

WHAT IS SELF DEFENSE?



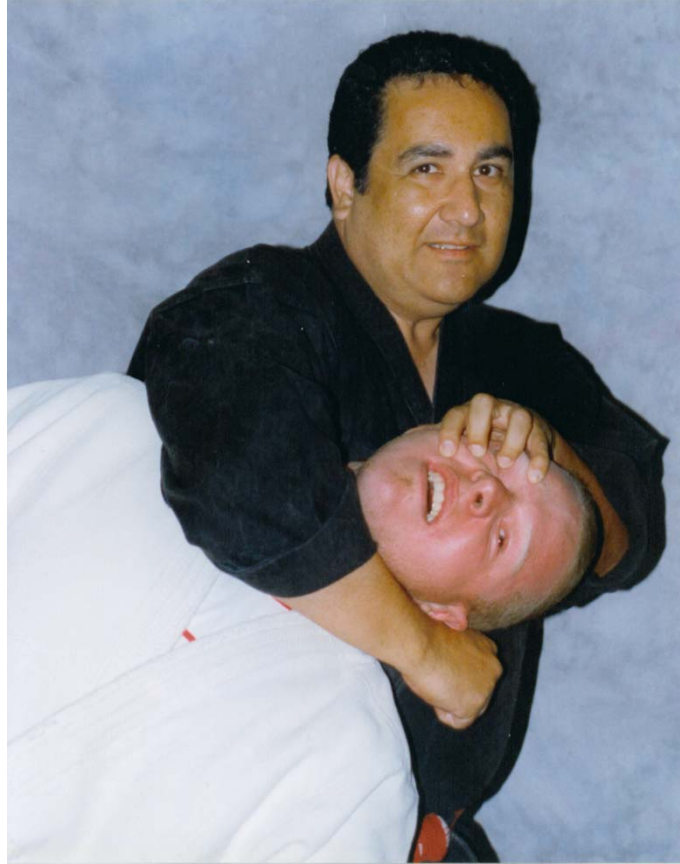
What is self defense? Does it mean avoiding an attack? The ability to block any blow? To nullify an attacker? You will find all sorts of answers to that particular question. For the sake of argument, let's look at it this way.

What is self defense? Some say it's what goes on at tournaments these days. Self defense has, at that particular junction of the road where sport (tournament) Karate and the art of self defense come to a parting of ways. Sport Karate is just that; a sport – a game of tag. Many movements used are flashy and ineffective, and in reality, are not used for defending oneself outside of the dojo. The stylish jumping, spinning hits and kicks you see at tournaments are used to catch the eye of the public, and not as a means of self defense. These types of people are there only for the glory. They have insecure egos. If you watch closely, you will find the most successful participants of tournaments use a very simple and direct form of attack, like the reverse punch. They score with it over and over again.

Self defense lies in the ability to put your assailant out as quickly as possible ... on the spot. Should you fail to do this, you should also know that the next alternative is to abdicate the realm and get out of harm's way. Here is a simple story that illustrates what I am trying to say.



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A cat and a fox were exchanging views upon the difficulties of living in peace and safety from those who were ever ready to take their lives. "I do not care for any of them", said the fox. "Things may be very bad, as you say, but I have a thousand tricks to show my enemies before they can do me any harm." "You are fortunate", said the cat. "For my part, I only have one trick which I learned well, and if that fails, all is lost." "I am sorry for you with all my heart", said the fox. "If it wasn't so hard to tell friend from foe in these difficult times, I would show you one or two of my tricks." Just as he had finished speaking, a pack of hounds burst suddenly upon them. The cat, resorting to his one and only trick, ran up a tree into the security of the top most branches. The fox, unable to make up his mind which of the thousands of tricks he had learned, was torn to pieces before he could put even one of them into operation.

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