

# A Simple Lesson In Karate by Chuck Norris ONE-STEP TECHNIQUES



**CHUCK NORRIS** is the karateka's karateka ... the sensei's sensei. His past performances on the tournament circuit have established him as one of the great fighters of all time. Retired from active competition, his schools in California (three to be opened soon in San Francisco) produce some of the best of today's tournament competitors. His teaching techniques are as strong and effective as those he displayed in the ring. Every move he teaches a student is carefully and intelligently explained. The student not only learns how to deliver a technique ... he also knows why and when. Because of his effective teaching methods, Sensei Norris is constantly traveling to dojos around the country teaching the teachers. We at **OFFICIAL** are proud and pleased that Sensei Norris took the time to teach us and our readers this simple lesson in karate.

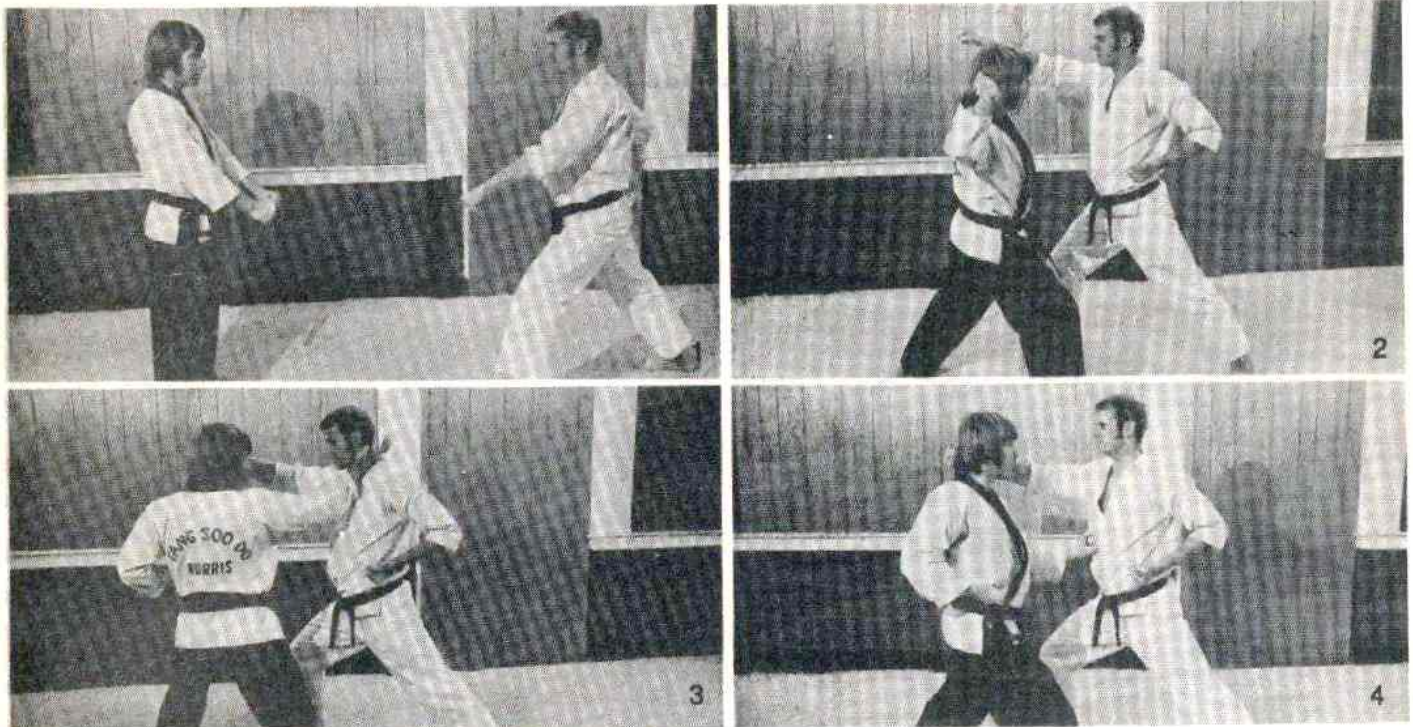
The term "One-step techniques" does not apply to the movements made by the defender but, rather, is the title given to the one or more defense techniques taught to the student by Sensei Norris to counter an attack by an opponent who begins his attack by taking *one step* toward the defender.

The student learns, first, to properly judge the distance between him and his attacker ... and only then the technique or combination of techniques that he can use to defend himself. The student practices one defensive technique until he has mastered it. He then combines it with a second ... and then later with a third and, perhaps, a fourth. Finally, the transition from one technique to another will flow smoothly, naturally and have a devastating effect on an attacker.

Sensei Norris does not believe in wasted motion. The fraction of a second lost while preparing a second or third technique could mean the difference between winning or losing. You will notice here that follow-up techniques flow naturally from the previous ones. The end of the first is the beginning of the second. We show these one-step techniques as they are actually taught by Sensei Norris. The first sequence shows only one defense technique ... the second, two ... and so on. Assisting Sensei Norris is Sensei Ray Martin of New Jersey.



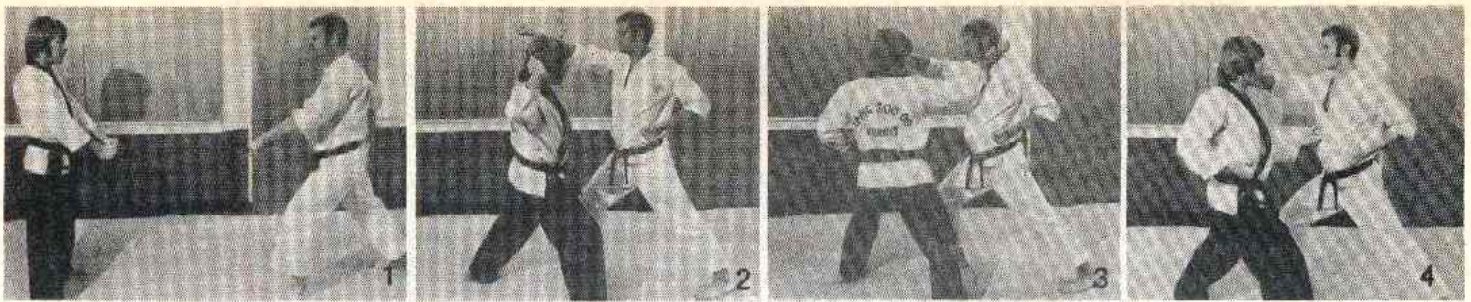
As an attacker moves in one step with a punch, you step to the side and block with an outside, left-hand block (1, 2) and counter with a right-hand shuto to the neck (3).



After mastering the block and shuto counter (1, 2, 3), you add a left close punch (palm up) to the midsection (4).



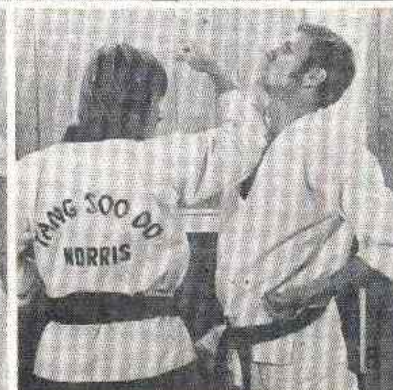
The shuto and close punch (1-4) are then followed by a right elbow across the face (5) ....



.... From the elbow across the face (5), you move quickly to deliver a second left-hand close punch to the midsection (6).



You then deliver a sharp uppercut with the right fist to the chin (7) ...



... and then move naturally down with a hard elbow to the chest (8). The sequences should be practiced in order until all techniques flow quickly and smoothly.