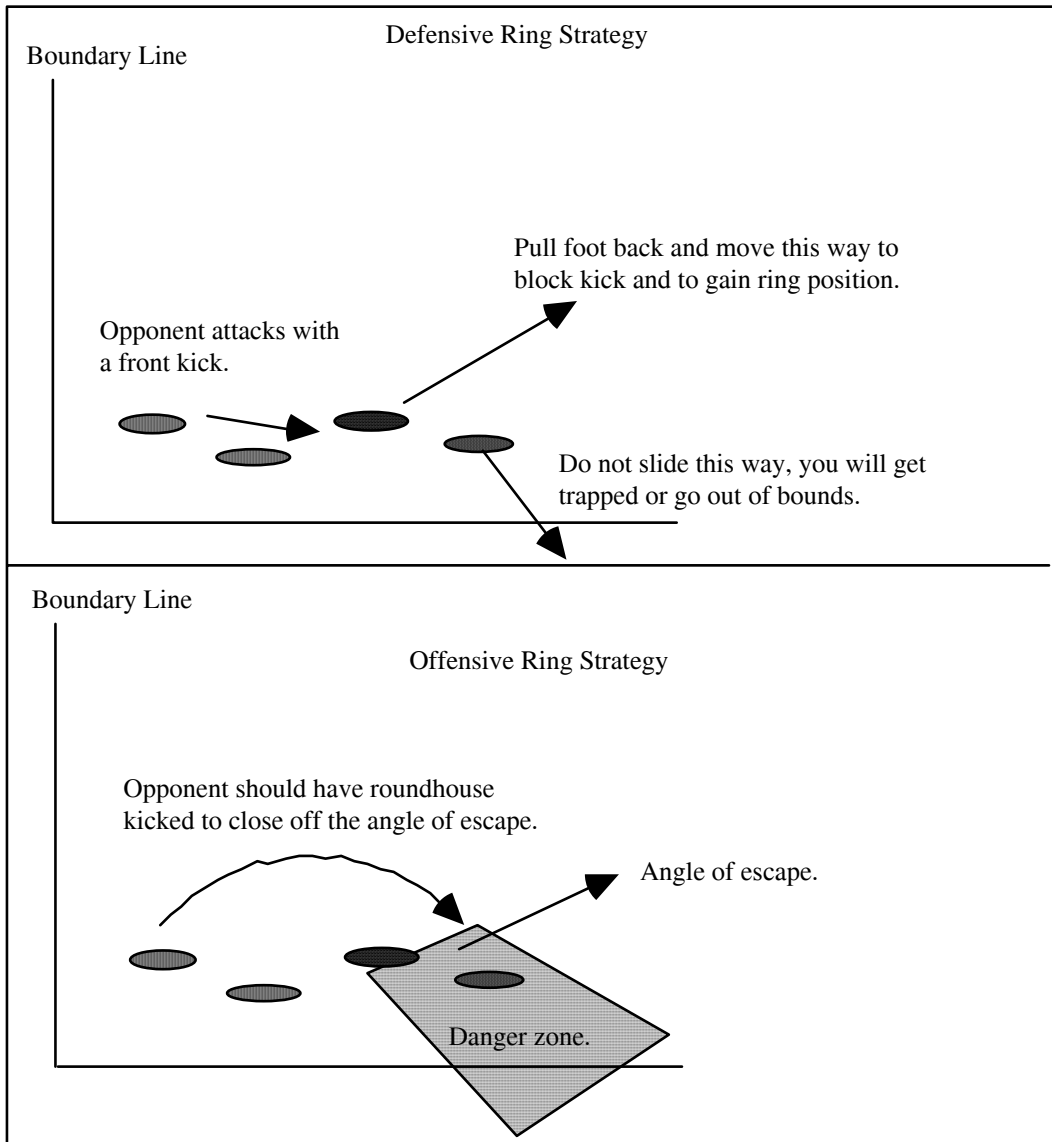
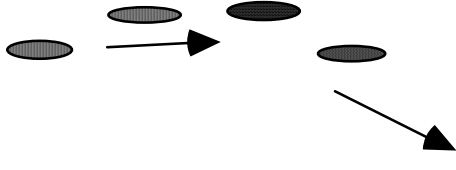


The Kwanmukan kick-punch drills are an excellent way to practice Ippon quality technique. Let us consider an attack with a the back foot front kick followed by a straight punch. You practice do this using open or closed stances. The defense is to slip to a backwards angle and reverse counter punch. You can also change the forward side as you slip to the left or right angle. It is most beneficial to move to that side that gives the greatest opportunity to expose the back of the opponent. This would increase your chances of getting an ippon without exposing yourself to a counterattack. However, you must be able move to any direction. For example, if you are near the ringside, you need to know how to escape in the available directions. Your opponent if he is smart will try to block your avenue of escape. The kick punch drills can be practiced using drop down counters, plyometric hops and ricochet to build up speed and improve ranging as well as centering required for proper kihon.

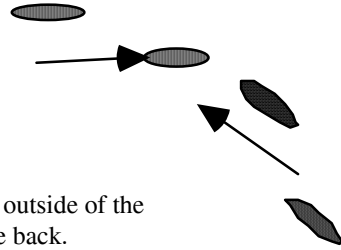


Defensive Strategy

Opponent attacks with a front kick.



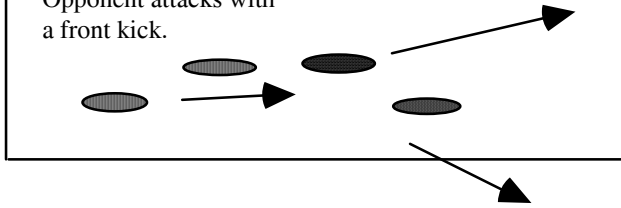
Sliding back to this angle will allow you to get to the outside of the kicking leg opening up the possibility of attacking the back.



