

Defending the ‘Old Bag’

by Keith Pascal

No, I am not talking about anyone's mother, grandmother, or wife.

Just a quick scenario:

You have a hanging heavy bag. You usually use it for kicking and punching.

And that's how you are going to use it this time.

Your practice partner stands between you and the hanging bag. Your goal is to hit the bag — with a punch or kick -- or a slash with a practice knife. (Remember safety glasses.)

Your partner has to defend the bag -- either empty handed or with a knife, too. After a few tries, it's your turn to defend the old bag.

Pretend the bag is your ... mother, grandmother, or wife (husband).

First, practice with no punching or kicking of partners allowed. Only stab at the bag.

Then try a "feet and knife" only game.

Eventually, make it like a sparring session where anything goes, except one of you has to defend the bag.

If the defender moves too far from the bag, then the attacker can get between the two. If this happens, the game is pretty much over.

Martial Arts Mastery

**One of the longest-running
martial-arts ezines on the Net.
Still Free!**