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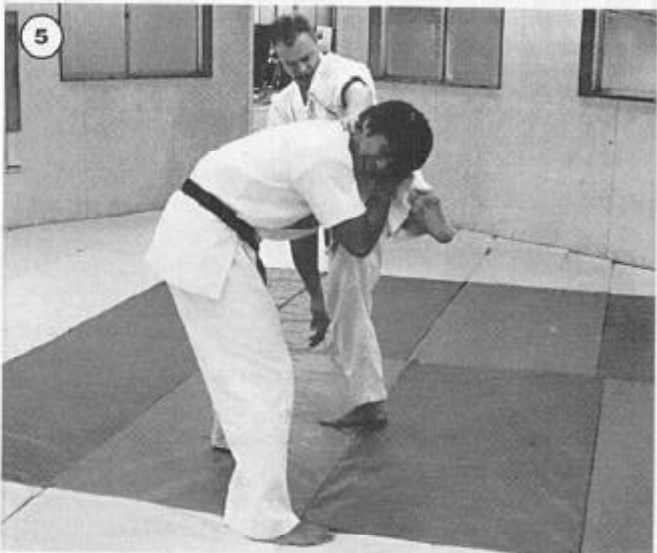


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To use the sabaki technique in response to an attack, Arne Soldwedel (left) must immediately recognize that Nakasako Tsuyoshi's attempt to punch will put him in a vulnerable position, then he must prepare to act (1). Because Nakasako's left hip is forward when he throws the body punch, Soldwedel can catch his left elbow (2) and pull him in as he steps forward, grabs his head and circles (3). Positioned in Nakasako's blind spot, Soldwedel can maneuver the other man (4), then blast him with a kick to the head (5).

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a means of overcoming his inertia. This can be accomplished by catching his elbow and moving to the side as you pass him. Bumping him can help because it upsets his balance, allowing you to move into position and control him while he recovers. However, if you do the technique perfectly, you should not have to bump him to succeed.

Your opponent can be controlled more easily if you keep the distance between him and you to a minimum as you apply the technique. Your elbow should be held tight against your body, and your hip should be moved near his closer hip. The idea is to make him turn in a large circle while you turn in a small circle. The pivot point is your hip, which should have been placed just behind your opponent's closer hip. From this position, you are free to attack with a variety of techniques.

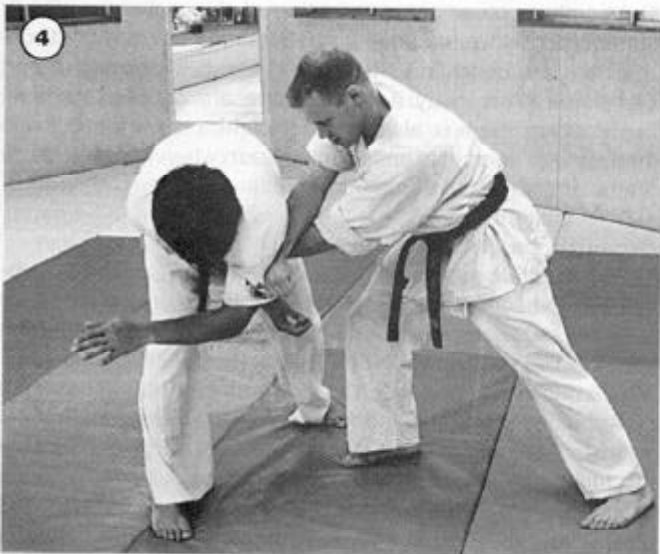
Moving Sideways

Another common mistake is trying to move your opponent

around your body while you are standing in front of him. To resist, all he needs to do is side-step or drop his hips a little to lower his center of gravity.

Instead, you should move yourself around your opponent to change your relative position. You must enter as you turn your opponent by controlling his elbow or by parrying his leg if

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