Quadrants

Introduction

Many martial arts use Quadrant Theory (or Quadrant Zones) as a means of structuring responses to specific attack lines traveling within the four quadrants. If, for example, an opponent delivers a right roundhouse punch to the top left quadrant of my body, I can apply Kenpo rules and principles to the attack to maximize my defense. I could slide my left foot up the circle into a RNB facing 10:30 and use a right inward block. By stepping beyond the apex of the roundhouse punch's circle, I weaken its force and place myself in a sound position for a follow-up. Such examples are demonstrated throughout the Kenpo forms and techniques and it is beneficial for an advanced Kenpo Black Belt to understand the fundamentals of quadrant theory.

Horizontal Quadrants

In Kenpo, we use a horizontal quadrant diagram placed on the floor to study how we position ourselves in response to an opponent's attack (see Diagram 1 below). In this diagram the quadrants are labeled: Front Right, Rear Right, Front Left, Rear Left, and a target quadrant is determined by where we are standing in relationship to an opponent's body position. For example, after the double punches of Destructive Twins, we move into the opponent's Front Left quadrant.

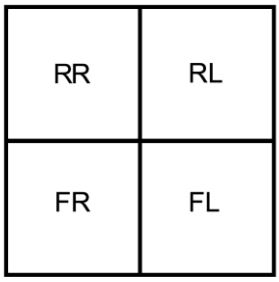

Diagram 1

Vertical Quadrants

In addition to the horizontal diagram, we can place a vertical quadrant diagram along the body of an opponent standing in front of us (see Diagram 2). With this pattern we can examine the attack lines used by an opponent when striking and kicking.

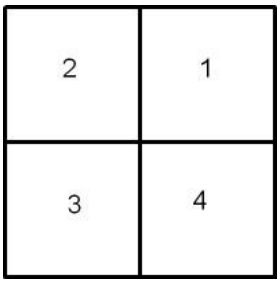

Diagram 2

In this diagram the quadrants are numbered 1 thru 4 and arranged as seen in Diagram 2. While at first this may seem an unusual way to arrange the quadrants, there is a simple explanation. What do you think it might be?

In determining where the diagram is placed along an opponent's body, the center plus sign (+) is used as a reference.

The vertical line is placed along an opponent's centerline and the horizontal line is positioned along their waist (see Diagram 3).

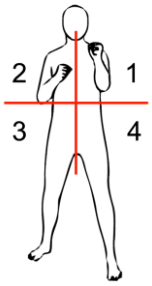

Diagram 3

Vertical Quadrant Drill

Many of our students are familiar with a drill used to practice various kick and punch combinations with which an opponent could attack. Students begin in a RNB with hands in guard position. Numbers are assigned to the hands and feet.

- #1 is the right foot
- #2 is the right hand
- #3 is the left hand, and
- #4 is the left foot

Combinations of these numbers are called, and students practice the kicks and punches according to the order called. So, the combination 3-2-2 would be lt. punch-rt. punch-rt. punch.

We can now combine this drill with vertical quadrant diagram by placing each of the numbered attacks into their associated quadrants (see Diagram 4).

2 Lt Punch 3	1 Rt Punch 2
3 Lt Kick 4	4 Rt Kick 1

Diagram 4

The combination of 1 (right kick) and 3 (lt. punch) would enter quadrants 4 and 2.

What quadrants correspond to the following punch-punch or kick-punch combinations?

- #2, #3 = _____ Quadrants
- #1, #2 = _____ Quadrants
- #3, #2, #1 = _____ Quadrants
- #1, #3, #2 = _____ Quadrants

What Kenpo technique might be useful for the following attack combination?

- #1, #3, #2 = _____
  Technique Name

Vertical Quadrants in the Forms

To help you understand how vertical quadrants are used in the forms, answer each of the following questions. When answering, be sure to state which hand or foot you are using and into which quadrant you are traveling. For example, right foot to quad 4 with right hand to quad 1.

Destructive Twins

1. An opponent is standing in front of you, executing the attack for Destructive Twins. You place the vertical quadrant diagram along their front centerline. Into which of your four vertical quadrants is/are their attack line(s) entering?

   _____

2. Into what quadrants on the opponent are your initial double horizontal punches striking?

   _____

3. Into what quadrant on the opponent is your left four-finger thrust striking?

   _____

4. Into what quadrant on the opponent is your right downward-diagonal horizontal punch striking?

   _____