

Practical Martial Arts: Getting an Edge with a Pressure Release



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If expert counseling of any kind, including legal, is required, the services of competent professionals should be sought for each specific area in question. Do a lot of your own research too -- and be careful when practicing.

Readers are urged to take steps to stay safe while practicing and making decisions about their martial-arts training and teaching others. There are too many variables. Be aware, plan ahead, and train with safety in mind.

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Introduction

I want to describe a specific tactic for you to use. It may even be a practical one for you....

When I first presented these articles (now combined and expanded upon in this ebooklet), I thought that just about everyone would already know this tactic.

I was wrong. Apparently, it's not nearly as well known as I would have thought. And those who do know it, haven't explored all of its applications or the possibilities.

Here, I have generalized the strategy into a tactic you can play around with.

I am sure you are familiar with the general principle, but have you applied it to martial training?

Read on ...

Have You Ever Played Tug-of-War With a Rope?

Have you ever played Tug-of-War with a rope?

One team pulls on one end of the rope. The other team pulls in the opposite direction on the other end.

Pull the other team across the halfway point, and your team wins.

Have you ever played a joke on the other team? Your entire team, at an agreed upon moment, lets go of the rope. The other team falls backwards.

Can you picture this in your mind?

Good.

This is the feeling I want you to play with. Except, take the principle and apply it to the martial arts.

Note: In the original article, I ask my subscribers to play around and experiment with the principle for a week.

Any time someone is pulling on you or your clothes ...any time someone is pushing on your arm, I want you to think of a way to get an instant release:

- Your arm is being pushed by a block — let the block go by.
- You are being pulled toward your attacker. Go with the pull (discussed in the other article), and fall into your attacker.
- You pull on your attacker's arm. Your attacker pulls back and you let the force go.

These are just a few examples.

Play around with the principle before you move on. Remember, in the original publication of this principle, they had a seven days to experiment.

After you get more familiar with the concept as it pertains to martial arts, we'll turn it into a more efficient, practical, and painful response.

This is about to get even more interesting....

How to Let the Block Go By

Did you actually take time to play around with the principle?

I hope you did take time to experiment with the idea of "letting the rope go." Someone pulls you. You pull back. When they pull again, you let the force go.

Or they push you. You push back. When they return the force, suddenly there is a release ... and they are off balance.

Really make sure you play around with the idea. Reading about it definitely isn't enough.

Do you know where to start?

One suggestion is that when an opponent blocks your punch, you release the force against your arm, and pass the block. But how do you accomplish this?

It has to do with the direction of block pressure by your opponent.

If your opponent is blocking to either side, you will have no problem releasing pressure ... and you should have a counter strike ready at the same time ... or even just a hair before, if you are into JKD.

If your opponent is blocking on your centerline — the force of the block is heading to that imaginary pole that runs from the top of your head down to the floor through the center of your body — you may have more problems.

You'll have to figure out a way to slip that energy. You'll either have to turn, pivot, or step, to cause the block to head off centerline.

Does this make sense?

Again, have a strike ready. You don't even want to wait a full beat from the release to the time you counterattack. Think "simultaneous."

Even More Exercises

If this is a fairly new principle for you, then you have a lot of experimenting ahead of you.

This could keep you practicing for weeks on end. Think of all of the possibilities:

- Different strikes
- Different blocks to counter
- Taking the whole theory and apply it to kicking
- Variety of ways to release the force of the block
- Replacing the block with a push
- Replacing the block with a trap

And with that, let's move on ...

Prepositionally Speaking: Very Practical

One of the responses we discussed towards the beginning of this ebooklet was going with the pull:

“You are being pulled toward your attacker. Go with the pull and fall into your attacker.”

Do you immediately imagine tumbling to the ground with your attacker, turning the fight into a grappling, ground-fight?

After all, your opponent pulls. You pull back. Your opponent pulls, and you go with the force of the pull and fall right on top of your enemy. Isn't that what you imagine ... or experienced, if you played around with the idea?

Well, let me tell you a secret:

I said "into," not "onto."

Reread that last sentence. Does it make sense? (Any exclamations of, "Aha!" ??)

Lower your center of gravity. Relax and bend a bit at the knee. Settle your weight.

Now, if your opponent pulls you, you can slide forward right into him (or her) without going down. No falling or stumbling involved.

In fact, have an elbow strike, a knee hit, or a punch ready.

Your enemy pulls ... a punch right into his face. You almost go along for the ride. Your attacker drops, and you just stand there.

Now, if you want to drop and start pounding away, you don't have to grapple. Or stay standing and start kicking. (Did I just write that suggestion? I must be in a cantankerous mood, today ;-)

And Now for The Icing on the Cake

Did you like the last tip? Any new practice ideas?

Let's add "to the experience."

Often when all of this pulling back and forth occurs, there is a grab involved.

I am willing to bet that if you know a variety of wrist locks, that you could go directly into a lock.

When?

On the pull toward your opponent. Your enemy pulls, and you go with the force, but as you allow yourself to be pulled, you are already starting to effect a lock. By the time you reach your enemy, the lock and the pain (ooh, the pain!) is already in place.

It's as though your enemy's own force causes his own pain.

Last Thoughts

Don't you just admire pianists? (Huh, Keith, have you lost your mind?)

I love the way each hand works independently of the other, yet the notes relate.

And this is how you should think about this pull lock: As you are being pulled and effecting a wrist lock, make sure your other hand is working, as well.

Hitting is my preference. Or helping the other hand effect the lock ... and then hitting.

Icing on the cake!

Have fun practicing,

Keith

PS If you want to explore wrist locks some more, then read the ebook [Wrist Locks](#), and if you want a more solid and effective punch as you are pulled, then read [The Punch Papers](#).