

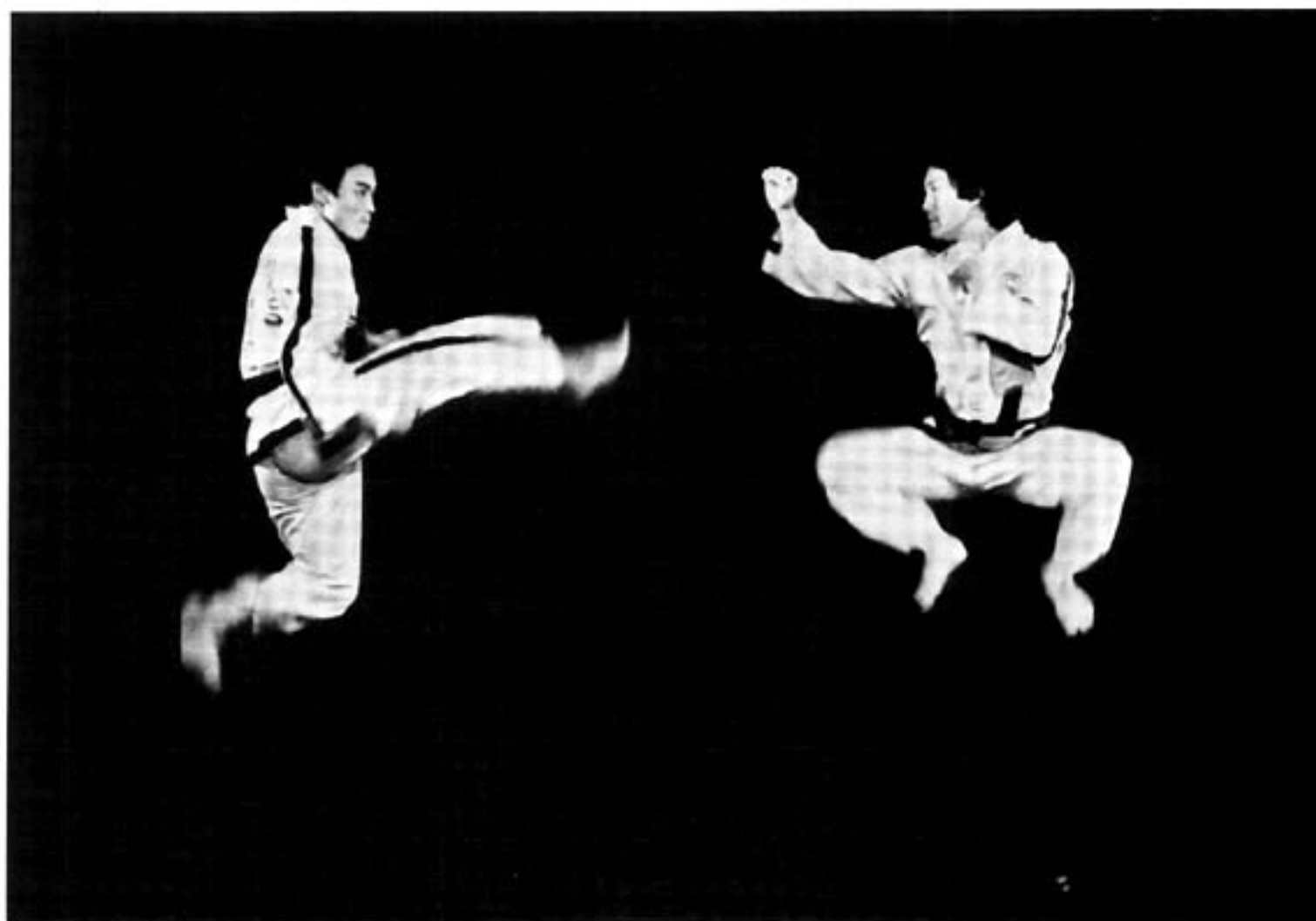
Dodging (*Pihagi*)

There are three primary reasons why dodging is so highly encouraged in all phases of defense. Firstly, it lessens the chances of injury encountered in a direct head-on clash; secondly, it offers the defender the opportunity to maneuver into a more advantageous position; and thirdly, it provides the defender with the opportunity to study and read the opponents' skill and tactics as well as bringing the opponent into a state of exhaustion.

The success or failure of dodging depends entirely on body shifting which entails agility, timing and flexibility of maneuver in all directions. It consists of foot shifting, stepping, shift-stepping, step-shifting, sliding, turning, jumping, body dropping and leg lifting.

Basic principles:

1. The defender should react in a swift and smooth reflexive action when shifting the body weight.
2. A correct posture must be maintained at all times, especially after completing a bigger movement.
3. While dodging, be observant of any openings on the part of the opponent that might be vulnerable to a counter-attack motion.



Dodging (*Pihagi*)

This has a number of advantages. One of the purposes of dodging is to avoid colliding with an opponent who may have the added advantage of momentum if he is attacking.

An effective dodge may cause the opponent to lose his balance and leave himself open for a decisive counter attack. Dodging can be executed towards all directions, though mainly to the rear. In all cases, it is very important to retain a natural, yet flexible posture, preferably with a guarding block. This technique is mostly performed with the feet, though the hands provide some protection.





Dodging to the left



Dodging to the right

Dodging forward

