

## **ATTACKING AND RETREATING METHODS (KOGEKI-HOHO)**

To be able to attack and retreat is the most important element in sparring. When sparring, maintain a comfortable and well-balanced forward or side stance that will permit free and easy movement in any direction at all times. Do not allow the feet to get too close together or too far apart. When stepping, do not raise the feet off the floor. Feet should glide forward sideways or backwards (like a cat) with an easy flowing and silent movement.

Once having made a commitment to advance or retreat, the technique must be carried through. **Do not break rhythm** until the attack or retreat movement is completed.

The following seven movements of attack or retreat should be remembered when participating in kumite.

1. Move forward with the rear foot (as in walking) when attacking.
2. Same as above, except that the moving is done in a circle-like movement from a side stance.
3. Step forward with the front foot followed by a rear foot slide when advancing. Step backward with the rear foot followed by a front foot slide when retreating (step and slide)
4. Spring forward (about a foot) with both feet simultaneously when advance. Spring backward (about a foot) with both feet simultaneously when retreating.
5. Step forward with the rear foot as it replaces (the exact position) of the front foot when advancing. Make sure the rear foot touches the front foot as it replaces it. Step backwards with the front foot as it replaces (the exact position) of the rear foot when retreating.
6. Cross over with the rear foot (deep) and in front of the front foot when advancing. Cross over with the front foot(deep) and in front of the rear foot when retreating.
7. Cross over with the rear foot(deep) and behind the front foot when an advancing. Cross over with the front foot (deep) and behind the rear foot when retreating.

Remember when performing these steps stay low and at one level. Hands should be kept in a fighting posture.

Except in part from “The Pinnacle of Karate” by Robert A. Trias