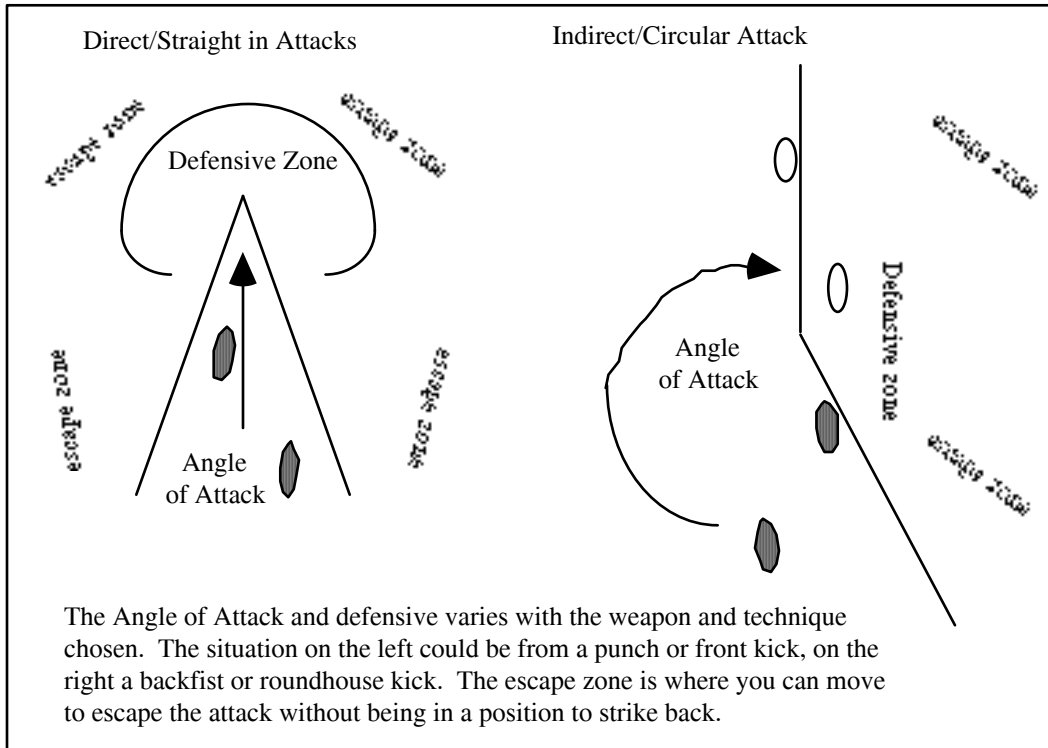
Boundary Line

Moving this direction, while not optimum, will give you better ring positioning, cause the opponent to have his back to the boundary line, and still allow for a possible ippon. However, the opponent has a better chance of blocking your counter-attack and scoring.

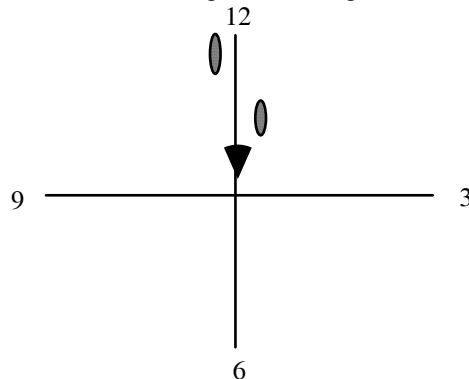
Opponent attacks with a front kick.



When moving this direction near the boundary line, you could easily commit a jogai.

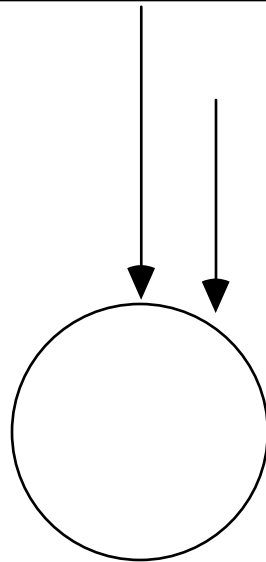


Defensive Movement Against a Straight-in Attack.

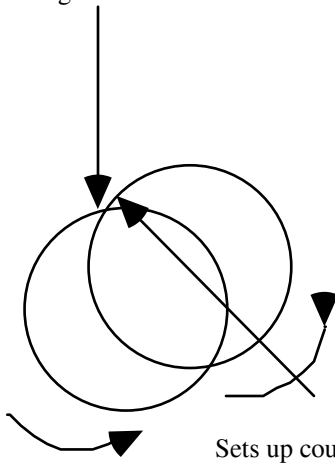


- 1.) 12 O'Clock requires sen no sen. Most difficult of defenses. Actually striking before the opponent can make his move. Beating the attack mentally.
- 2.) 6 o'clock is a direct retreat, allows opponent to continue his attack.
- 3.) Between 3 and 6 o'clock and 6 & 9 o'clock is the easiest area to block and attack and position for an ippon counter. In this example if opponent attacks with a right hand or foot, the possibility of a back strike will occur in the 6 to 9 o'clock area.
- 4.) 12 to 3 o'clock and 9 to 12 p'clock require back hand blocking manouevers to properly set up the counter strike.
- 5.) Movement from 6 to 3 and 6 to 9 requires the chest to face outward (open stances). As you move into 3 to 12 and 9 to 12 zones, the chest will face inward (closed stances).

Striking directly into the ball causes a direct clash of forces.



Positioning the ball so that the strike hits off-centered allows the ball to roll sideways around the attacking object thus permitting the opponent to gain a competitive advantage.



Sets up counter strike capabilities.