

## FEATURED ARTICLE!!!

Last Updated Tuesday, 19 August 2008

BIRADA INFUSION TRAINING - THE UNIQUE STICK TRAINING SYSTEM THAT BIRADA USES FOR DEVELOPING A BIRADOR'S (BIRADA PRACTITIONER) RESPONSE MOVEMENT AND TIMING WHILE INSTILLING THE BIRADA CORE STRIKING TECHNIQUES.

THE FLOW OF ATTACKS AND COUNTERS IS FREE FORM, MULTIDIRECTIONAL AND CONTINUOUS. THIS TYPE OF TRAINING DISCOURAGES THE STUDENT'S NATURAL TENDENCY TO MEMORIZE COUNTER ATTACKS THAT IS ONLY USEFULL IN SEQUENTIAL FORMS OF FIGHTING. ("FORMS" AND "SYSTEM" TYPE OF TRAINING).

AS THE TRAINING PROGRESSES, THE BIRADOR DEVELOPS A NATURAL REACTION TO ANY GIVEN ATTACK WITHOUT CONCIOUS THOUGHT (MUSCLE MEMORY).

IN THE END THE BIRADOR'S COMBATIVE REACTION IS NOW INFUSED WITH BIRADA'S THEORY OF HIDDEN, SWIFT AND CONTINUOUS ATTACKS BEING ABLE TO REACT AND STRIKE AT THE SAME TIME INDEPENDENT OF ANGLE AND STRIKING POSITION.