

Straight Blast Rushing to The Wall: Part 2

by Keith Pascal

A Quick Recap of Part One

In Part One of Straight Blasting Without The Punch, we explored the idea of forcing back your opponent, until he or she reaches a wall.

Don't mistake this for a simple shove. You aren't just pushing your opponent. This is more sophisticated....

You develop the energy, and the intensity of a straight blast. Your barrage of punches forces your enemy backwards. You transfer this energy -- your push and body position, to techniques that also force your opponent backwards.

By maintaining the energy of your punch sequence while eliminating the punch, you develop a much more refined technique ... and a more practical one, too.

In Part One, you progressed to where the punches were completely gone. You pressed your enemy with a lock, throat grab, or other move. But to what end? Once you get him or her to the wall, then what?

This follow-up article will delve into a few ideas for the "then what." Let's start with why you eliminated the punches, in the first place.

The Same Feeling Whether Or Not You're Punching

By suggesting that you learn to transfer the feeling of a straight blast to a non-hitting, rushing advance, I'm not saying not to blast. Learning a new skill doesn't preclude the first one.

We could reason through the typical logic of times that you might need to control where it wouldn't be appropriate to hit, but I don't feel that's necessary. You know when you shouldn't clobber someone.

Instead, think of it as generalizing your skill. Now, you'll be able to advance on someone with equal oomph, whether or not you are punching.

I like to think of it as being very ... cool to have the control to keep it going even without punching.

Still, you should have your straight blasts ready to go. Right?

Adding Back In The Punches

It makes sense to be able to add the punches back in, at will. You will be a mean force to be reckoned with, pardon the cliché, when you can always take control of the situation and force your opponent to retreat.

Whether you are hitting, locking, grabbing, pushing, or making any other type of contact, you will exert your will on your enemy. Whatever you do, he goes backwards ... quickly. He can't help it.

At some point, you are going to have to grab a practice partner and get comfortable adding back in the punches.

At first, in the way that you eliminated the punches a little at a time, you will add them back in. Get accustomed to emitting straight blasts of various lengths within the shoving-back sequence.

You should be able to punch five times within the push-back as smoothly as you punch 20 times.

Once you can vary the number of punches within your advance, it's time to take it to the next level....

Practice inserting several mini sequences within the main run to the wall. As you rush your enemy backwards, straight blast ... then shove ... then blast ... then shove.

You don't care whether you're punching or locking, kicking or performing an arm bar ... you still rush your opponent by running forward.

Stop Any Response Early

Your intensity should carry you forward, but if you see or feel any resistance begin, shut it down instantly, and continue your rush.

I suggest you perform a quick, low-line stop kick to combat any beginning resistance. Whether your opponent starts to lift his leg in a kick or tries to gain a little extra distance to begin a punch, you stop it by kicking him in the shins or knee.

Practice this until you are able to detect the slightest beginnings of a countermove.

And of course, continue your advance to the wall.

Finally, The Wall!

Okay, you reach the wall. That was the objective when you started barreling forward. Now, that you have reached it, you have to decide what's next.

Think about all of your possible outcomes for this equation now, so that you really are prepared to control all aspects of the fight, including the outcome.

Let's examine some of your choices:

a) And the point is --

You could shove someone to the wall to prove a point, with no further consequence. I have done this many times. While playing with some practitioner something happens, where the person gets snooty or develops a challenging nature.

I remain polite up to a point. And then ... I rush them to the nearest wall, quickly and efficiently. And as soon as we reach the wall, I back off. It's over. And I am immediately back to Mr. Super-Nice Guy.

b) A fight ender --

You are in a real altercation; this is serious. In which case, if you are running someone to the wall, think about using the wall as a weapon. As in the arm bar described in Part One, force the person so hard into the wall, that the wall damages the person.

If it's an arm bar, then the head will make contact ... which could bring legal ramifications (I felt obligated to insert a legal warning). You could also shove a shoulder into a wall, a hip, arm, or elbow.

With enough force, fortunately or unfortunately, you could cause a great deal of damage.

c) Further control the body --

You could shove your opponent to the wall and then control with a lock that presses your enemy further into the wall, so to speak; this way, the wall prevents movement from starting.

Your goal is hold the attacker to the wall.

Once you have control ...

d) Let's talk --

You could decide to hold the person and have a talk about what just occurred or what you want your enemy to do next. He'll obey, if you have the right lock and the right pressure, both against the wall and on the lock.

Don't let your enemy go prematurely, or he could turn and get instant revenge.

You might have to detain your aggressor, until authorities arrive. be prepared to wait.

e) Final Consideration; when the wall isn't a wall --

We have been so set on running our opponent into a wall, that we may miss the forest for the trees. We practice, which includes bracing ourselves for impact into a solid object.

But what if it weren't such a solid wall?

What if the wall were a giant window or sliding glass door?

You'd have to make a few adjustments. For example, you don't want to throw your enemy so hard into the glass that you follow with both of you ending up cut. (How will you plan the "release"?)

Another window/sliding-glass-door consideration is whether or not you are on the ground floor. It's one thing to push an attacker through a plate glass window into a garden; it's another to push your attacker out a window 20 stories above the street below.

Both could get you thrown into jail. Each might warrant different consequences. Neither or both may be worth it; situations vary.

Whether into a wall or through a window, this is a powerful strategy.

Practice carefully ... and be cautious about employing such a tactic in real life. No real windows, please.

If you like the idea of predicting the end of a fight, then I am pretty sure you'll crave the information in **How to End the Fight with One Hit**. It starts with the goal of the end in mind. You work through some very real possibilities, before you dive into some killer techniques. <http://punchharder.com/learn-how-to-fight/>

END OF ARTICLE

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