

# **APPLYING TIMING TO SPARRING**

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The use of timing is fundamental to the fighter. By using your tools at the right moment you optimize their value. In Muay Thai, the Why, Where, and How to, are very important factors. But, in order to be successful the “When” is the real key.

What is Rhythm? Rhythm is measured sound or movement with a consistent or uniform recurrence of a beat. In all motion one can find an established rhythm. As you will notice each individual has a natural rhythm when they move.

While training try to identify your personal rhythm. While training various drills with a partner or during light sparring be aware of their rhythm. Once you are aware of these rhythms then you can work on breaking your rhythm during light sparring. You can suddenly break your rhythm between you and your opponent by stalling, feinting, slight hesitation, or varying the speed of your rhythm and hitting your opponent on the half beat. Hitting on the half beat is a counter strike that is executed just before your opponent can hit or in between any two attacks during the rhythm of their attacking sequence.

The half beat can be applied for example just before they jab, or upon preparation of their attack. A one and a half beat applied in between their jab – cross, (sneak in your fast jab just before they cross) or maybe cross between the cross hook of their jab-cross-hook combination (two and half beat). Broken rhythm is an invaluable tool for improving your sparring or competitive fighting.

## **TIMED ATTACKS**

These are attacks intended to counter or retaliate attacks initiated by the opponent in one of the points in time at which an attack occurs.

### **Attacks On Preparation (Before)**

This attack is simple and vicious. Attacking before they can get distance or position and used to shut down his attack before he can execute it.

### **Attacks On Development (During)**

These are principally “time” attacks. When you are able to determine what line your opponent’s attack will be delivered, you intercept his attack by angling, cutting the tool or using sliding energy. This is the simplest type of attack, yet the most difficult to execute because you must “Time” the counter with precision.

### **Attacks On Completion (After)**

This type of attack is made after the opponent has committed their attack. These counters are executed from the initial defense using a parry, a fade back or evasion, at the extension of their attack or once you are out of their line of attack. They will be thrown while the opponent is trying to recover or off balance.

One of the “Core Principles” of Fighting is for you to be in complete balance, while manipulating your opponent out of balance. When this can be achieved through footwork, distance, timing and position, you will always have the advantage.

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