

# Tactics for Different Body Types

		<b>Strength</b>	
		<b>More</b>	<b>Less</b>
<b>R e a c h</b>	<b>More</b>	<p><u>Objectives:</u></p> <ol style="list-style-type: none"> <li>1. Offensive space: Outfight</li> <li>2. Defensive space: Minimize</li> </ol> <p><u>Methods:</u></p> <ol style="list-style-type: none"> <li>1. Unending offense</li> <li>2. Direct frontal attacks</li> </ol> <p><u>Tips:</u></p> <ol style="list-style-type: none"> <li>1. Don't let the opponent wear you down and avoid wasteful attacks</li> <li>2. Limit opponent's mobility by closing off his defensive space</li> <li>3. If opponent gets in close, either push him away to outfight or wrestle him to the ground</li> </ol>	<p><u>Objectives:</u></p> <ol style="list-style-type: none"> <li>1. Offensive space: Outfight</li> <li>2. Defensive space: Maximize</li> </ol> <p><u>Methods:</u></p> <ol style="list-style-type: none"> <li>1. Mobile defense</li> <li>2. Mixed attacks –               <ul style="list-style-type: none"> <li>· 60% Direct</li> <li>· 40% Indirect</li> </ul> </li> </ol> <p><u>Tips:</u></p> <ol style="list-style-type: none"> <li>1. Use mobile footwork to draw opponent off balance (sidestep)</li> <li>2. Stay out of range until you are ready for a decisive attack</li> <li>3. If opponent gets in close, push him away and avoid wrestling where his strength gives him an advantage</li> </ol>
	<b>Less</b>	<p><u>Objectives:</u></p> <ol style="list-style-type: none"> <li>1. Offensive space: In-flight</li> <li>2. Defensive space: Minimize</li> </ol> <p><u>Methods:</u></p> <ol style="list-style-type: none"> <li>1. Unending offense</li> <li>2. Mixed attacks –               <ul style="list-style-type: none"> <li>· 40% Direct</li> <li>· 60% Indirect</li> </ul> </li> </ol> <p><u>Tips:</u></p> <ol style="list-style-type: none"> <li>1. Stay out of range until ready to attack and avoid wasteful attacks</li> <li>2. Limit opponent's mobility by closing off his defensive space</li> <li>3. Sidestep, counterattack or capture a limb to close the gap and in-flight or wrestle the opponent to the ground</li> </ol>	<p><u>Objectives:</u></p> <ol style="list-style-type: none"> <li>1. Offensive space: In and Out</li> <li>2. Defensive space: Maximize</li> </ol> <p><u>Methods:</u></p> <ol style="list-style-type: none"> <li>1. Mobile defense</li> <li>2. Indirect flank attacks</li> </ol> <p><u>Tips:</u></p> <ol style="list-style-type: none"> <li>1. Stay out of range and limit infighting to one fast flurry at a time</li> <li>2. Don't let opponent limit your mobility and defensive space</li> <li>3. Use mobility, locks and traps to get close and strike quickly before setting out of range (hit and run)</li> </ol>