

THE THEORY OF POWER



Every force has an equal and opposite force. Combine your striking force, with the opponents motion towards you for devastating effect. Use your own reaction force when you pull back to the hip to generate awesome power in your technique.



Focus on applying your impact force on the smallest target area. Utilise the correct tool for the chosen vital spot to ensure all the force is transferred into the opponent. Concentrate all your muscles towards the appropriate tool at the proper time.



Balance is crucial in allowing us to deliver our technique well. Understand your stances, keep them stable but flexible, and ensure you maintain a good centre of gravity in each. Remember, keep your back heel down at the moment of impact!



Practice exhaling sharply at the moment of impact, tensing your abdomen and concentrating your full effort into the delivery of the motion. Controlled breathing will help your stamina and speed. Deep, slow inhaling will prepare you well for the next movement.



We increase the force of our techniques by engaging our mass. Using the abdominal muscles we jerk our hip to increase momentum at the moment of impact. We also use knee spring to slightly raise the body and then to drop our weight into the motion at the moment we strike, punch or block.



Speed is the most essential factor of the theory of power! All the other factors combine to ensure we develop our maximum speed at the moment of impact. If you move twice as fast your kinetic energy quadruples. We use physics to deadly effect!

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