

3rd Dan 2nd Gup

There are two types of self-defense.

1) Linear, or hard. In the linear form, one uses their arms and legs to block and/or strike their opponent. The advantage with the linear self-defense is that there is a direct counter-threat which results in pain for the opponent. The disadvantage of the linear method of self-defense is that is method requires a lot of power and it may look extremely violent to outsiders.