



To illustrate one application of the sabaki technique, Arne Soldwedel (left) parries the front kick of Nakasako Tsuyoshi (1). As Nakasako's kicking leg is pulled forward, his balance should falter; but if he is still stable, Soldwedel can slam a low kick into his thigh (2) before grasping his elbow and head on his way into Nakasako's blind spot (3). Making sure he stays near his opponent and holds his right elbow close to his body, Soldwedel moves around Nakasako counter-clockwise and spins him in the process (4). He is then in position to deliver a knee thrust before Nakasako can turn toward him to defend or attack (5).

When your opponent is in a fighting stance, one of his shoulders will be nearer to you than the other. This is the side toward which you should apply the sabaki technique because it is obviously much simpler to get behind your opponent's near side than his far side. If you go for his far side, you will make it harder on yourself physically and expose yourself to attack when you cross in front of him.

If you try to push or pull your opponent to exploit his stance weaknesses, you will find it easy to disrupt his balance. He will have to step forward or backward to remain standing.



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