

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!!