

Waza Characteristics	Considerations
Reactive or Pre-emptive (Sen-no-sen, go-no-sen)	It is always safer to pre-empt an attacking move – either by simple strike or 'pulling' the attack you want. Pre-emptive carries greater legal implications. The rule - 'Action beats Reaction'
Keep it Simple, Stupid! Complex or Gross Motor Function	Simple techniques will always work better under stress. It is impossible to execute complex waza in situations of great stress, fear or shock. The body reverts to gross motor function.
Correct ma-ai (combat distance)	Does the waza place you in the correct range to defeat the aggressor? Remember that most of the fight will be at very close range!
Speed of completion	Depending on severity of situation, select the waza that finishes the attack fastest.
End Game	Does the waza leave the opponent unable to continue the attack? This is an important consideration.
Body shift (Tai & Ashi sabaki)	Does the waza take you to the position of advantage where you can best control & defeat the attacker whilst minimizing the danger to you? General rules – never step backwards, go 45°
Unbalance the attacker	Does the waza take away some of the assailant's power by unbalancing him?
Take the mind - Distraction techniques	Have you distracted, by strike, kick, sound, etc., as a pre-emptive device?
Predictability	The most effective waza have predictable results upon the aggressor, either by finishing the encounter or by forcing a reaction which brings his body into the correct position to take the finishing waza.
Vital Points (Kyusho – vulnerable Areas of the human body)	Every human body has areas which are more susceptible to attack than others, not to select waza which utilizes this fact is foolhardy and unacceptable. Rule – Always use the vulnerable areas.
Waza is trained instinctive/reflexive	Humans have built-in reflexes which can be used in a positive manner (to train a reflexive defense reaction) or negatively (a reaction forced from the attacker - flinch reflex etc.)
Maintains initiative	There is no "Ichi – Ni" type of counter – all blows, kicks, throws etc., flow into one continuous technique until the attack is defeated, thus retaining the initiative and forestalling further attacks.
Simultaneous defense & counter	The simplest & most effective defenses combine blocking and/or escaping with the counter attack.
Fail-Safe	Even if the unexpected happens, the waza places you in a position from which you can keep the initiative and flow into a follow-up technique without compromising the situation.
Realistic Attack & Defence	The whole scenario must be based only upon what actually happens in common acts of violence, and the reaction of the assailant to the waza must also be realistic. (i.e. – a hard blow to the face moves the head in the direction of the force etc.)
Use of Bodyweight	The waza maximizes the use of the defender's body weight to impart greater power to the defensive technique. Rule – Always apply body weight to technique if possible.
Defends against MOST LIKELY form of attack	The 'rule' is – Always train the techniques which defend against the most common forms of assault.
Both hands are working	Rule- Hands only do 2 things in combat – protect you & hurt him! Make sure that at all times the hands are correctly engaged – that means no silly 'hikite' withdrawing to the hip, for example.

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