

SPEED: IT'S YOUR SALVATION



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 is 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.

Premeditation are characteristics of mental speed, your movements will look effortless and planned.

Boxing is a method which enables a fighter to plan when, where and how to attack. You can anticipate the enemy before you risk commitment to any one action. You can study his strengths and weakness; you can avoid his strengths and exploit the weakness.

You cannot enter a self-defense situation with preconceived notions about which attacks to use or in which order to use them.



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To get the greatest mileage out of an attack is to direct it against the most vulnerable body target available. Great speed is needed to exploit this weakness.

**** For a slow fighter – have him move a little all the time – this will overcome inertia and will allow the arms to begin an attack or defense just a little faster.

James Muro

