

# SECRETS TO BEING A SUCCESSFUL FIGHTER

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## I. INTRODUCTION

### A. THIS IS A MARTIAL ART

1. THE CONCEPTS ARE EASY
2. THE MASTERY IS DIFFICULT

### B. FOUNDATION

1. STANCE, FOOTWORK, DEFENSE, AND OFFENSE
2. AUTOMATIC
3. KISS IT - Keep It Simple, Stupid

### C. PRACTICE

1. A REGULAR SCHEDULE OF WORKOUTS
2. DRILLS DONE DAILY

### D. DEDICATION

1. YOU MUST PAY YOUR DUES

## II. STANCE

### A. ALL STANCES ARE VERSIONS OF THE HORSESTANCE

### B. YOU MUST BE IN BALANCE WITH YOUR WEIGHT CENTERED

### C. KEEP YOUR FEET SHOULDER LENGTH OR GREATER APART

### D. KEEP BOTH OF YOUR KNEES BENT

### E. KEEP YOUR SHOULDERS OVER YOUR HIPS

### F. DO NOT BUILD A PORCH TO SUPPORT YOUR WEIGHT

### G. IF YOUR STANCE IS WRONG, IT AFFECTS YOUR FIGHTING

1. OFF BALANCE
2. PULLS HAND FORWARD WITH SHOT
3. COSTS RANGE
4. COST ACCURACY

### III. FOOTWORK

- A. GO FORWARD WITH YOUR FRONT FOOT FIRST
- B. GO BACKWARD WITH YOUR REAR FOOT FIRST
- C. MAINTAIN YOUR BALANCE
- D. MOVE ON THE BALLS OF YOUR FEET
- E. USE FOOTWORK TO SET UP YOUR SHOTS
- F. MOVEMENT ALLOWS YOU TO HIT FASTER AND HARDER
- G. WORK THE ANGLES
- H. POOR FOOTWORK WILL HINDER YOUR FIGHTING
  - 1. OFF BALANCE
  - 2. COSTS POWER
  - 3. COSTS RANGE
  - 4. OPENS UP YOUR DEFENSE
  - 5. THROWS YOUR SHOTS OFF
  - 6. SLOWS YOU DOWN

### IV. DEFENSE

- A. SHIELD AN EXTENSION OF HAND
  - 1. HAND DEFENDS CHIN
  - 2. ELBOW DEFENDS RIBS
  - 3. SIMPLE DROP DEFENDS LEG
- B. MOVE SHIELD AS LITTLE AS POSSIBLE
  - 1. BLOCK AREAS INSTEAD OF THE WEAPON ( ZONE BLOCK )
  - 2. MOVE THE SHIELD BY MOVING THE BODY
    - a. PIVOT AT HIPS
    - b. STEP FORWARD
- C. LEARN MORE THAN ONE SHIELD POSITION
- D. HELP YOUR SHIELD WHEN ATTACKED
  - 1. MOVE FORWARD WITH YOUR BLOCK or,
  - 2. RETREAT or,

