

PRINCIPLES OF MARTIAL ARTS



LINEAR VS CIRCULAR MOVEMENTS

While linear movements are sometimes a more direct approach to a technique or situation, circular movements can sometimes enhance the defensive movements - in a block, both linear and circular movements are useful.

COMBINATIONS – WHY COMBINATIONS?

This was a decision based on insecurity or maybe a certain attitude. I would not over commit myself with just a single blow; to hit your opponent with a single and direct blow shows great proficiency in your ability and skill. A beginner may not have the precision to approach an opponent with the "one - blow - one - victory" concept. You should use combinations based on the theory that if your first blow doesn't subdue your opponent, then your second, third and fourth blows down the line will. As your skill increases over a period of years, simple and direct blows will become more incorporated into your attacks.

MODES OF COMBINATIONS



PRINCIPLES OF MARTIAL ARTS

Most every offensive action can be reversed, especially in upper horizontal zones. This can be done usually in the same amount of time as a "normal" singular type of technique.

CONDITIONED REACTION & CHOICE REACTION

Choice reaction requires more comprehension and deliberation than a simple conditioned reaction, which usually is instinctive, quicker and probably more accurate. If you have to concentrate on more than one variable, or act, your reaction will be slower, as each act requires some degree of concentration before you can respond. By using combinations, you will present your opponent with a variety of responses and probable responses, forcing him to a slower choice reaction. In other words, give him more things to think about - not only with techniques of attack & defense, but make sure you put in some fakes and feints, give a slight movement before your attack. You want to arrest your opponent's actions or movements before he can conceive or materialize an attack or counter attack.

CREATING YOUR OWN TARGETS

Making your own targets, picking the correct targets to strike; this is knowing when the body is at its weakest point.

Example: When your opponent strikes out at you, he is extended, exposing himself in the area below the arm: the rib cage. You would take advantage of this and strike the floating rib.

To get the greatest mileage out of an attack is to direct it against the most vulnerable body target available. Knowledge of what these are is needed to exploit these weaknesses. If you can imagine a flood of water in the desert or any other place, it will flow where there is the least resistance. Unimpeded, its power steadily grows. This is what you must practice at in order for your technique to become more effective.

REDIRECTING

Redirecting your opponent's energy and adding to your own can be done by deflection or meeting your opponent's technique head on. This is one of the few instances in the martial arts that you will use force against force.



PRINCIPLES OF MARTIAL ARTS

Example: A boxer walks into your jab and goes down for the count. When force meets force, an EXPLOSION occurs, and your technique becomes more powerful.

SPEED

Speed is the absolute essence of any form of self - defense. Overwhelming strength is of no importance if it is not brought to bear before it is pre-empted. The perfect fight is one that is over before the loser really understands what's going on. The perfect defense is a counter attack that succeeds before your assailant discovers that he has bitten off more than he can chew. Your timing would appear to be impeccable, a conditioned movement, a reflex, catching your opponent before, during or immediately after an attack. **SPEED IS YOUR SALVATION.**

TAKEDOWNS

A take down - this is an after product of your initial attack or counter attack. This is usually applied after disturbing your opponent's initial attack. It is your follow up; it is the last phase of which to subdue your opponent and to get him on the ground. Why use take downs at all? My personal opinion is that the potential to do more damage to your opponent increases. You limit your opponent's capabilities by taking him down. You should already know more about ground fighting than your opponent. Therefore, you have an advantage. After getting your opponent on the ground, you are able to tie up his extremities. You decrease his ability to get himself set to deliver a blow against you. On the ground, your opponent is not able to move as well. This takes some of the guess work out of your counter attack. You don't have to judge the distance between your counter blow and your opponent. Without any type of previous experience of fighting on the ground, your opponent becomes disoriented. This becomes evident on the way down. His lack of knowledge of how to fall safely or to roll out of it and recover quickly is to your advantage. In order to apply a takedown or a throw, you must first understand your opponent's body movement, and how it can be applied to the principles of kuzushi. Here again, you are at an advantage with previous training in Jujitsu and Judo. The main difference is that in Judo and Jujitsu, your opponent is highly aware of your intentions - that is to take him down to the mat. Of course, in the classroom setting, this is much harder because he also knows the principles of kuzushi.



PRINCIPLES OF MARTIAL ARTS

So ... you should already have two strikes against your opponent. You have knowledge of kuzushi - your opponent doesn't. You should be more adept (used to) to fighting on the ground than your opponent.

James Muro

