### Eight Strategies of War

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1. **Side Kick** *(Attack First)*

In the first strategy we attack before our opponent with a side kick, one of our most powerful weapons.

Begin from defense relation.

Before the partner can begin attack, step behind with the rear foot.

Execute a basic side kick to the ribs.
2. Reverse Round Kick *(Simultaneous Attack and Defense)*

In this strategy as our opponent attacks, we simultaneously block as we approach and attack with the reverse round kick.

Begin from defense relation.

As opponent attacks with leading hand, block as you step behind.

Execute reverse round kick to face area.
3. **Front Kick (Side Attack)**

To break the opponent’s attack we move into a flanking position and deliver a front kick to the unprotected side.

*Begin from defense relation.*

*As opponent attacks with lead arm, block and step with the front leg 45° to back side.*

*Execute front kick to kidney area with rear leg.*
4. Combo *(Regroup)*

We avoid the attack and quickly regroup and launch a punching attack. If momentum is gained then we continue to attack with a round kick and ½ spinning reverse round kick until the opponent is defeated.

Begin from defense relation.

As opponent attacks with lead arm, block and move the front foot even with opponent’s front foot and prepare a punch.

As a counter-lateral punch is executed the opponent will move away, avoiding the attack.
As opponent moves away, continue momentum forward. Execute round kick to face level.

Set foot down, turning ankle and head. Execute \(\frac{1}{2}\) spinning reverse round kick to face level.
5. Double Block and Punch (*Luring*)

As the opponent attacks, we block and use positioning to defend. By moving to the open side we draw an attack to the face. We block the attack, and then punch.

Begin from offense relation.

As opponent attacks with lead arm, block and move the front foot even with opponent’s front foot to open side to draw an attack and prepare a punch.

As opponent delivers a second punch, block and execute counter-lateral punch to face level.
6. $\frac{1}{2}$ Spinning Reverse Round Kick (*Change of Relation*)

As the opponent attacks we block and turn the front foot and head around and deliver $\frac{1}{2}$ spinning reverse round kick.

Begin from offense relation.

As opponent attacks with lead arm, block and turn foot and head toward target.

Execute $\frac{1}{2}$ spinning reverse round kick.
7. Walk Away Round Kick *(Diversion)*

By feigning disengagement we are able to attack a vulnerable side with a round kick as we move away.

Begin from offense relation.

As opponent attacks with lead arm, block as you step 45° with rear leg to back side.

As you walk away, execute round kick.
8. Reverse Spin, Strike and Punch (*Infiltration*)

We block as we move behind enemy lines and strike the opponent, then finish with a punch.

Begin from offense relation.

As opponent attacks with lead arm, block and step 45° with front leg to rear of opponent’s front foot.

Reverse spin to bring rear foot to position behind partner while protecting the face with front arm.
Execute knife hand strike to ribs and prepare punch.

Execute punch to side of opponent’s ribs.