

## DISCOVERING THE KNIFER WITHIN

**“Truth is what stands the test of experience.” Albert Einstein**

Typically, martial arts training attempts *to structure the fight* as indicated by the degree of formality and rigidity in training; whereas combatives training strives to *adapt to the changing structure of fighting* as indicated by the degree of naturalness in training.

“Artificial acquisition” methods first introduce their technology (moves/drills) *and then* trainees attempt to perform them (usually under fairly controlled conditions normally skewed to promote success). This format imposes an artificial construct upon the psyche and forms strong disassociations between the trainee and the method and thus, most students perceive they are distinctly separate from the method and that through training they will “acquire” it. The most recognized negative effect is that “**Show, then Do**” results in the very common “delayed skills syndrome”.

Conversely, “Guided Discovery” reverses that process to “**Do, then Show**” where the trainee is assigned a task and not shown how to do it, they will automatically resort to whatever they have to effect their intention, which identifies, of all the potential tools, the ones with which they are immediately effective. Those tools are their “functional anchors” to which the other variations will attach. In short order they will have found several effective ways to effect that task and now we can set about attaching more means by which they can fulfill their intention.

Combat is typically a chaotic non-structured event. Hence, ideal combatives training embodies stressful chaos *while* imparting the various tactical frameworks (attacks/counters/transitions) to create successful combative actions/habits. **In AMOK!, you don't learn how and then fight, you learn while fighting.**

**Guided Discovery** models the scientific method to impart combative experience.

1. State the Problem / *the trainee experiences a realistic problem*
2. Form a Hypothesis / *is forced to find a solution*
3. Test the Hypothesis / *identify/classify the solution*
4. Collect the Data / *forced to self-discover variations*
5. Analyze the Data / *guided to undiscovered variations*
6. Draw Conclusions / *gains knifefighting truth(s) from personal experience*
7. */ works to improve Effectiveness and Efficiency*

The trainee experiences a tactical problem, is forced to find a counter, identifies/classifies the counter, is forced to self-discover variations of the counter, is guided to undiscovered variations, gains knifefighting truth(s) from personal experience, and seeks to improve their effectiveness and efficiency with those truths.

Fighting favors the confident heart; where heart comes from your motivation and confidence from knowing what works from personal experience. In terms of fighting, there is a world of difference between a confident knowing heart and a hopeful believing one, based on what someone else has told you. Guided Discovery's format is the most direct path to effective fighting skill so you can *know yourself, your ability, and trust in your experience*; not someone else's.