Introduction to Combat Logic – A general theory

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To define a theory of logical structures in martial arts, it is necessary to clarify the essentials and the motivation of each martial art individually.
The field is too large and diversified as to speak of a common aim in the different combat arts (Kuhn, Lange, Leffler & Liebl 2011; Cynarski 2012). Even in the same style, there are many different interpretations, and therefore the logic of achieving the aims and thus the type of means vary extremely.
To classify and sort the different martial arts logically it is useful to apply a vertical (Luttwak 1987) and a horizontal structure (Luhmann, 1973; Jäger & Beckmann 2011), known from the theory of strategies in International Politics - to split the field of the different kinds of martial arts into portions that can be examined, consequently making it possible to compare the different styles and to explain the reason for their different physical realizations.
Behind every martial art is a logic of its own, connected to the purpose and the means which the martial art uses, to attain certain individual objectives (motivation).
This can be a philosophical background, the idea of healing oneself with that art, defending oneself, achieving honor and fame, and so on.
On that basis, the authors show the different vertical steps generic for realistic self-defence – from the principles and the aims, considering the specific situation and the necessary behavior in question (Schelling 1980) – down to the basic techniques, which help to fulfill the purpose best – according to the idea that “form follows function” (Göhner 1993).
In conflict situations, people are confronted with a sudden act of aggression and violence, and the main questions are: how to react to and how to prepare for those situations? (Kernspecht 1987; Kernspecht 2011; Kernspecht 2013).
If you want to examine the different martial arts for their content and assess their potential benefit in a realistic self-defense situation, it is important to separate the different martial arts from their cultural and regional influence and character. It is about the pure logic and the biomechanics – and the way of using their principles in a direct fight. Only by following this premise is it possible to compare the different solutions for the same aim.
The example points to the different abilities, which are necessary to learn the adequate reaction for varying situations.
Techniques and sequences of techniques are the examples (vehicle), which are used in training to emphasize and explain patterns of movement.
In the future, the general logic behind the structure of the vertical and horizontal view can be applied to the different martial arts and their interpretations. As the aims will differ, so will the purpose, focusing on different styles. Thus, it is obvious that the method of delivery will change and the physical realization of the martial art will adapt to the change on a technical level. This general introduction to combat logic can help to give a good overview of the diverse types of martial arts and explain their different realizations.