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6. OFF-BALANCE
(The Ob of A B Ob A Fu Go)

1. BLOCK FOLLOW-THROUGH

The utilization of off-balancing blocks may vary for the student, but the student should not be surprised when the instructor demonstrates blocks out for the student, most efficient way to off-balance someone. Blocks and off-balancing are not identical but they are related. Whenever possible, you can do both. Off-balance and your block.

A block is used to block the end of an opponent's attack, and as a consequence to force a retreat for a block means "negation" of the force. The student should not be surprised when the instructor demonstrates blocks out for the student, most efficient way to off-balance someone. Blocks and off-balancing are not identical but they are related. Whenever possible, you can do both. Off-balance and your block.

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HIDDEN ATTACK DEFENSE
Fundamental Overlap Sparring for Today's World

There are three hidden attack techniques that are used to off-balance someone in a hidden attack pattern. Many traditional martial arts styles do not teach the hidden attack pattern. The hidden attack pattern is a hidden attack pattern that is used to off-balance someone. The hidden attack pattern is a hidden attack pattern that is used to off-balance someone. The hidden attack pattern is a hidden attack pattern that is used to off-balance someone.

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