



OMEGA MARTIAL ARTS GENERAL CORE CONCEPTS

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CORE CONCEPTS

MENTAL

- “BE” - What does this mean? “BE”... teachable, respectful, in the moment, aware of self and others, honest, & kind.
- Understand the value of working hard over a long period of time. The journey is the reward - not the belt.
- What is your “Why” in doing martial arts? This reason can change over time - but is important to always have a “Why”.
- Contribute to the family that is OMEGA. Do not be afraid to be open and vulnerable about who you are as a person.
- Live and practice martial arts with intent and with confidence.
- Understand that when you give to others through teaching and service, you generally get more out of it than they do.
- Learn to breathe in order to stay in control and calm. Embrace the practice of meditation.
- Take time and find meaning in the bigger picture of martial arts - It is not just about kicking and punching.

PHYSICAL

- “WILL IT WORK?” What does this mean? Do you show up & practice in such a way that all you do “WILL WORK?”
- The physical success of your martial arts depends on learning & working with your own individual body & biomechanics.
- Be a protective martial artist - Do martial arts within the framework of your own body.
- Understand power & where it comes from: speed, hip twist, gravity, muscle, body mass, & your inner force (Chi).
- Understand the concept of Flow: Your ability to move through movement and not be stiff; but then tighten at an instant.
- Understand Balance: The alignment of head/shoulders/hips/knees/feet and compensating for various movements.
- Do your best, BE your best, & Give your best!

BASICS

- Basics are the foundation for all things in martial arts.
- Be precise & exact - Know where your hands & feet go.
- Slow down and know why you are doing a motion.
- Understand how to properly use Chambers.
 - A proper chamber will generally allow you to execute a twist in the final block or strike.
 - A proper chamber will allow you execute the intended strike or block within the next motion.
- Be strong and land your movements in such a way that it is correct the first time - no secondary adjustments.
- Focus on & understand your end point.
- Bunkai - The layers of meaning behind all movements.

STANCES

- Be exact with foot position and weight distribution.
- Centering: Understand the mental and physical need before you explode into another movement.
- Understand Hip Twist to generate power.
- Be powerful & grounded, yet allow for softness & flow.

KICKS

- The success of any kick is to understand the body mechanics of the kick and how it applies to you.
- Be exact in foot position & base foot placement.
- Rotate on the ball of your foot.
- Chambering correctly & proper hip placement allows for the kick to come right after the chamber.

FORMS

- Forms are a way to practice proper basics, stances, kicks, & meditation - “no mind”.
- Success in forms is found in consistency. Correctly practicing forms will produce confidence and will allow the mind to be clear and not frantically thinking of the next motion. This is how to achieve “no mind”.
- Forms should be performed with the following characteristics: 1) Power 2) Focus 3) Intensity 4) Balance 5) Flow 6) Eyes Up 7) Head Snaps 8) Understanding of Cadence
- The balance shown in a form is derived from staying low. Keep your head at the same height as you center and execute various motions. Do not over extend your motions past the framework of your body.
- Bunkai - Forms contain many layers of various meaning. Practice and study the forms to find out what those layers are.



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COMBINATIONS	SPARRING
<ul style="list-style-type: none"> Allows us to practice the relationship between various kicks, punches, & body mechanics - combined with flow. Know what a proper Fighting Stance is: <ol style="list-style-type: none"> Position of feet, hands up, upper body & hip positioning, & focus. Understand the use of circling, angles, straight in & out defense and attacks, & proper distancing. Understand the use of Timing and how it applies. Combinations are not just used for Offensive, as there are Defensive Combinations that are just as valuable. 	<ul style="list-style-type: none"> Purpose: To take a set of rules and parameters and use various punches/kicks/combinations to score proper points. Have a mindset of “Play” and not to hurt one another. Ring Protocol: Always show Respect! Understand effective movement while in the ring, and know when to use what. Learn that multiple attacks will create openings to score. Cardio: Do not take this for granted. Work on it Always! If you can't breath - you can't fight. Consistency in Sparring will give you Confidence.
SELF DEFENSE - MENTAL	SELF DEFENSE - PHYSICAL
<ul style="list-style-type: none"> YOU ARE WORTH FIGHTING FOR! Develop healthy mental & emotional boundaries. Understand where you do and do not feel comfortable and defend that line. Attackers just want to control. It is not rude to ask people to respect your boundaries. Be Aware! Keep you eyes up, ears open, and cell phone down. The Most Effective Self Defense happens well before you are ever attacked by someone. Ask yourself: <ol style="list-style-type: none"> How do I view the world? With Fear or Faith? What sort of habits do I have? Can someone track them? Am I regularly alone? Could I be considered a Target by who I am and what I currently do now? Remember: NO means NO! And if you are attacked... It is NOT your fault. 	<ul style="list-style-type: none"> YOU ARE WORTH FIGHTING FOR! Do not back down: Fight until you can't fight anymore. Keep things SIMPLE! Look people in the eye. This can prevent an attack. Power increases when motions and defenses are close to the body. Do not over extend yourself. Distancing. Use Self Defense motions that agree YOU & your body. Counters against joints and vulnerable parts of the body are more effective. Proper targeting is vital. Remember: One big boulder thrown is more effective then a million little pebbles - Make it count the first time! Your VOICE is powerful and can save your life. Make a scene and draw the attention to your circumstances. Adrenaline can be your best friend or worst enemy. Undertstand what Adrenaline Dump is and how to manage it.

JUDO

- Remember that you can not move or throw someone who is NOT off balance.
 - Know how to use the “Weak Angles” to gain an advantage. What movements put them off balance?
 - Keep your center of gravity lower than theirs.
 - Stay on balance and keep your core tight.
- Understand how to stay loose and fluid (like water) until you need to strike - then tighten up.
- Effective Judo is a chess match. One movement can set up another movement.

BE A MARTIAL ARTIST BOTH INSIDE & OUTSIDE THE STUDIO!

OMEGA - A WAY OF LIFE!