



# Hall's Martial Arts Connection

11021 ANDERSON ROAD

PIEDMONT, SC 29673

864.295.9403 or 864.444.5250

## Special Points Of Interest

### Birthday's

- January 15:  
Aaron House

### Recommended Reading

- Karate-Do: My Way of Life  
- Gichin Funakoshi

### Special Note

- Tuition payments are due no later than Jan 7. Late fees apply after Jan. 9.
- NEW Children's Class (Ages 6-10) each Saturday, (9:15-10:00am)
- In the event of inclement weather HMAC follows the same policy/protocols as Anderson County School System, District One for school closings.

"Hoping to see karate included in the universal physical education taught in our public schools, I set about revising the katas so as to make them as simple as possible. Times change, the world changes, and obviously the martial arts must change too. The karate that high school students practice today is not the same karate that was practiced even as recently as ten years ago [this book was written in 1956], and it is a long way indeed from the karate I learned when I was a child in Okinawa." - Gichin Funakoshi, in his book Karate-do: My Way of Life (Pages 35-36)

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## FUTURE BLACK BELTS



## BREAKING THE OODA LOOP: ERNEST EMERSON

Hopefully, if you are involved in Law Enforcement, Military service, a Martial Artist or training in personal protection, whether as a profession or just for the safety of yourself and your family, you've heard of the OODA Loop. If you have not, I suggest that you Google the acronym OODA, Lt Col Robert Boyd (the originator) or an article I wrote titled, "*Extreme Violence.*" *Parts I and II*. In the interim I will give you a very brief description of who and what it is. If you are familiar with the OODA loop then proceed with the rest of this article.

Please bare in mind that the OODA loop does not exist alone or in an isolated state. It is interwoven within the fabric of Fight or Flight, Situational Awareness, personal conditions of awareness, previous experience (or lack thereof) and of course, your own unique personality traits.

The OODA loops is the name given to the sequence of events that your human computer goes through as it processes the constant stream of data and stimulus that bombards your brain in your every waking and probably, non-waking moment.

It is probably not noticeable to us for most of the mundane and non-threatening events that we experience all of the time. It becomes very evident and very important when we are confronted with a high stress, dangerous or life threatening event. Knowing that the OODA loop exists and that we are all in effect, slaves to it, gives us the opportunity to analyze it, address it and with proper training use it to our advantage.

The letters OODA make up the acronym for the terms (in their sequential order) that describe the sequence; Observe, Orient, Decide, Act. Below is a brief description of the process.

**Observe:** The initial stimulus triggers a response.

For example, you are in a dark room and a TV set goes on unexpectedly. It gets your attention and you look in its' direction – what's that?

**Orient:** Identification of Stimulus

Oh, that's the TV and that's the Seinfeld show.

**Decide:** Decision to Act / Choice of Action

I've seen that episode – I'm going to change channels.

**Action:** The physical act of carrying out the decision. You reach out and change the channel to another show.

This is a fixed sequence of events and if this sequence is started or engaged, it follows through from start to finish.

It can be sped up slightly through training, most notably scenario-straining, but can not be sped up past a certain point due to the fixed time of human cognitive analysis and the action / reaction sequence.

The only way that the OODA loop's process can be sped up is by removing steps from the process. Since I just stated that once the OODA loop process is started, it must always follow through from start to finish, then how is this possible?

The answer is this; By having a pre-planned course of action. In other words, having a plan before the OODA process begins eliminates or removes two of the steps from the four step OODA sequence. And these steps can only be removed through training. Specifically, training designed purposefully to remove those steps.

The two steps that can be removed through this training are, Orient and Decide, leaving only Observe and Act. This effectively cuts the fixed time sequence of the OODA loop in half. Through training, both physical and mental, these steps are addressed again and again at ever increasing speed so that when engaged in combat, there will be complete and immediate action without thought. The phenomena is referred to by trained and experienced operators as, "The Calm of Combat."