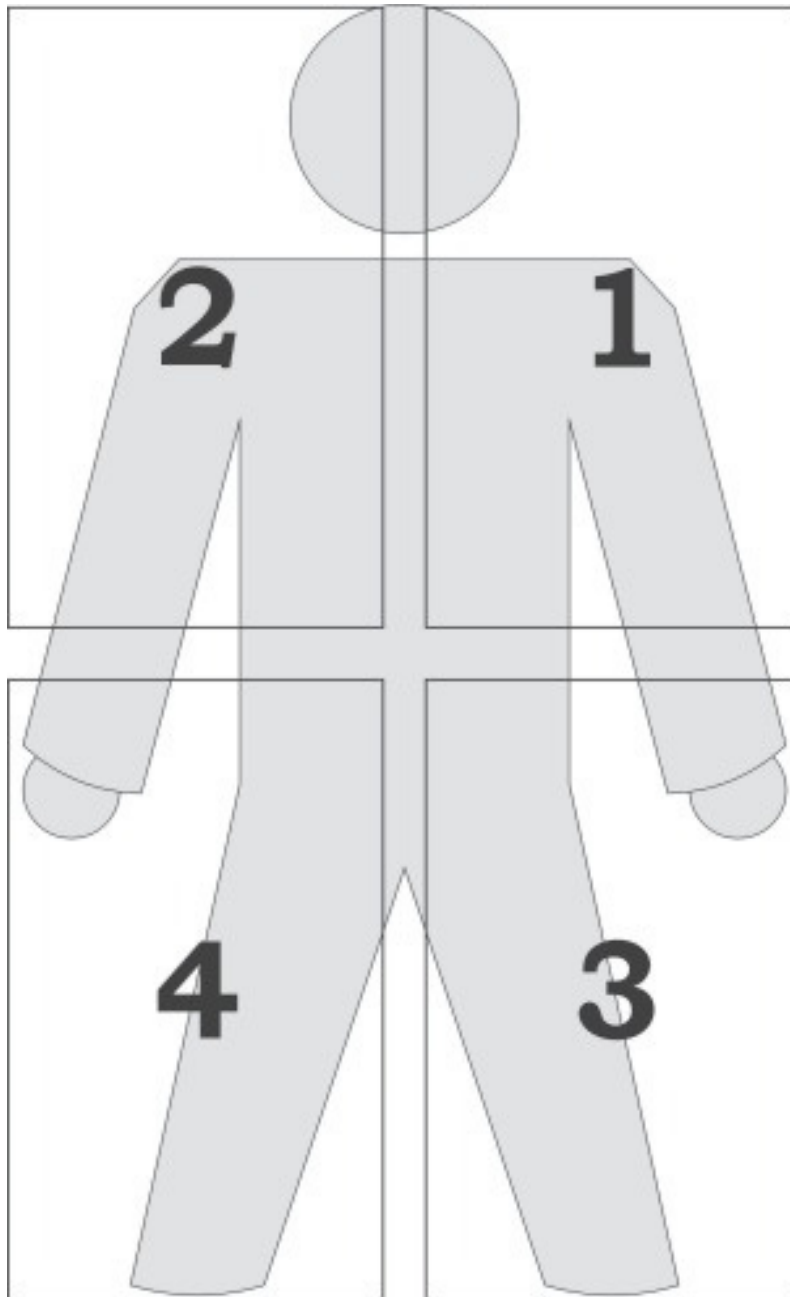




THE 4 QUADRANTS





THE 4 QUADRANTS

As you face a bag or an opponent ready to strike, imagine that it is dissected with horizontal and vertical lines (refer to the previous page). The horizontal line runs across the elbows and the vertical line runs from the top of the head down through the center of the body.

The upper right quadrant is number 1, from the left elbow up to the top of the head.

