

## The Body Beautiful:

In my line of work (LEO), it never ceases to amaze me to see the amount of trauma that the body can take, but yet keep functioning. Why is this so important ???, because the only guaranteed knockout in combatives is a direct Central Nervous System attack.

Hit here, strike there, to get a knockdown, are common themes that I hear in many combative/martial art classes. IMO the opponent/attacker dictates the fight by how he reacts, or more importantly does not react, to what it is I am doing to them.

The body beautiful is like the Timex watch; It can take a liking and keep on ticking. If you go into battle believing that this or that technique will work, you are potentially pre-planning for failure. A compound committed attack using one's full arsenal (physical, tactical, and mental) without preconceived tool to target outcomes is an important attribute that the true student of combatives needs to internalize

Strength and Honor

Darren Laur