3. DUCK, DODGE or,

4. ATTACK

a. THROW SHOT

b. PUNCH SHIELD

V. OFFENSE

A. LIMITED NUMBER OF SHOTS, UNLIMITED NUMBER OF TARGETS

1. HAMMER SNAP - FRONT EDGE SNAP

a. PULL DOWN BOTTOM FINGERS

b. BLADE PRECEDES HAND

c. HIT TARGET ON SWEET SPOT ON WEAPON

d. DO NOT REACH

e. DO NOT LIFT HAND

2. RAP OR BASEBALL SWING - INSIDE EDGE SNAP

a. LET HEAD OF THE WEAPON DROP

b. ROLL THE WRIST

c. SNAP WEAPON AT THE END OF THE SHOT

d. HIT TARGET ON SWEET SPOT ON WEAPON

3. PUNCH OR CHOP - FRONT EDGE LOCKED WRIST

a. DRIVE HAND TOWARD TARGET WITH A PUNCH OR CHOP

b. DO NOT HIT TARGET WITH HILT OR BASKETHILT

c. KEEP WRIST LOCKED

d. HIT TARGET NEAR THE HILT OF THE WEAPON

4. PULL SHOT OR SCORPION - INSIDE EDGE LOCKED WRIST

a. DROP HEAD OF WEAPON

b. ROLL WRIST

c. LOCK WRIST

d. PULL WEAPON HARD BACK TOWARD YOURSELF

5. DRAW CUT OR VISOR - FRONT EDGE PULLED BY WRIST

a. CUT BACK TOWARD TARGET

- b. PULL BLADE THROUGH TARGET
  - c. ONLY GOOD TO FACE
- 6. THRUST OR PUSH - THRUSTING TIP
  - a. THRUST BLADE TOWARD TARGET WITH LOCKED WRIST
  - b. CAN ONLY BE USED WITH A THRUSTING WEAPON
- 7. ALL OTHER ATTACKS ARE BUT COMBINATIONS OF THESE
- 8. THE TRICK IS TO HIT THE NAIL WHERE EVER IT IS
- B. POINT YOUR HILT TOWARD THE TARGET
- C. CUT THROUGH THE TARGET
- D. RETURN YOUR SWORD COUNTER-CLOCKWISE, NOT CLOCKWISE
- E. LEARN TO HIT TARGETS THAT YOU CANNOT SEE
  - 1. THE BACK, OR THE BACK OF THE HEAD
  - 2. THE LEG
    - a. THE TOP OF THE SHIELD TELLS YOU WHEN THE LEG IS OPEN
  - 3. THE FACE
  - 4. THE HEAD BEHIND THE SHIELD
    - a. THE HEAD IS OFTEN OPEN WHEN IT LOOKS LIKE IT IS COVERED
- F. WATCH YOUR OPPONENTS WEAPON SHOULDER
  - 1. DO NOT WATCH THE TIP OF THE WEAPON
  - 2. EYES CAN LIE
  - 3. THE TOP OF YOUR OPPONENTS SHIELD WILL TELL YOU WHERE TO HIT HIM
- G. LEARN ALL SWORD POSITIONS
- H. YOUR SHIELD IS AN OFFENSE WEAPON, ALSO
  - 1. USE YOU SHIELD AGAINST YOUR OPPONENTS SHIELD
  - 2. SHIELD PUNCH
  - 3. SHIELD HOOK

4. SHIELD FAINT

5. DO NOT STRIKE YOUR OPPONENT WITH YOUR SHIELD

#### VI. THINKING

A. YOU SHOULD ONLY THINK ABOUT HOW TO DEFEAT YOUR OPPONENT'S DEFENSE, NOT ABOUT YOUR MECHANICS

B. PICK TARGETS, MOVEMENTS OR COMBINATIONS, THEN TURN THEM LOOSE

C. WATCH FOR OPENINGS TO COME OPEN AS A RESULT OF YOUR ATTACKS AND THEN HIT THEM

D. DO NOT FIXATE ON A TARGET

1. DO NOT LET YOUR OPPONENT TEMP YOU TO A SINGLE TARGET

2. IF YOU ARE HITTING A TARGET AND YOUR OPPONENT IS NOT TAKING THE BLOW, CHANGE WHAT YOU ARE DOING

a. MODIFY YOUR SHOT

b. ATTACK ANOTHER SPOT

E. MAINTAIN CONTROL AT ALL TIMES

1. CONTROL YOUR BODY

2. CONTROL YOUR MIND AND YOUR TEMPER

#### VII. CONCLUSION

A. THIS IS A MARTIAL ART

1. IT REQUIRES DEDICATION AND HARD WORK

2. IT TEACHES DISCIPLINE AND SELF-CONFIDENCE

3. IT TEACHES YOU TO DEFEND YOURSELF

4. IT TEACHES YOU HONOR WITH COURTESY

5. IT TEACHES YOU CONTROL

B. YOU ONLY GET OUT OF THIS WHAT YOU PUT INTO IT