



Peterson's Martial Arts

Importance of Forms Training

The essence of forms training is understanding the sequence, timing and application of each movement within the form. Many times practitioners simply “DO” the form instead of “ BEING” the form. In your search for perfection you must find the path that will bring you closer to understanding sequence and timing are equally important as application. By following the proper sequence and utilizing timing as a spacer will enable you to see and understand the application. So by combining these three aspects you become more aware, or focused on your techniques. Often times instructors will tell their students to “slow down”, “let me see the technique” and yet not fully understand what they are saying. By slowing down or letting them see the technique you are actually applying the sequencing and timing aspects of forms training. Imagine doing a form full speed without stopping or spacing in between each movement, the form becomes a blur, at times the form is formless and sloppy, there is no focus. Let's go the direct opposite let's do the form slowly almost softly, this also takes away from the all too important aspects of forms training.

Unless the style you are practicing requires a slow breathing, tension and relaxation formula in which case the three aspects still apply Sequencing, Timing, and application, enhancing focus. As a whole most students don't fully understand the importance of forms training nor do they think they gain much from it. On the other hand any prearranged movement is considered a form, for example One Steps, throws, Take Downs, anything that requires the practitioner to have set patterns.

- Master Pepe Peterson Sr