

## Distance and Lateral Movement

Control of distance and angle of attack are of major importance, tactically, in any form of combat. The adage is that “whoever controls the distance, controls the fight”.

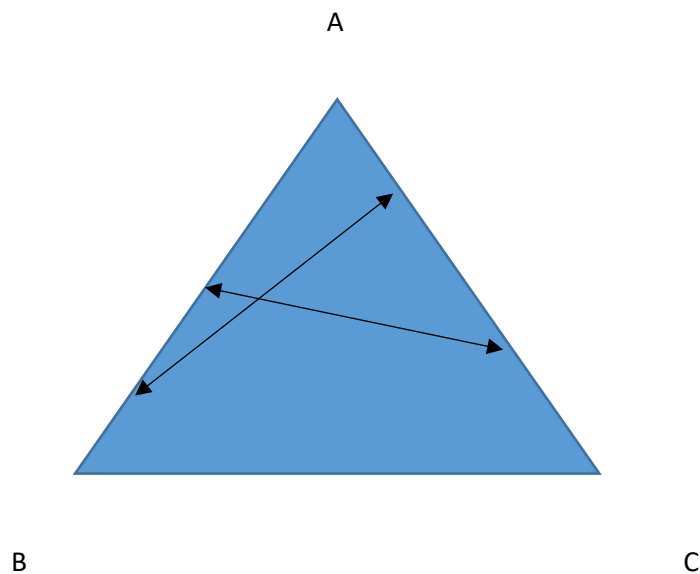
Everyone is different, with different heights, arm lengths and leg lengths. Therefore everyone has a different optimal range, where they feel most in control and their techniques are most effective. A taller fighter will want to keep the fight at a longer range than someone shorter, for instance.

Control of the distance is not only a linear thing – moving just backwards and / or forwards. Lateral movement will also affect the combat range. It also has the extra advantages of changing the angle of attack, opening up additional targets and forcing your opponent to take time to adjust to your movement.

Working to tactical triangles allows you to control both the distance and the angle, increasing your chances of success, especially in counter-attacking.

Consider an equilateral triangle ...

All three angles of the triangle are the same (  $60^\circ$  ) and all three sides are the same length.



You are at point A and your opponent is at point B. If they attack, by coming forward and you move to point C, provided you are both moving at the same speed, the distance remains the same at all points. By attacking you, they are attempting to change the distance to suit them. By moving to point C, you are not only keeping control of the distance but changing the angle of attack, too.

The bonus is that you are also opening up new targets on your opponent. Ones which would be covered had you just moved backwards to escape the original attack.

This assumes that the two fighters are approximately equal height and prefer to work at similar range.

A taller fighter (or a kicker versus a puncher) will move at a wider angle and (ideally) a faster speed, opening up a wider distance between the fighters.

Conversely, a shorter fighter (or a puncher versus a kicker) will move at a more acute angle, closing the opponent down.