

DISTANCING

Against an inexperienced stick fighter the best ranges to be at are either out of stick hitting range or inside swinging range. That can't be said, however, for an experienced Modern Arnis player or escrimador. An experienced player can change from a stick swing to a tip or butt poke to an empty hand strike and so forth depending on the circumstances. Distancing here applies to knowing exactly what you can do from how far away or close in you are. When you know that it is better to use the butt of the cane to strike from close in and swing from far away, you can then predict and neutralize your opponent by knowing what he can do also.

Use a cane against a heavy bag or a tree to find out for yourself what your exact distance has to be for a full cane swing, a backhand/forehand flick (abanico), poke, butt strike and others. You can experiment with power striking on these. Then work on finding those ranges with a partner. After that, work on predicting your partner's range with those strikes against you. Work with partners of different sizes and reaches and you will find yourself becoming proficient in using distancing to attack and defend with.

Example of striking the opponent's hand as a long distance defense.



Another example of a long distance defence.



Example of a middle distance defense with a counter strike or (below) or disarm (next page).



Middle distance defense continued.



Example of a close distance defense using a wing block and a butt strike as a counter.

