

## The Source of Power

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**STANCES** determine **BALANCE**

**BALANCE** determines **POWER**

**POWER** determines **EFFECTIVENESS**

How many times have you heard me teach the importance of this statement? I have explained that Power is different from Strength. If you can develop the proper Power, even the smallest of persons have the ability to defend themselves.

One must understand the anatomy of a human being to further develop Power. Though many claim to have accomplished Power, in my 32 years of the Martial Arts, it is rare to see a person develop true Power. Some may develop good Hand Power or good Foot Power, but I rarely see them both together.

### **My definition of Power;**

To develop Power, one must use total body movement together in harmony. Power comes from the hips (waist), the center of Balance. Complete Power is generated by proper hip (waist) action and then amplified (increase stronger) in a torquing (twisting) manner in the waist to eventually flow up and through the body evenly as one total movement. Proper hip rotation increases Power 10 times and therefore makes the technique more effective.

Proper Power is more difficult to master because all parts of the body must be linked together in total coordination. If this skill is not mastered, techniques produce little or no Power. You must develop proper Hip-rotation momentive Power or HRMP.

You have heard all this Internal and External Power theories, when actually there is not such thing. To me, there is only 1 effective power and that is Kinetic Power. Kinetic means using total body motion and the forces affecting motion. Speed, Technique, Energy, and Power combined together determines proper Effectiveness.

For Power to be Effective, it must cause damage to the target. Proper Power takes less Energy, therefore, the greater the Effectiveness of the technique, the less wasted Energy you will need.

The first step is your foundation or Stances. The Stance is balanced on the balls of the feet and the center of Gravity is lowered. This is why Stances are so important!

### **Total Power;**

Correct Stance combined with proper hip (waist) movement. This (Kinetic) energy then flows through the entire body at the same times causing maximum Power.

Proper Power takes time and practice to develop. The advantage of Power is that a smaller person generates a great amount of Power without Strength. This also means that a larger person can produce Power without relying on only his strength.