

# METHODS OF ATTACK



Most teachers present learning as the acquisition of association of skills and capacities that are external and not intrinsic to the human character, personality, or the person himself. As a teacher, I cannot make you into something, you can only transform yourself. The best I can do is to serve as something to react against.

If a technique is to be effective, sometimes it is not only enough to do the technique correctly or effectively. This tends to become too restrictive and mechanical, and you end up being bound by their limitations. Teaching independent techniques are like teaching just the facts. Teaching the technique along with the approach - or the set up - that goes along with the defense, will give the student a method of learning, or a perception of looking at, techniques. He will apply this method of learning to all techniques learned in the future.

*For every attack, designate a target. For every target, there must be a reason.*

*For every reason, there is a purpose.*



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## VERTICAL AND HORIZONTAL ZONES

Vertical- Attack what your opponent gives you. By this, I mean you should attack the closest object given you, and then move in to the main target which would be the body. This means you will be attacking an extremity before you destroy the body.

Horizontal - Above the waist, use the upper extremities such as the hands, arms and elbows to attack with. Below the waist, you use your lower extremities, like the feet, knees or legs.

The reason for zoning is because it takes a lot of flexibility, and a loss of stability, to kick to the head - and why would you bend over to punch someone in the toe? The only time the lower extremities should be used to strike a target above the waist is when that target drops down into the lower horizontal zone, as in when you have doubled over your opponent.

## STRIKING ALONG THE CONTOURS OF THE BODY

By using the vertical zones of the body, one has only to "follow the contour" of the opponent's body to reach the main target - the body.

*James Muro*

