

Kumite Commentary - Norris

Attacks-

One of the most important moments in every tournament match is the *initial move*. It can be either a feint (a maneuver to fake the opponent into thinking that you are about to attack) or an actual attack. Using the feint will generally tell you a great deal about your opponent, whether he is a retreator, a counterman or a “sitter”. The feint can also be used to setup your opponent for an attack, the timing of which is equally as important as the feint. If these gambits are correctly used, you will find a new edge to your attack and a much higher point average in your matches.

The Initial Move-

One of the most difficult things about karate free sparring is getting inside your opponent’s defenses with your attacks. For this reason, you should make use of your initial move to bring about a reaction from your opponent, and then counter-react to it. Your opponents’ reaction will usually dictate your own mode of attack. Other factors are involved; however, one is your *personality aggression level*.

A passive personality will usually hesitate to attack. The very aggressive personality has a different problem. Overly aggressive persons are often disqualified for unnecessary roughness or lack of control.

Still another factor of judgment in your initial move is the personality of your opponent. Is he a retreator or a counter attacker? Upon finding out what type of fighter he is, you should make adjustments in your own attack. For instance, if you charge an opponent with a good set of combinations, you will be blown out of the ring if you are not careful. If you employ a like attack on a retreator, he will be halfway into the grandstands by the time your kick is in mid-air. The main point is to know what your opponent is going to do when you attack-BEFORE YOU ATTACK!

These are but a few excerpts from the book ; **Winning Tournament Karate** by Chuck Norris Ohara Publications, incorporated 1975 –Library of Congress Catalog Number: 75-5497

About the author; It is occasionally cited that Norris made history in 1997 when he was the first Westerner in the documented history of Tae Kwon Do to be given the rank of 8th Degree Black Belt Grand Master. However, Norris appears to have been misled about this as there were at least two other U.S. Black Belts (Charles 'Chuck' Sereff and Edward Sell awarded TKD 8th Dan several years prior. On July 1, 2000, Norris was presented the Golden Lifetime Achievement Award by the World Karate Union Hall of Fame.

His tournament record, based on tournament matches, is estimated to be 183-10-2, though some sources list it as 65-5. Norris won an estimated 30 or more tournaments, beating an average of five opponents per tournament. At the New York tournaments, he defeated 12-13 opponents per tournament.