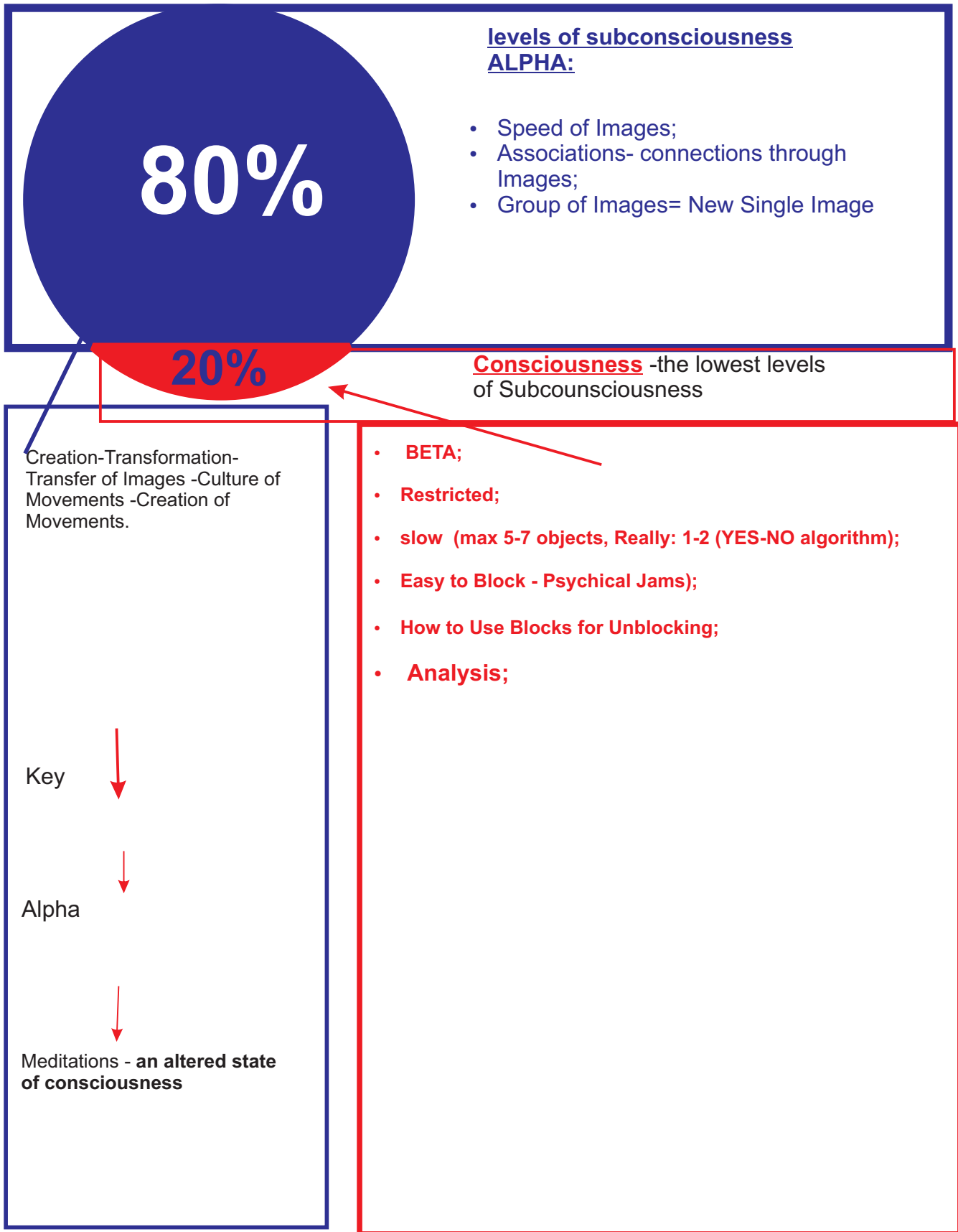


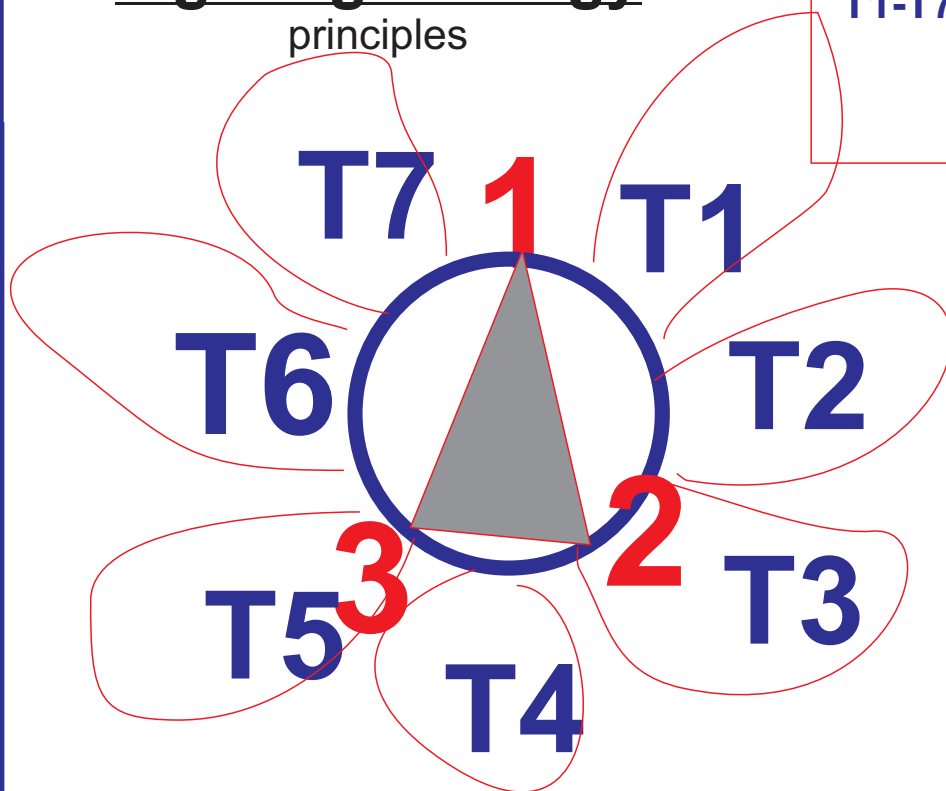
# Management of Emotions



# Fighting Strategy

principles

T1-T7 are any Techniques



Creation of Movements/  
Transfer of Movements -  
Adaptation and Improvisation  
based on  
Biomechanics of  
