

Tai Chi Chuan application in defence

<http://www.nama.co.uk/MainFrame.htm>

Demonstrated below is the martial arts applications from section 1 of the Traditional Yang Style 85 Forms, extracted from the exciting new book *'In the Shadow of the Masters - Yang Style Tai Chi Chuan Training Manual'* from 'N.A.M.A. Publications'



This technique is a counter attack from a strangle. As the strangle is applied raise both arms to break strangle and then push with double palms to the chest.



This is a counter attack from a punch. As the punch comes in you grab the wrist with your right hand and then come underneath with a shoulder stroke to the attackers floating ribs.



The right hand forms a cranes beak so it can hook on and deflect an incoming punch, whilst at the same time striking the attackers chest with the left palm.



The objective is to break the arm & leg and then uproot your opponent by locking the arm.



This is a counter to a strangle. As the strangle is applied, break the strangle and kick to the groin at the same time.



This is a counter to a mid section punch. Block the punch outwards with your left hand and palm heel strike to the sternum with your right palm.



The objective is to break the leg, then swiftly pull your opponent down.



This is a counter to a punch. Parry the blow, kick to the knee then step through and punch to the floating ribs.



The left hand comes underneath to sweep away the opponents right punch and to open up the centre line (main target area), for a double palm strike.



This is a counter to a right punch. The right hand circles clockwise. Apply an outer block, then trap the attackers right arm to the inside of the right knee and throw the attacker over.

'In the Shadow of the Masters'

This 276 page book is packed full of information with over 700 photos demonstrating traditional warm-up exercises, basic stretching, complete Traditional Yang Style 85 Forms (complete form illustrated move-by-move), Pushing Hands - Tui Sau (both single and sought after double hand routines) and martial art techniques and applications.



Master Deng once told me that "if your opponent is quick then you must be quick, if he is slow then you can be slow". Even though the Yang Style 85 Forms is practiced slowly to exercise ones breath, posture and spirit. When applied in a martial art context the posture and breath become smaller and the application becomes more linear to make Yang Style as a martial art more practical.

Here are some screen captures from video footage of Bob Fermor demonstrating Yang Style applications in a realistic situation.



Brush Knee Push



Cloud Hands



Single Whip



Repulse the Monkey



Ward Off - P'eng



Roll Back - Lu



Pressing - Ghi



Pushing - An



High Pat on Horse



Kick Left Heel



Strike Opponent with Fists



Golden Rooster Stands on Left Leg



Snake Creeps Down



Step Through, Parry Punch