

METHODS OF DEFENSE



STANCE

Stances are your first line of defense; being able to evade your opponent's attack. You want to be able to create distance between you and the oncoming blow, either with lateral or retreating movement. By moving at a constant, you hope to cause your opponent to misjudge the distance between you and he, while at the same time, you are aware of it. Stances are also important in regards to setting yourself up with a strong foundation in order to deliver a powerful blow or counter blow. Bruce Lee had power in his punches, not necessarily because of so much the speed that he could generate, but I believe it was because he could set himself up so fast that his punches had to have power.

JAMMING

You want to jam your opponent's technique in order to weaken it. That is to say you want to prevent his technique from attaining its full inertia. If you look at a hurricane, the strongest winds appear near the edge of the storm, but if you move to the center of the hurricane to the eye, you are at a position of zero motion; it is very calm. To draw a parallel if the



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foot contains the most power, or inertia, in a kick, you want to jam the leg at the knee or higher before it has a chance at full extension and maximum power.

DOUBLE CHECKING

Double checking enables you to back up your initial block or parry in case of a miss. This also enables you to maintain bodily contact in order to perform transitional techniques and follow up movements.

INSIDE VS OUTSIDE

Inside - Offensively you have more vital points open to your strikes. Your opponent is at a weaker position because you can do more damage. Now, at the same time, you are more open to attack in this position; working inside takes greater skill and speed on your part.

Outside - Offensively, your targets regarding vital points start to decrease. More muscles and joints and less nerves are exposed. The dislocation of joints comes more into play. Defensively, you are in a better position for checking your opponent's body and you don't have as many of your own vital points exposed to your opponent. By working outside, it is also easier to move to your opponent's back, giving you even more of an advantage.

COUNTER ATTACKING

This is really an advanced form of offense. Your transition from movement to movement is based on circumstances, and your reactions are not predestined, but the design of your counter attack changes with opportunity. Each movement must have a purpose in order to maximize the technique.

For every counter attack, accept the target given. Let your opponent designate the target. There is reason behind the choice of every target and for every reason there is a purpose. An experienced practitioner does not waste his energy. He will conserve it by using his skill more effectively. He employs fewer wasteful motions, and he will economize his movements, thereby expending less energy.

James Muro

