



The Isshinryuist: A Tale of Endurance

Larry A. Frenette

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A fun read following a martial artist's life for over forty years. This story highlights the reasons why the author started martial arts, such as being brutalized by his older brother. You will be introduced to the senseis that he trained with throughout the years and learn that pain is part of the learning process. This is a story of a martial artist's life struggles and how keeping an attitude of never giving up no matter what the odds were stacked against him while maintaining his focus on training. This book offers training methods and practical self defense techniques. The book emphasizes that you need a sensei because you can't learn martial arts from a book or a video.

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