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GOYA-RA-RU MARTIAL ARTS

JUNIOR HANDOUT #2

PARRIES

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Introduction

Parries are quick defensive techniques that are used to deflect incoming attacks. They are not powerful blocks and are therefore often used in freestyle, where the aim is not to cause damage to an opponent, but simply to prevent them from scoring a point. However, they can prove useful in real self-defence situations, where they can put an attacker off-balance and leave them vulnerable to a counter attack. In addition, these parries can be expanded and lead to more advanced grappling techniques.

There are three simple parries; Upper Parry for high attacks (e.g. a downward strike to the top of the head), Middle Parry for mid-level attacks (e.g. a punch to the chest), and Lower Parry for attacks below the waist (e.g. a low kick to the leg or groin). In class, they are most commonly performed from a Freestyle Fighting Stance (shown below in an “open-handed” version);

FREESTYLE FIGHTING STANCE

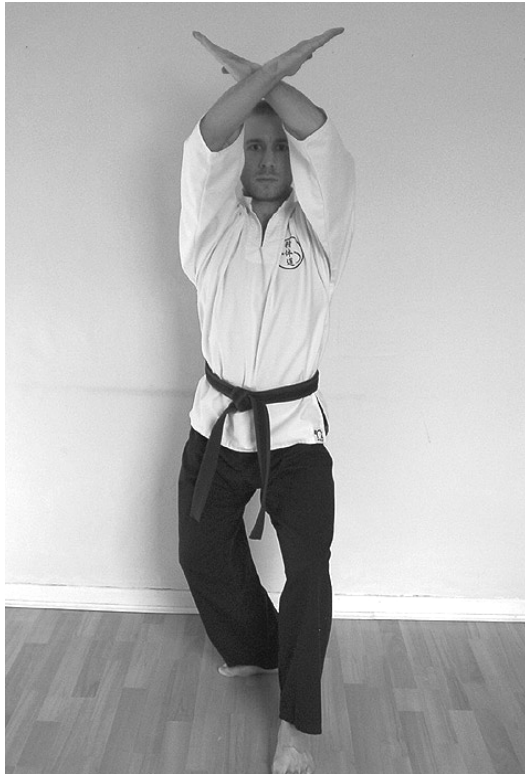


FRONT VIEW

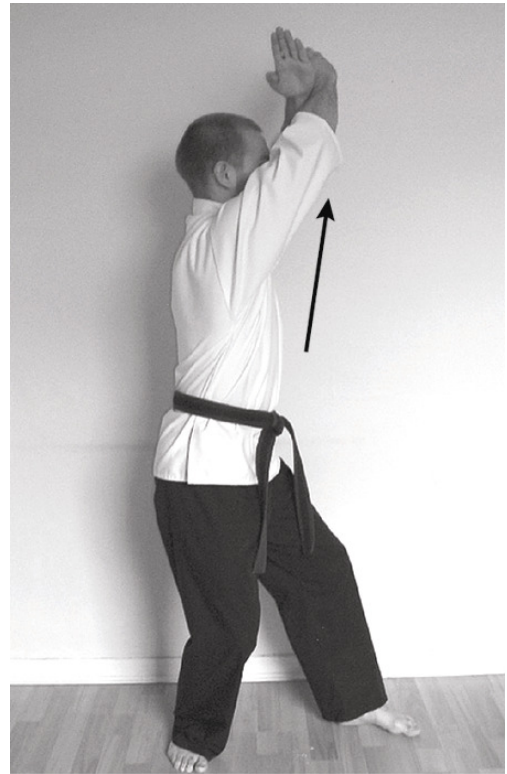


SIDE VIEW

1. Upper Parry



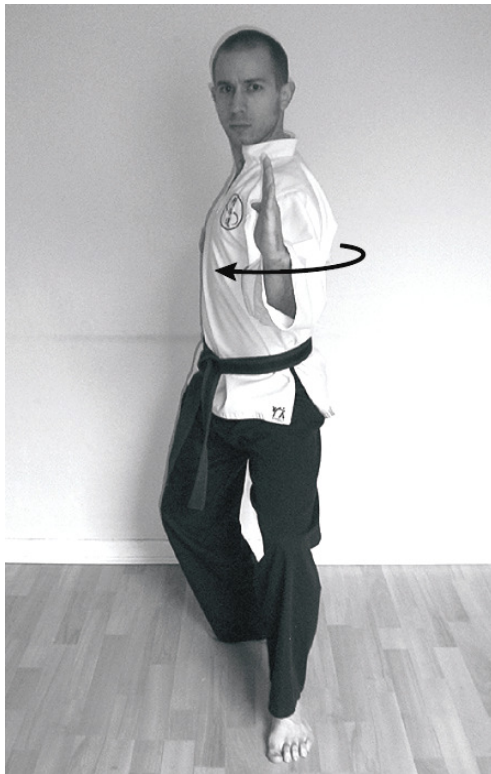
FRONT VIEW



SIDE VIEW

- From Freestyle Fighting Stance, both arms travel straight up to form an “X shape” above head level.
- At the same time, the back hip pushes forward, so the upper-body ends facing the front.
- The hands are open and the wrists are straight. Both hands are level, so the fingertips on each hand are the same height.
- The X shape is made with the *Upper Forearms* touching, NOT the wrists. This makes the parry stronger and can prevent injury to the defender.