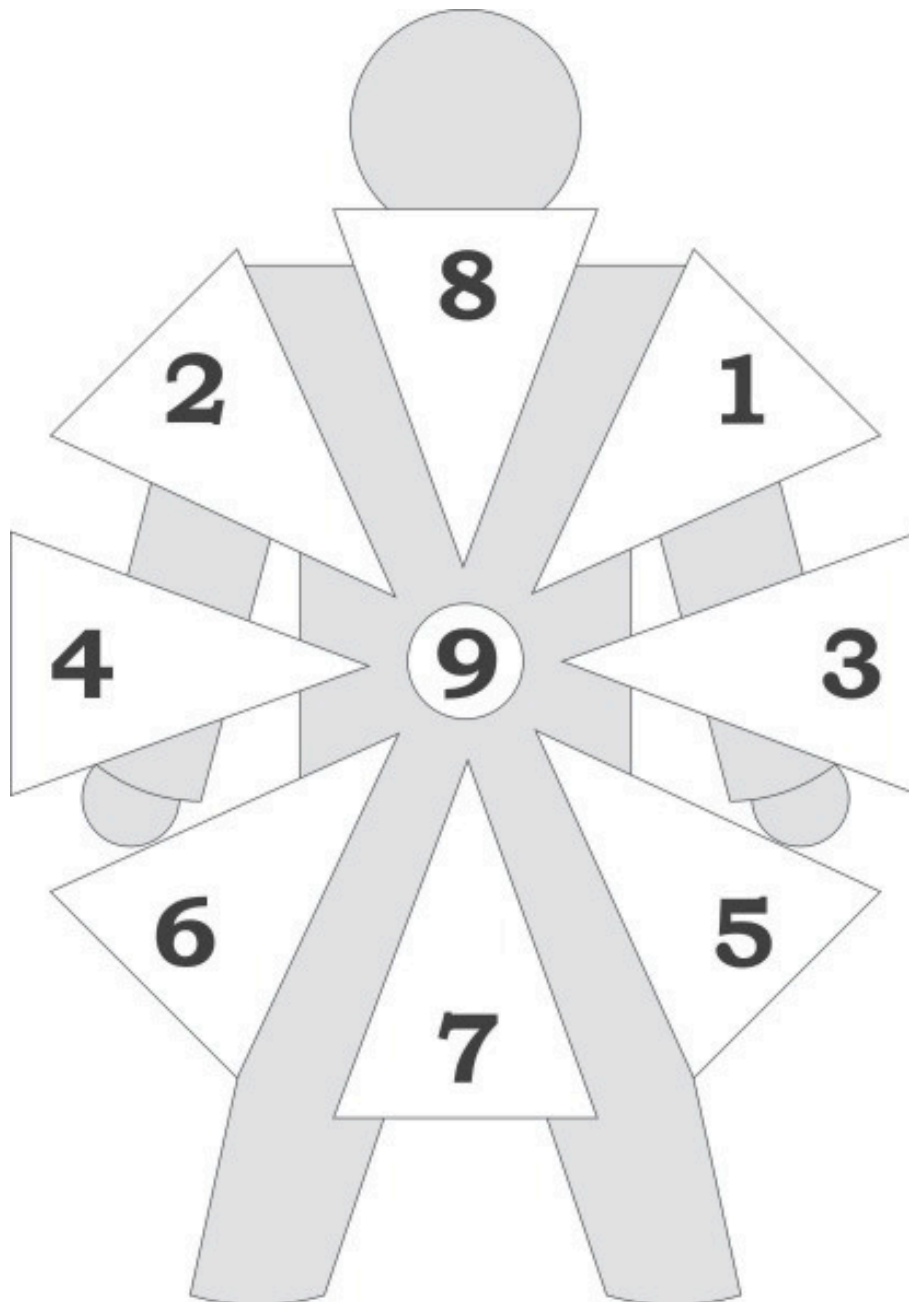
The upper left quadrant is number 2, from the right elbow up to the top of the head.

The lower right quadrant is number 3, from the left elbow down to the left foot.

The lower left quadrant is number 4, from the right elbow down to the right foot.



THE 9 LINES OF STRIKE





THE 9 LINES OF STRIKE

Within the 4 quadrants there are 9 lines of strike. A line can be any strike within a radius of 360 degrees.

Line #1 starts in the upper right quadrant to the lower left quadrant.

Line #2 starts in the upper left quadrant to the lower right quadrant.

Line #3 is on the horizontal line across the elbows starting from the left side of the body to the right side of the body.

Line #4 is on the horizontal line across the elbows starting from the right side of the body to the left side of the body.

Line #5 starts in the lower right quadrant to the upper left quadrant.

Line #6 starts in the lower left quadrant to the upper right quadrant.

Line #7 starts on the vertical line from the groin area to the top of the head.

Line #8 starts on the vertical line from the top of the head to the groin area.

Line #9 is a strike to the center of the body.

***The lines of strike shown are with the weapon in your right hand. Lines 1-6 will be reversed when the weapon is in your left hand.**