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Martial Arts Concepts

The below concepts are derived from Modern Arnis but can be applied to any martial art!

Go With The Flow - This means that defence isn't always force-on-force. Instead, you can steal your opponent's force or flow.

(2) **Counter For Counter**—Every attack has a counter, to which it also has a re-counter. Each strike is countered, and each lock is reversed.

(3) **Active Live Hand**—The live hand wins fights! One can use the live hand to check, defend, remove, or blunt the opponent's attack. It is also used to delay, monitor, lock, and strike during such attacks. Techniques include Slap-off/ Pull-off, Clearing, Locking, Throwing, Pushing, and Pulling.

(4) **Active Defense** - Corollary to (3). Never defend passively. Attack the attacker. In doing so, you disrupt the attacker's mindset and turn the tables on them.

(5) **Footwork and Angling** - This concept emphasizes moving outside of the opponent's center.

(6) **Footwork to counter pressure** - When you are feeling pressure (eg being pushed), the counter is footwork to dissipate your opponent's pressure.

(7) **Baiting, Feinting, Locking, and Broken Rhythm** - This emphasizes that Modern Arnis works to create and keep an advantage. As a result, the Arnis

player is proactive rather than reactive in a conflict. This is true for any other martial art.

(8) **Obstruction Removal** - Removing an obstruction is both an attacking and defensive concept. Slap off/Pull Off, Clearing and Lifting are vital skills to gaining and keeping the advantage.

(9) **Push-Pull/Two-Way Action**—This emphasizes the concept of two-way force when attacking and defending. It also underlines that the live and stick hands should always move in tandem.

(10) **Defanging the Snake** - Attack the weapon limb or the opponent's check hand!

(11) **The Prone Spine**—This concept emphasizes that a weak structure is easier to exploit. We can gain the edge by moving an opponent's spine out of alignment.

(12) **Punyo aka "The third thumb"** - We use the punyo of the cane to hit, lock, hold, disarm or grasp an opponent.

(13) **Aim Small, Don't Miss At All** - This emphasizes carefully selecting the hitting targets.

(14) **Ambidexterity**—Each player strives to learn techniques (cane, empty-hand, or joint locking) left-handed.

(15) **One, Not 1, 2** - Executing techniques in a single motion rather than in two steps.

(16) **Splitting the Center** - When driving forward, you split your opponent's center by stepping into his centerline. This is achieved by taking a step (standard or shuffle) between his legs.

(17) **Stealing the Lead** - If the opponent presents his stick, you can steal the lead, usually by grabbing the stick.

(18) **Lock to hit and hit to lock** - Self evident and an easy way to remember how to set up your opponent.

(19) **Centerline Power**—When your arms are within the centerline, you have a good structure within which to execute techniques properly. Therefore, there is no need to muscle through the technique. Good structure comes from aligning your shoulders and hips.

(20) **Extension of the Arm Bleeds Power** - An opponent becomes more vulnerable if you can move their arms and/or weapons outside of their centreline.

(21) **Resistance is Futile** - If you're on the receiving end of a technique, relaxation will be critical to a successful counter.

(22) **When in doubt, hit!** - My instructor, Master Chuck Gauss, says this all the time! When doubt creeps into your response to an attack, hit!