



Principles of Transitioning In Chaotic Fighting Environments

**Andrew Yiannakis, Ph.D.
University of New Mexico
8th Dan Jujutsu
6th Dan Judo**

Copyright (c) 2017 by A. Yiannakis

NOTE: The Principles of Transitioning in chaotic environments are on page 6

A Brief Word About Principles

The term "principles" refers to the characteristic attributes, laws or assumptions underlying the workings of a system (from principium-beginning, and princeps - initiator). The term may also be used to suggest "source" (something that initiates), or "essence" of a system. Thus, the term principles refers to those essential components which define how a system and its skills/techniques are supposed to work in an integrated and internally consistent manner. They are the "underlying rules" that determine/influence effective technique application, strategies and tactics.

About Transitioning

Transitioning from one fighting context to another is a complex process that requires a superior understanding of key combat principles.

Since in Wa Shin Ryu Jujutsu we train in three Contexts of Fighting; Distance (Kyoriwaza), Close Quarter (Chikaiwaza), and Ground (Newaza). Our study begins with an understanding of the principles that govern these three contexts. These principles (Distance, Close Quarter and Ground, that is), however, differ in several ways from the principles that apply in the spaces between Contexts of Fighting, where things often become chaotic. Thus we recognize that we have principles that guide us as we move TOWARD another Context of Fighting (e.g., from Distance to Close Quarter); we have principles that govern our behavior within Contexts of Fighting (e.g., moving from kesa gatame to juji gatame in Ground Fighting); and we have principles that govern transitioning in chaotic fighting environments.

What happens in the space between contexts (e.g., From Distance to Close Quarter or Close Quarter to Ground) and BEFORE reaching the second context (Close Quarter Context, for example), is the space where the Principles of Transitioning in Chaotic Environments apply. This is the space where things often go wrong and Tori is required to improvise (Sokkyo) and adapt on the fly. It is the "space" where things happen extremely fast, often in unpredictable, ambiguous or chaotic ways, and the correct and effective application of transitioning principles in this "space" can determine the outcome of a combative situation.

In summary, we have principles that (i) govern how we move from one Context of Fighting to another; (ii) we have principles that govern how we move within a particular context of fighting (e.g., in Close Quarter Fighting); and (iii) we have principles that help us fight effectively between Contexts when things go awry.

One key transitioning principle focuses on training jujutsuka to IMPROVISE AND ADAPT ON THE FLY, often by using multiple tactics and techniques, as, for example, in Attack Combinations (or Defensive Responses). In Attack Combinations, taking this process to LEVEL THREE is a first step in our training (a way of training in Wa Shin Ryu). However, a key element of this type of training is the ability to adjust one's tactics and techniques on the fly when the intended Attack Combinations FAIL and things often become chaotic. When this happens it is necessary

to improvise and adapt quickly and effectively. The Principles of Transitioning In Chaotic Situations speak to these "chaotic spaces".

These spaces of unpredictability, if we can call them that, when things basically go awry, are among the most difficult aspects of a combat situation to control. That is why it is absolutely necessary to train students to respond to the ambiguities of such chaotic situations by thinking fast on their feet, and by improvising and adapting quickly. Students who can't handle such chaotic levels of ambiguity often panic, with potentially ruinous results. Thus, there is a great need to train our students to function effectively in such chaotic contexts .

The ability to improvise and adapt quickly is an ability that can be developed, for example, using regimens that employ bi-lateral forms of training. One good example is called Pattern Deviation, a concept discussed in greater detail in the author's paper on brain stimulation (v5.0), under Bi-Lateral Forms of Training, a sampling of which is included below:

" Pattern Deviation: This involves establishing a pattern and then unexpectedly changing it (a type of improvisation on the fly). For example one attack combination that I teach involves faking a punch to the face and then following up with a kick to the groin. Improvisation occurs when we deviate from the established learned pattern and switch from a kick to the groin (the already learned pattern) to, for example, a strike to the stomach with the other fist, on the fly. This happens when the jujutsuka is presented with a better opportunity (or the established pattern is blocked or countered by Uke) and is able to quickly deviate from the established, learned pattern of striking high and then kicking low".

Improvisation is one of several key principles that apply in these chaotic spaces where specific transitioning principles must be applied.

How do transitioning principles differ from the Principles of Distance Fighting, Close Quarter Fighting and Ground Fighting? In practical terms think of these "in between spaces" as follows:

1. From Distance to Close Quarter Fighting:

Tori begins an attack combination four or five feet away from Uke (Distance Context) but fails to move in to Close Quarter fighting because Uke blocks, or thwarts Tori's attack. Uke may also counter at this point. A period of chaos or ambiguity ensues with Tori attempting to deal with Uke's counter by improvising and adapting. That is, Tori engages in improvising tactics to get past Uke's defenses and move in for close quarter fighting (or disengage, when necessary). This is the stage which reflects the space in between Distance and Close Quarter Fighting that requires the application of the Principles of Transitioning in Chaotic Environments. This space is often characterized by chaos, ambiguity and a diminished sense of control of the **situation**. Recovering quickly and effectively from this chaotic state, and re-establishing control requires systematic training in how to apply the Principles of Transitioning. Another way of addressing these principles is to think of them as *Principles of Survival and Recovery When Things Go Wrong*.

