

**5 Distances Lecture Outline**  
**Transcribed from Si-Fu Emin Boztepe 5 Distances Video**  
**Tool for instructors or Group leaders holding introductory Wing Tsun Workshop**

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**Explain Magnetic Zone**

**Longest Weapons**

- **Side kick (Person is all stretched out)**
- **Boxing Jab**

**Distance #1: Kicks**

- Preparation step must be made by opponent to reach you.
  - **If you can be hit, you can hit.**

IRAS: Tension between legs for movement. (Potential Power)

**Their first movement is preparation, ours is attack. So, we don't waste any time. Step and punch**

We use the names Karate, Tae Kwon Do; ECT... for reference points to techniques. No disrespect to other styles, or stylists.

- We never block we wedge. Blocking only chases the weapon, not the target. Also, you may expose yourself while doing it.

**Example:** Blocking a groin kick with your arm.

Your arm is too short, so you have to bend down to reach. Which brings your face closer to your opponent's range.

Circle step against a kick. (**Demonstrate and drill**)

- **Follow up w/ same circle steps against all kicks**

Straight stop kicks (**Demonstrate and drill**)

**We don't teach self-defense. We teach "Self Offense". The best defense is a good offense!!!!**

**Distance # 2 Hands**

Divide body into 4 parts, where the line crosses is the center point. From that point, a line shoots out forward connecting to the opponent's center. This is the centerline – ALWAYS.

- If the opponent is smaller then it moves down. IF they are taller, it moves up.

1. **Width:** Elbow to Elbow across the chest
2. **Depth:** Man Sau fingertip to your chest
3. **Height:** (Tallest point) Fingertip of the Wu Sau to the Elbow of the Wu Sau arm.

**1. Connect a line from the head across the tip of the Wu Sau, to the tip of the Man Sau. From the Man Sau, down across the Elbow of the Wu Sau to the groin. This forms a Triangle.**

**2. Draw a second line from your left elbow to the fingertip of the Man Sau then connect it to your right Wu Sau Elbow.**

**3. Lay the two across each other and you form a wedge.**

#### The first active movement w/ hands

- When the person moves in, you move in extending both arms forward.  
**Creating pressure.**
- **You need pressure to make a wedge work.**
  - **No pressure – no wedge!**

**(Same concepts with legs) → IF they try to kick you, kick them to counter.**

- If you use blocks or resistance – it is not WT, simply because it's not forward movement (energy). If it's not using resistance – it's WT

→ Blocks are good for demos. In reality you have to crash the opponent.

→ The only secret to WT is good footwork. Keep pressure between your legs at all times and 100% weight on your back foot.

Demonstrate w/ somebody trying to sweep your front leg in sidling position. Show how pressure moves you to Huen Gerk. Explain why it's passive and not Active so you may maintain your balance. (No premeditated movements)

- Show wedge in our stance. (head and Groin protection)
- Show IRAS safe distance
- Show WT footwork against Kicks and Punches w/ forward hand and foot movement. Even against grapplers.
  - The problem w/ most grapplers is, they forget about the hands and feet of their opponent while trying to grab them. So, they get hit...

- There is only one way to fight. As long as humans are built the way we are: **w/ limbs. We must fight with our limbs. The question is not which one you hit with. It's how you use it.**

**(Demonstrate other style's methods)**

**I'm more concerned with preserving myself, then doing nice looking movements. WT uses simple movements, so it's easy to learn.**

- Hit them before they hit me.
- Explain the "So What" theory to cancel out any questions.

"It's about the efficiency of the system, to the aesthetics".

The person who understands the concepts and works the hardest will be successful.

- **Combinations:**  
Show boxers combos  
What do you do against Boxers combos?  
**Same thing, FORWARD MOVEMENT.** "Hey where's your combo?"
- **Pressure:**  
Always use pressure. Never hold the person.  
→ If you hold – you get hurt.  
If I hold him, I can't hit him.  
Example: Hold Assistant in IRAS and punch

### **Distance # 3 Elbows / Knees:**

Example: Person grabs you around the neck and tries to knee you.

(Demonstrate knee pressure and sticking to remove his space to hit you.)

Explain multilevel thinking. When you do a knee defense, punch at the same time.

1. **One of the advantages of EBMAS WT is using multiple limbs at the same time. Never focusing 100% on one attack / defense at the same time.**
2. **We don't focus on their tools. We focus on what controls them. While others focus on the tools, we just move forward.**
3. **This is why we don't block, pressure creates our techniques. Others collect techniques because they don't understand pressure. So they have to go after their tools, not what controls them. When we slow down our reactions to pressure, people confuse them for techniques & mistake them for blocks. In reality they are passive, no resistance movements. Then everything has to have a label or name verses concept of motion.**
  - Pressure: 4 principals of direction
    - Inside – Outside
    - Outside – Inside

- **We implant reflexes to pressure – not prearranges movements to defend against pressure. NO POSING**

→ So, we have to use pressure & structure to keep the opponent away.

→ **So, back to footwork, if you can't move or balance – you cant attack.**

## **Distance #4 Anti-Throwing**

Knee pressure – Not weight

- Books and videos can't show you pressure; only instructors can. – Interactive learning.

When a person grabs you, the general reaction is to grab back – control. This is wrestling against wrestling. That's what a wrestler wants, a wrestling match.

- WT does not do that. According to the Centerline Theory, we must attack forward. We stay back in TRAS (safe distance) until they move in. Then we attack forward with Kicks, punches or both at the same time.
  - If the shoot in & grab our legs, we don't punch their skull, but the back of their neck on the nerves.
- If the person does grab you, they may have too much pressure on you to hit them. They've stolen your balance. You can't do one without the other.
  - You need balance first, then you can hit.
  - The higher you stand the more flexible you are verses standing deeper.

## **Distance #5 Grappling**

Just because you're on the ground, doesn't mean that you have lost your balance.

**DRILL:** Kick defense on the ground w/ circling  
Demonstrate kicking concept is the same as punching

**DRILL:** Falling down and standing up

**DRILL:** Person tries to pass your legs – kick defense

(This will demonstrate that WT has the same principles on the ground and standing.)

- Show that Man Gerk has the same 4 principles to pressure as Man Sau.

Demonstrate the Guard passes Defense so that attacker can not mount or head lock you.

- Use multi-limb concept – when their face comes close punch them

## **Closing**

Explain Lat Sau – Good guy / Bad guy

Explain difference between punching and techniques (late)

**Show Multi Limb concept against any defense.**

Show closing the gap w/ either your body or punching to jam your opponent. Relate it to if the way is clear punch. Explain fast and slow – summarize

**END**