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WORLD'S LEADING MAGAZINE OF SELF-DEFENSE



*The role of timing in the ring
and on the street,
plus the best methods
for developing
it quickly*

by Sandra Essary

4th element

The two full-contact fighters faced each other. They wore no gloves, footgear or pads. They were armed only with karate—with their empty hands. The rules set few limits on this most brutal type of competition. Crippling shin kicks to the thighs, full-force instep kicks to the head, bone-breaking punches to the ribs and body—all of it tested a man's technique, speed and power. But even more important, it tested his heart.

Without taking their eyes off each other, the fighters bowed. The ref shouted, "Hajime," commanding them to begin. Punching and kicking, they blasted away at each other.

The fight overhead made one fighter's head throb as soon as he opened his eyes. Looking up, he saw someone standing over him. "What happened?" he asked.