

I KNOW SOMETHING YOU DO NOT KNOW

TOURNAMENT WINNING FIGHTING

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Did you ever see the movie called "The Princess Bride" where two men are dueling with swords and one of them smiles and says to the other "I know something that you do not know." This "something" that this one fighter knew, was enough in his mind to give him so much confidence that he even laughingly gloated about it to his opponent.

What if you possessed fighting techniques or strategies that your opponent didn't have, could that possibly make a difference in the outcome of a tournament? Of course it could and if you became extremely efficient at scoring with this added bit of knowledge, then even you might smile and tell your opponent "I know something you do not know."

One of my reasons for writing these columns on tournament fighting is to give martial artist who are seriously competing or training an advantage over their opponents by developing new techniques and strategies that are not just common knowledge.

Well, I've got one of these "somethings" to tell you about. When I competed, I knew without a doubt that if my opponent ever backed up in an evasive manner in order to avoid my attack, I could keep them within my reach whether I was attacking with my side kick or reverse punch. No one, not even Carl Lewis, the fastest man in the world in track could move back quick enough to avoid my attack.

I know there are plenty of counter moves to avoid my attack such as angular movement or even forward jamming techniques, but I'm not talking about anything except the fighter who shuffles backwards to avoid an attack. I've heard hundreds of times from other martial artist about how in our system we never move straight back, but incorporate all of these wonderful angles, etc... I don't care who you are, at some time in the fight you will attempt to avoid at least one single attack by simply backing up. The old side stance shuffle most of us were taught as white belts is the conventional method of backing up. The best of fighters have that ability to just back up inches out of range of your techniques, and are able at the first opening to spring into attack themselves.

Nothing is more discouraging or frustrating than for example; shooting out your killer

side kick only to have it land short of your opponent. All of us enjoy the contact part of the sport and clearly the ability to stick your opponent with a bone crushing side kick is a definite advantage both physically as well as mentally. The reverse is also true, if you're having trouble catching your opponent with your powerful techniques.

All you need to work on in order to catch the swiftest of evaders, is develop a dynamic initial move. First, in either type of stance you choose to attack from, side or frontal stance, the single key in getting off as quickly as possible is to get your back heel off the ground as you ready yourself for attack. Next, explode, push or fire off your back foot while your back leg and foot is already pivoted towards your opponent. For example; from a side stance your front leg would be square

any opponent if they are backing up and we are attacking running forward.

Of course the first critical observation to this strategy is; doesn't this open you up more to the side kick? This might be true, but the key here is that we're not attempting this move against a defensive side kick type of fighter who is standing with 90 per cent of their weight on their back leg and their front leg is slightly dangling in anticipation of your approach. No, this attack is to be used against the fighter who simply avoids your attack by backing up out of distance of all your techniques.



with your back leg, but your back leg should be deceptively turned towards your opponent.

As you fire off the line attempting to kick your opponent, it is important for you to understand that you charge as in a track race towards your opponent. Almost mentally tell yourself, on your mark, get set, go. Then, attack chasing your opponent in a forward approach while your opponent attempts to avoid your attack backing up either side ways in the side shuffle or simply stepping back. All of us theoretically should be able to catch

Begin working this move with a partner by simply attempting to deliver a soft side kick to their arm as they attempt to back up from the kick. When you begin easily reaching your partner every time, then you're ready to take it to the ring and what a great feeling you're going to have knowing that in the course of a fight, you can catch your opponent whenever you want to with your moves.

Next issue, I'm going to teach you how to incorporate this same attacking method with your punches. See ya... **KI**