Human body.

Culture of  
Movements

**1. Principles of Biomechanics**

**2. Physical Reactions**

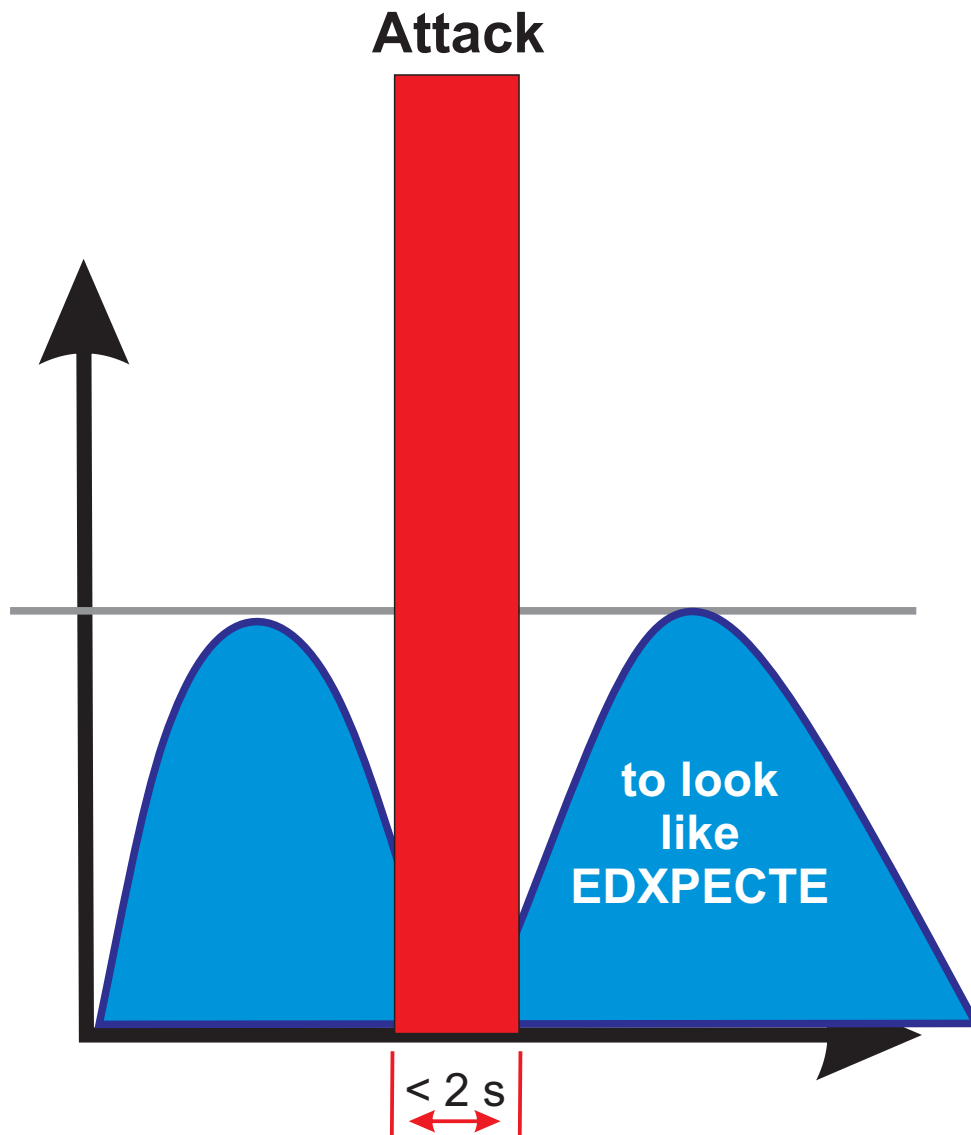
**3. Timing**

**HOW TO DO BASIC Techniques RIGHT** - how to move on  
1-2-3-1 ( basic movements-basics of Power Management -  
basics of using of Body

