

# **EIGHT BASICS OF SELF-DEFENSE**

- 1. ATOM** - The beginning
- 2. MOTIVE** - The Reason Why
- 3. THOUGHT** - The Thinking process
- 4. MOTIVATION** - The action of thought
- 5. PROJECTION** - Hand and feet techniques
- 6. FOCAL POINT** - Center of Concentration (Also "target area")
- 7. CONCENTRATION** - 100 percent of thought on the focal point
- 8. CONTROL** - Control over the other seven basics

**REMEMBER: THE MORE EXPERIENCED KARATE-KA YOU ARE, THE EIGHT BASICS WILL OCCUR WITHIN THE TIME LIMIT OF LESS THAN ONE SECOND!!**