

Foreword

I am told that Paul Walker is going to publish his karate training diary.

Apparently people who discover that he has trained for three years at the SKIF Headquarters, Honbu dojo, continuously ask him "What is the Honbu dojo like and how does Kanazawa-sensei teach there?" Being asked this question frequently, he has decided to open his diary to the public. Finding this out, I am very curious and eagerly anticipate reading his book.

I remember meeting Paul for the first time at the Honbu dojo in 1996. My first impression of him was very polite and faithful. He did not let down his first image; never missing a single training session and always practicing very hard. His warm personality radiated around the dojo and he was fondly welcomed by all members, particularly the children.

Paul's dream was to open his own karate dojo. For karate, he said he could live anywhere, in any country. Everyone at the dojo supported him and wished him all the best upon his departure.

Last March, I visited Paul's dojo while I was in America. I saw him passionately teaching children. His humble being had not altered from his time in the Honbu dojo and he has become a great instructor. I was also filled with emotion when I saw his family. Paul met his wife Erin in the Honbu and having since been gifted with a lovely daughter and son, they are now running the dojo together.

This book is a documentation written by Paul who had a dream and strived to achieve his goal - I trust that all the readers will benefit greatly from the wealth of information provided. I wish to give my hearty recommendation.

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