

## “Big Bang” Theory

The Big Bang theory of the formation of the Universe, states that all matter was originally squeezed into an infinitesimally small space then, at the time of the Big Bang, it exploded violently in all directions.

A similar idea holds true for many of the martial arts techniques, albeit on a much smaller scale !

The Side-Kick, for example. The chamber position is all about making yourself small, with your knee and foot in as close to the rest of your body as possible. Your whole body now holds potential energy. At the point of extending the kick, it explodes out with as much force as you can generate, in a straight line, driving into and aiming through your opponent.



The same is true of the turning kick, where the chamber position has the knee up high in front of you and your foot in as close as you can to your body. As the kick extends, your body twists and opens out, generating the force in the hips and increasing the speed and power of the delivery.

Punches and strikes combine both the Longitudinal Wave Motion and “Big Bang”, to generate their power.

As you take your step forward, you compress yourself into a smaller space, storing potential energy in the first half, then exploding out with kinetic energy for the second half of the step and strike.