award Finalist; ForeWord Magazine--2010 Book of the Year Award Finalist). A paid book reviewer for ForeWord magazine and Clarion Reviews, he consults with other authors from time to time to help assure realism in their novels, particularly in fight scenes. Lawrence lives in Seattle, WA.

Kris Wilder began his martial arts training in 1976 in the art of Tae Kwon Do, he has earned black belt-level ranks in three arts: Tae Kwon Do (2nd Degree), Kodokan Judo (1st Degree) and Goju-Ryu Karate (5th Degree), which he teaches at the West Seattle Karate Academy. He is a regular columnist for *Traditional Karate Magazine*.

Users Review

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