

Basic Skill Development

BASIC GUARD BASIC GUARD

Side View



Front View



Key Points of a Basic Guard

- Keep your elbow tucked in to your body
- Front hand aimed towards your opponent's head
- Back hand covering your solar plexus and aiming towards your opponents seichusen

Guard Drill # 1 – Key Points (refer to DVD for demonstrations)

- If your opponent has a strong guard, you need to clear a path for a scoring technique
- This can be achieved by changing your line of attack with effective footwork, or unsettling your opponent's guard with your hands
- Take care not to create a weak point in your own guard while clearing the path
- Maintain 'Zanshin'

Guard Drill # 2 – Key Points (refer to DVD for demonstrations)

- Inexperienced fighters often attack without looking for a good target, if your opponent's guard is high or low some techniques are better than others
- It is important that all attacks are executed to a good scoring target
- Experienced fighters can make their opponent's change their guard position by applying pressure and effectively using 'metsuke' eye focus
- This in turn gives you opportunities to execute your favourite scoring techniques

Guard Drill # 3 – Key Points (refer to DVD for demonstrations)

- Working with a variety of guard types
- Choose your target well
- Create a weakness in your opponent's guard and/or adjust your positioning to align an accurate and effective scoring technique
- Reversing the roles, you can solicit a specific attack from your opponent by adopting an appropriate guard