



MID FIGHT IDEA

Most of our Katas begin with what I call the midfight idea.

Uke and Tori acknowledge and engage.

UKE: Right Punch

TORI: Left Ichimongi - inside counterstrike

UKE: Left Punch (and so on...).

There is a reason we begin like this – It is the hardest thing to pull off!

The middle of the fight to me is defined as...

At least 2 people engaged (physically, mentally) and looking for or launching at acquired targets.

So in effect – attackers and a defender.

At this stage of combat many things go wrong – And the longer it goes on the worse everything becomes.

This is why as intelligent and seasoned practitioners – we must understand but train to avoid this section of the fight.

There are many tricks you may utilize to get out of this situation.

Earlier this year I spoke to the advanced students on Style Development.

Lets take it down a notch and speak on programming... an intermediate idea.

Programming is the idea of giving the Uke one logical choice of success.

The trick is that they are unaware that you are telling them what to do and how to think. With this edge you can do amazing things and look incredibly fast and skillful. Because the uke is unaware their actions are expected.

Example: koyoku a technically easy 8th kyu kata that's hard to do in reality.

Traditional: Uke throws right punch,

Tori counter strikes and right gansaki to his left arm.

Basic Programming idea:

Tori Put right hand on ukes left shoulder light press down. This impedes thought of Left snap kick or left punch or left push.

Stand a little to ukes right giving them a clear right side attack to your left flank. As uke attacks with right side – Toris right hand slaps ukes face – this throws ukes right punch or kick off target and causes an adjustment... Using this adjust time slip into gansake. Practice a gansake "what if" henka and you have a cool tool called koyoku.

Now a beginner may look at this and say Wow this is so easy! Yes and no.

Say as tori is moving into position – Uke gets jumpy and shifts right – Then Young tori is railed by a short left hook.... Ouch.

There are many subtle factors to consider while programming the uke – take care that you are not unknowingly programming yourself **for** the uke

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A stylized, handwritten signature in black ink, appearing to read 'V. Siedleski'.

Large vertical Japanese characters in a light grey font, reading '勝利者' (Shōrija), which translates to 'Victor' or 'Winner'.