



My Karate a Personal Journey

Allen Woodman

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Sensei Allen Woodman, a 5th degree black belt and Renshi Sensei (Master Instructor) has traveled around the world and trained in martial arts for more than 40 years. He brings you in to this private world of sacred and often secret world of traditional martial arts training. With personal anecdotes and often humerus stories he gives you the reader an insiders look at training with some of the worlds greatest Master and top instructors. Sensei Allen has trained with Great teachers like Mas Oyama (founder of Kyokushin karate) Grandmaster R. Estalilla (grandmaster of Philippine Eskrima) and Grand master Yip Chun (Grandmaster of Wing Chun Kung Fu and teacher to Bruce Lee)

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