**2-EN**

## Psychical Reactions

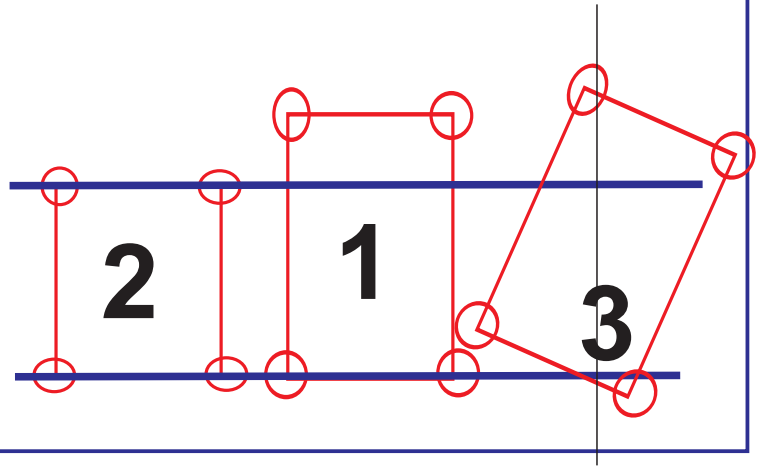
- TO LOOK LIKE EXPECTED
- FORCE HIM TO HESITATE



- **TO LOOK LIKE EXPECTED**-Blending + to Fit Spectators Expectations;
- **Hesitations**: human eye adjusted to 2s recognition of motion. If you do something in less than 2s, your watcher automatically re-check situation. If after that 2s you again behave LIKE EXPECTED, your opponent believes in WHAT HE SEES NOW and HESITATES on what happened ( EVEN IF HE SURE ON WHAT HE SAW).

# 1. Principles of Biomechanics

- 1. FRAME
- 2. WHO IS LOWER?=WINNER;
- 3. Skew of Frame = unbalance



## POWER GOES FROM LEGS:

- Squat;
- frame;
- acceleration
- = Generation of Power

## Abdomen:

- Connection between Top and Bottom of your Body.

## Chain:

- Human Body Consists of Chains of Connected Bones.

## 2. Psychological Reactions

- your's and opponent's;
- **x6** - if your opponent thinks that MISLEADING MOVEMENT IS REAL, his REACTION TO REAL MOVEMENT IS **6 TIME SLOWER** = **DO SLOWER AND BE FASTER.**
- show left and move right;
- step forward - step back;



### PRINCIPLES OF BALANCE / DISBALANCE / DISTRACTION

#### SPEED = SUM OF DIFFERENT TYPE OF SPEED:

- **PHYSICAL SPEED - DIFFERENT** speed of different part of bodies-  
**SYNCHRONIZATION OF DIFFERENT TYPE OF SPEED;**
- **Speed of Reaction;**
- **Speed of Anticipation;**
- **Speed of Synchronization of Opposite Muscles (AGONISTS - ANTAGONISTS);**
- **Speed of Impulses - Psychological Acceleration;**
- **Speed of COMPLETION OF TASK.**

## 2.1. The Main Psychological Mode in Combat Situations

SPORT COMBAT	PRACTICAL COMBAT
<p><b>1. Physical Component</b> (Good Fitness + Biomechanics + Generation of Power);</p>	<p><b>3. Physical Component</b> - RECOURSES WE HAVE ( in case of injuries)</p>
<p><b>2. Emotional Component</b> ( Proper Emotional Mode-good physical shape creates good emotions - JOY OF</p>	<p><b>2.Emotional Component</b> - Stabilisation of Emotions - Altered Psychological Mode-General Combat Mode-Alpha Mode;</p>
<p><b>3.Intellectual Component</b> ( Correct Program of Action - WHAT TO DO and WHEN= TAIMING).</p>	<p><b>1. Intellectual Component</b> ( Correct Program of Action - WHAT TO DO and WHEN <b>with recourse we have</b>).</p>
<p>Good Physical Shape leads to proper Emotional Mode that leads to Optimisation of Execution of Task if <b>PROGRAM OF ACTION IS CORRECT.</b></p>	<p><b>HOW TO EXECUTE THE TASK WITH RECOURSE WE HAVE with Optimised Emotional Phon.</b></p>