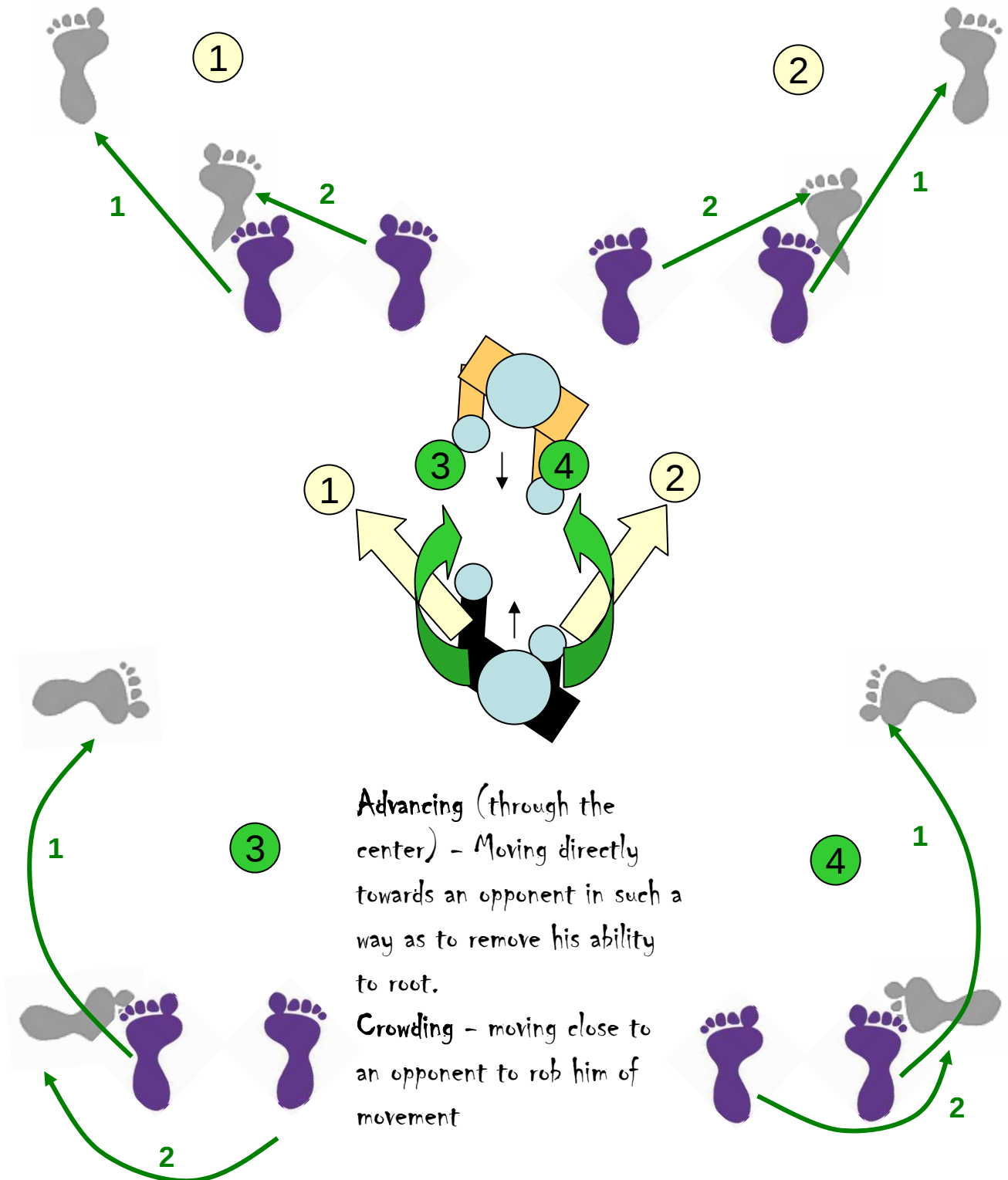


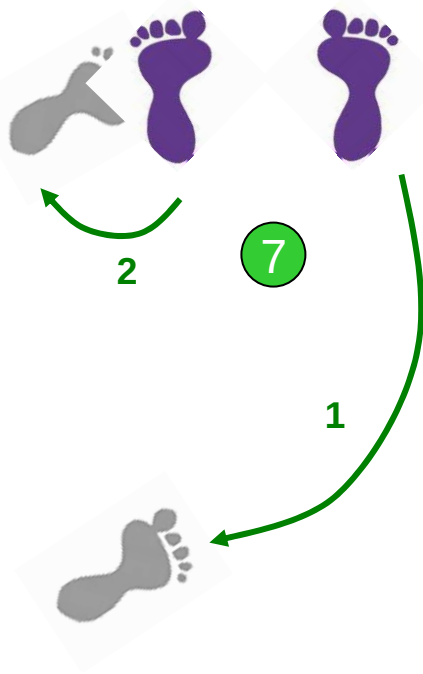
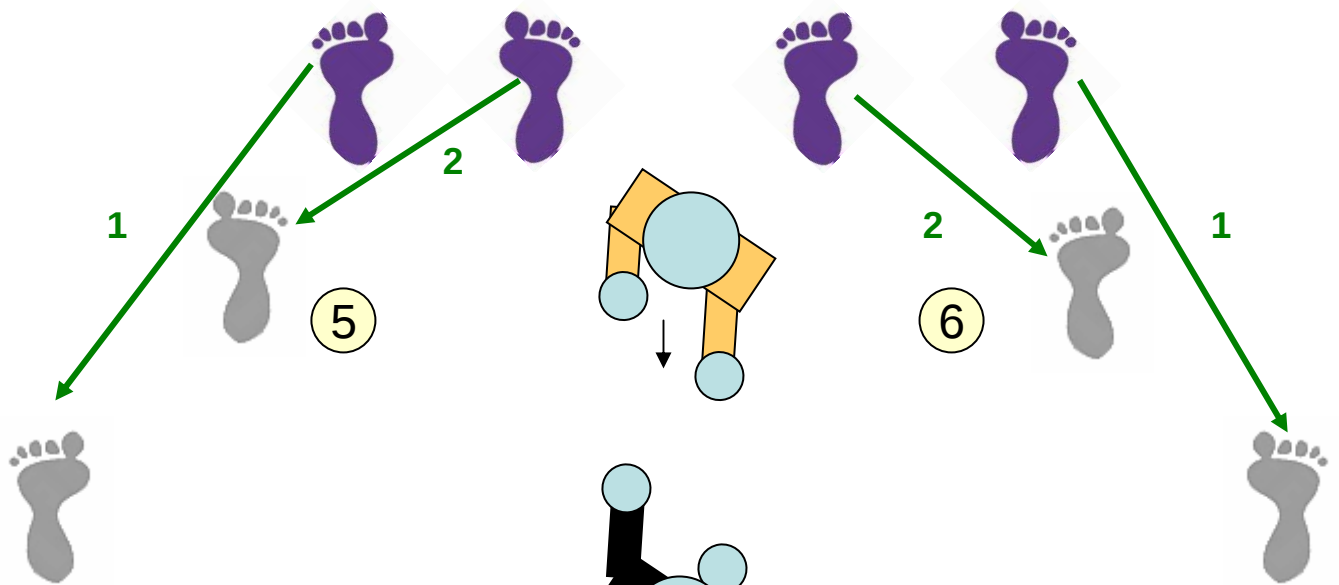
Tai Sabaki

Japanese martial arts term for whole body movement or repositioning
Movements 1 - 4



Tai Sabaki

Movements 5 - 8



Evading - movement laterally to avoid attack

Leading - moving ahead of the opponent so as to force him to follow you

Retreating - moving straight back from an opponent to avoid attack. This must be done in such a way as to avoid being in a disadvantageous position

