



by Guru Scott McQuaid

Every martial art talks about moving off the centerline away from the attack, but very few talk about the movement after. It has been stated many times that without footwork the best technique will undoubtedly be ineffective, simply because the practitioner is not in the correct position to capitalize on their actions.

A basic misconception in dojos, gyms and studios across the world is practicing a drill from a stationary position. The instructor may move off the centerline to parry or strike their opponent, but if they remain in the same position for their next play, they are effectively a sitting duck.

All combat is constant readjustment, the movement may be wide or narrow according to the actual fight, but there will always be movement. No matter what the fight situation is, hand to hand, blade to hand, stick to stick or blade to blade, you will have to adjust and move constantly.

It's acceptable to learn a drill by standing in front of your opponent, but once you have grasped the concept of the particular technique, then you better start moving with it because if not, your muscle memory will only reflect the static, organized training structure to which it was learned in the classroom and this is a false security.