Fighting in such spaces requires extensive training, and the ability to think fast on your feet, and to improvise quickly; it also requires the development of a mindset and training regimens that help develop the attributes below:

Some Methods of Training Students to Fight in Chaotic Environments include:

- 1. Training should stress all forms of bi-lateral brain stimulation with a special emphasis on improvisation and adaptability**
- 2. Damashi - using deception in conjunction with attack combinations to get past opponent's defensive moves and tactics**
- 3. When fighting for your life all reasons for hesitating must be set aside. Your only concern should be on eliminating the threat using an appropriate level of response**

- 4. Bouncing back from failure and setbacks (Hanekaeri) quickly and deliberately. Use specific regimens to train for this**
- 5. Always look for the weakest accessible areas in assailant. These may be physical and/or psychological. Exploit both!**
- 6. Counter attack hard and with determination. Let Uke see this determination in your face and body language. Intimidate them!**
- 7. Don't give assailants time to recover**
- 8. Train to think fast on your feet and improvise on the fly. Adapt your tactics and techniques as the situation demands, NOT as you pre-planned. Train to be spontaneous. In fact, never spend time pre-planning. Instead train to look for weaknesses in Uke, and the way he moves**
- 9. Following-through to the next Fighting Context should be immediate, with no hesitation**
- 10. Always finish in Zanshin (constant vigilance). This involves using an appropriate fighting posture (shobu dachi) that reflects an alert state of mind and body. The Western maxim of "it's not over till it's over" somewhat captures the notion of zanshin**

Summary and Questions

- 1. What is the "space" between Contexts of Fighting and how is it characterized?**

This is the space that one finds oneself in when things go awry, while moving from one Context of Fighting to another. It is characterized by chaos, uncertainty, ambiguity and, often, a momentary loss of control of the situation. *Using the castle analogy (refer to presentation of March 11, 2017), when things go awry, instead of being able to scale the castle walls and take it you get bogged down in the moat surrounding the castle.*

- 2. How do chaotic spaces arise?**

These spaces arise when Uke blocks and/or counters Tori's attack, temporarily creating an uncontrolled, chaotic situation. Resolving this state of uncertainty requires the application of the Principles of

Transitioning in Chaotic Environments. These principles are designed to train Tori to successfully move out of this state of chaos and establish control over Uke, in the intended Context of Fighting. The intended Context of Fighting may be a Close Quarter or a Ground Fighting situation.

3. Is there a relationship between the Principles of Distance, Close Quarter and Ground Fighting, and the Principles of Transitioning in Chaotic Environments?

The Principles of D,CQ and GR fighting assist/enable Tori to move from one Context of Fighting to another. That is, from Distance, to Close Quarter, and from Close Quarter to Ground. The Principles of Transitioning in Chaotic Environments assist Tori to effectively manage chaotic and ambiguous situations when moving from one fighting context to another and things go wrong. Fighting in such conditions requires the application of special principles such as improvisation, AND the support of specific mindsets and/or attributes. The point here is that it's not just about knowing the correct skills, but having the right mindset in which these skills may be applied.

4. Principles of Transitioning in Chaotic Fighting Environments in Wa Shin Ryu Jujutsu (12 principles)

(Not all may apply in all situations)

v2.5

- (i) **Damashi** - Constant use of deception through combinations and distracting/misdirecting tactics
- (ii) **Fudoshin** - Presence of Mind, or the ability to remain calm and clear headed under pressure
- (iii) **Shizentai** - Using Centered Action and maintaining a strong, fluid base (this is essential because it prevents Uke from off-balancing you, and also enables you to move smoothly and fluidly from one fighting posture to another
- (iv) **Yoshin** - Psychological Flexibility
- (v) **Sokkyo** - Improvisation on the fly
- (vi) **Hanekaeri** - Bouncing back after things go awry

- (vii) Kime - Decisiveness, or the ability to think and act decisively without hesitation**
- (viii) Go No Sen - Counters: Tori blocks/deflects/evades or joins and then *counters* after Uke initiates attack**
- (ix) Aiki - Taking Uke's energy and re-directing it. When things go awry, often confusion and disorientation follow which make it more difficult to feel the assailant's energy. When this connection is lost it is near impossible to apply the principle of Aiki. Training, therefore, must help students to control the confusion and disorientation that follows in order to retain the ability to stay connected with the assailant's energy and direction of force**
- (x) Sen - Having the presence of mind and speed to deliver a first strike**
- (xi) Sen No Sen - The ability to respond with a simultaneous interception**
- (xii) Sen Sen No Sen
Taking the initiative and controlling Uke by luring him/her into following through with an attack - basically setting them up. The key component of Sen Sen No Sen, however, is the fact that Uke is manipulated by Tori into believing that a real opportunity for victory actually exists, when in reality it's a set-up.**

5. How should one train to be able to successfully apply these special principles and their associated mindsets?

- (i). Employ training regimens that stress neurogenesis and enhance the ability of both hemispheres of the brain to work together efficiently**
- (ii). Engage in activities that focus on bi-lateral forms of development**
- (iii) Stress activities and training regimens that require students to think fast on their feet**
- (iv) Employ activities and training regimens that require students to engage in problem solving using their brain and body simultaneously. Such activities include traditional jujutsu; basketball; tennis; soccer; table tennis, and the like**

(v) Employ activities that demand and stress a high degree of coordination, timing and control

(vi) Stress activities that help develop the ability to improvise quickly on the fly

(vii) Focus on training regimens that teach the jujutsuka to remain calm and controlled under pressure

(For a more complete analysis read the author's paper on "Jujutsu and Brain Stimulation..." v5.0, on our jujutsu website)