

SEVEN COMPONENTS OF POWER

Component # 1:

BALANCE



It must be automatic, instantly Fluid, Present During Continuous Movement, Capable of Being Maintained as Momentum Increases.

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If applied, the 7 components of power will enhance your martial arts skills no matter your style or system.

Source: The 1980 edition of "Law and Order" magazine included an article written by ASP International founder and CEO Kevin Parsons. It was called "The Seven Components of Power," and its principles hold true to this day.

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Component # 2:

ENDURANCE



Primarily of Cardiovascular Nature, It is improved through regular Aerobic Exercise.

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Component # 3:

FLEXIBILITY



Rigidity presents tremendous problems during a confrontation, It is tied to Tension, Fear, Nervousness, and Lack of Confidence.

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Component # 4:

FOCUS



A Result of Proper Mind and body Coordination, Total Concentration must be directed to a Specific Technique.

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Component # 5:

SPEED

Generated through continuous repetition, Can make up for
lack of strength.

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Component # 6:

STRENGTH



Works in conjunction with the other components of power, The strongest person possesses little power when off balance or exhausted.

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Component # 7:

SIMPLICITY

Keep it short and simple.

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