

Short Form I

Norm Rolando

I. Review briefly

II. Defense: To what time and what block-

1. To 12:00 - Right Inward RI
2. " - Left " LI
3. To 9:00 - Left Outward LO
4. " - Right " RO
5. To 3:00 - Left Upward LU
6. " - Right " RU
7. To 6:00 - Right Downward RD
8. " = Left " LD
9. To 1200 = CW to Horse

III. Matrix - using Your 2 basic concerns:

	Inside	Outside
Forward	no	no
Back	Yes	no

1. All go back
2. All are inside

IV. 5 person meat Grinder - basic attacks

Attacks: 1. R punch from 12:00

2. L " " "

3. R " " 9:00

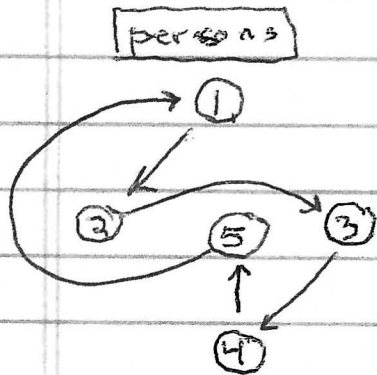
4. L " " "

5. R overhead from 3:00

6. ~~R~~L " " "

7. L front kick from 6:00

8. R " " " "



V. What if -

1. All blocks still move back, But

2. The first block to each time is to the outside of the attack?

VI. * The point being - You CANCEL the 2nd attack

VII. If you get bored with short form I:

A. Focus on you stances and foot
maneuvers

B. Change the attack and/or the response

Matrix	Attack	Response
Slower		
Faster		
Thrust		
snag		
Flowing		
stiff		
Softer		
Harder		
Brushing		
Hitting		
Going fwd		
stationary		
off angle		
Good stances		
Sloppy stances		
etc...		

* C. The point being - change it up, play