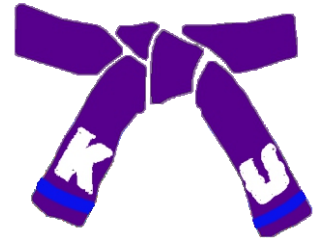




Advanced Purple Study Guide



Definitions

Reverse Bow: the upper body losing or creating distance from your opponent without losing ground with your feet. This stance is used in buckles and sweeps in various directions.

Stomp: has no supporting leg. Vs. **Stomp Kick:** has a supporting leg.

Zone of Sanctuary: the circle in the square principle.

* Practitioner should understand the corners of the square are the furthest points from the circle. The circle represents the maximum range of the opponent.

Wide Kneel: Neutral BO Stance Dropped with NO Angle Changed.

Switching: Changing sides facing your opponent without losing or gaining distance. 4 types : Back to Front, Front to Back, vertical and horizontal Hop Switch

Hand Isolations : Food for thought; previews of coming attractions. Things that are there or things that are not there and if they're not there where are they.

Rules

Always shuffle on elbows unless his body is coming to you - your opponent is generally in medium range so you need to shuffle in for a short range elbow and it gives you a power principle. If you're getting Borrowed Reach or pulling him in then you're ok to stay where you are.

Kick on the Flex - having a bent knee when kicking gives you stability and Marriage of Gravity if you're kicking on the vertical plane.

Never move in without a cover - Short 2 shows us this. When you're moving into danger keep a positional check in place against possible attack.

Three things can be done with a circle:

Stay on the circle, Reverse the circle, Cut the circle in half

- This gives us the ability to be Circular (soft styles) or Linear (hard styles)

Plant to feel, bend to buckle - to check with your leg you need to feel the opponents leg with your leg. Buckling requires the leg to bend even further to break their base

Weapons rule: Control, Disarm, then Technique - never try anything until the weapon is neutralized. They won't stop trying to hit, cut, or shoot you until they're disarmed.