- It is essential that the parry ends high enough (above head level) – Firstly, protect the head fully and, secondly, to make sure the line of sight is not impaired.
- It is also important that the parry ends in front of the head (not directly above), so that the attack is met early.

2. Middle Parry



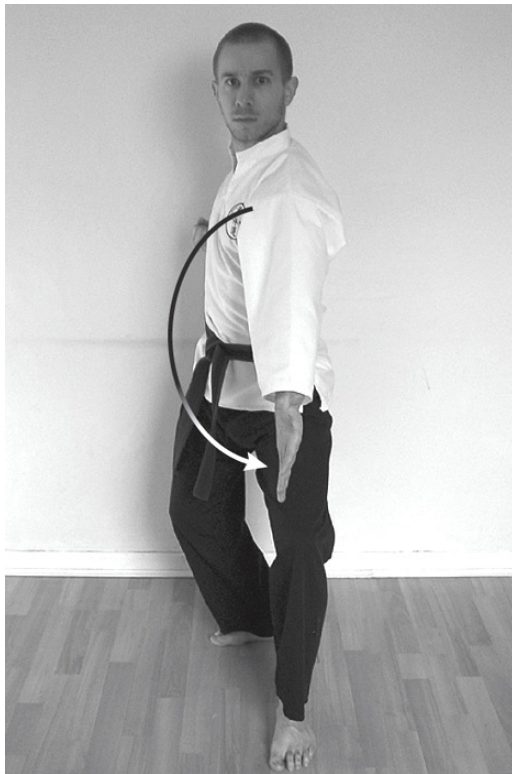
FRONT VIEW



SIDE VIEW

- From Freestyle Fighting Stance, the arm that parries pulls back then travels across the body (from outside to inside) at mid-level.
- At the same time, the hips turn with the arm in the same direction. This not only adds strength to the parry, but also puts the body in the correct position for a counter attack.
- Do NOT follow through too far with the parry as this can cause the side of the defender's body to become exposed.
- It is essential that the forearm also protects the body – Do NOT try to parry using only the hand.
- Middle parries can be done with both the front arm and the rear arm, to move an opponent's arm/leg one way or the other.

3. Lower Parry



FRONT VIEW



SIDE VIEW

- From Freestyle Fighting Stance, the arm that parries travels across and down the body (in an arc) to end with the hand below the belt.
- At the end of the parry, the hips turn slightly in the opposite direction. Again, this stabilises the parry and puts the body in the correct position for a counter attack.
- The wrist is completely straight but there is a very slight bend in the elbow – This prevents hyperextension of the joint.
- Do NOT lean forwards to try and meet the attack earlier than necessary. When practicing with a partner, make sure they are in range so the parry is performed with the correct form.