

# ACCLAIMS FOR KARATE – THE ART OF EMPTY SELF

*“As a 45-year karate practitioner and instructor, I was drawn to Dr. Webster-Doyle’s teachings, and sensed his novel methods could enhance the maturity of my students. His enlightened strategy for comprehending the nature of human aggression provides an underpinning for developing tactical skills in voiding it. But, there was far more, being drawn from the author’s extensive education and practice in psychology, traditional karate, and education.*

*His, “Karate: The Art of Empty Self,” proved deeply insightful for anyone ready for Dr. Webster-Doyle’s revolutionary digression from violence as a solution to violence ... who realize it only begets more violence. Combined with dedicated dojo training, it provides far greater rewards than mere physical training in fighting. Even for those untrained in self-defense, it can thwart aggression.*

*I acquired more of his works, including “Why Is Everybody Always Picking On Me?” and “One Encounter, One Chance” to name a few. They provided study and workshop teaching in effective, bloodless tactics for stopping physical violence. Throughout, they shared a strategy for overcoming the internal battles with one’s own ego ... the source of all violence, from interpersonal to international.*

*Like all visionaries, Dr. Webster-Doyle has detractors. Their main criticism is that by not heroically jumping into physical engagement, one is cowardly ... a wimp promoting feminism. Granted, their solution is one way to meet aggression ... but with no comprehension of the potential aftermath: hospital or morgue, court or prison. Dr. Webster-Doyle’s far more effective approach substitutes cool, rational thinking for unthinking physical resistance ... until an attack is imminent. Then, effective self-defense training equips the student to back up what he says. This is what karate and other arts are supposed to be all about. “In Okinawa, one never strikes the first blow,” is a maxim among the island’s karate masters. The creator of our style stated it was important that he maintain a soft, almost feminine character, to avoid driving new students away. He also said the secret is to be able to be hard or soft, as the situation demands.*

*To the criticism that Dr. Webster-Doyle lacks valid scholastic credentials from an accredited school is incorrect, as the Web site they mention states his school was accredited when he graduated. Regardless, if he came down from the planet Mongo, his teachings would be equally valuable for those who have seen enough aggression given and taken in the world, seen it doesn’t work, and know there is a better way.”*

**– Dale Scott, Costa Rica**

*"Dr. T. This is a great book! It intelligently explores the roots of conflict in everyday living through the martial arts. I think it is the most informative and practical book I have read on the martial arts for it makes you think for yourself. Most books of this sort are either just arrogant diatribes on the history of the martial arts and whose style is the best or whose teacher is related to what great, great grandmaster. This unique book is very valuable because it brings the essence of the art of karate to the average person so they can see how it can apply to their daily life. It should be read by every student of the martial arts regardless of style of type of martial arts practiced."*

**- Al Dracco**

*"Dr. Webster-Doyle, Let me thank you for this Gold Medal winning book. I think that this is probably the most important book on the Art of Karate outside of the ones written by Funakoshi himself! I think that it may challenge many "traditional" students of the martial arts because it takes the martial art out of the limited confines of the authority of the "Great Grand Masters" and puts it into the hands of the "average person" and in so doing makes this art come alive.*

*With respect,"*

**- Sensei Mary Cohen**