

Introduction to Cuong Nhu Soft Style

3-DIMENSIONAL DEVELOPMENT:

3-Facets of development (development in width):

- 1) HEALTH: breathing, KI exercise, relaxation, concentration *magnetic principle*
- 2) SELF-DEFENSE: Action-Reaction-Interaction. 4-A. 4-R. 4-W. *4-runners principle*
- 3) AWARENESS: inward-outward. Reflection-Communication. *Philosophy*

3-Levels of developments (development in depth):

- 1) HARMONY (BALANCE): body-world-universe
- 2) SPIRIT: Flowingness in peace-Meditation
- 3) ENLIGHTENMENT: oneness with universe in perpetual life.

Objectives of Cuong Nhu Soft Style

- 1) Mental training: relaxation-concentration-determination-dedication.
- 2) Physical training: for health (KI build-up in DAN-DIEN)
- 3) Technical training: for self-defense with minimum of energy and maximum of efficiency.
- 4) Spiritual training:
 - * Awareness of oneself (self reflection, self analysis, self consciousness)
 - * Awareness of the environment, people: wisdom.
 - * Awareness of the universe: harmony with the nature for enlightenment, search for peace & freedom
- 5) Healing techniques: massage and acupressure.

Principles of Cuong Nhu Soft Style

- * Strength of Soft Style resides in its softness (nurtured by KI flowing instead of muscular power), fluidity, mobility, non-resistance to overcome and overwhelm the hardness, *and* straightness of brutal force.
- * Create action/reaction to take advantage of attackers' own strength against themselves (push/pull principle)

Components in Cuong Nhu Soft Style

1. AIKIDO: emphasis in KI, concentration & store KI in DAN DIEN or KI HAI: ocean of KI flowing thru arms, hands, fingers to control over attackers' articulations, thru feet for rooting the stance, throwing techniques, foot moves, pivotation (open door) ...
2. JUDO: all throwing techniques (foot, hand, hip, shoulder), pinning, grappling, immobilization & choking techniques), break falls.
3. TAI CHI: Pushing Hands, deflecting hands.
4. WINGCHUN: Trapping hands, sticking hands, locking hands, centerline.
5. OTHER KUNG-FU STYLES: Crane, Serpent, Monkey: jumping, rolling, crawling circular movements & using any parts of body as leverage points for control or throwing, developing mobility, fluidity within body.

PRINCIPLES - SOFT STYLE:

External + Internal → Oneness

External:

1. Naturalness (not tensed) - Relaxation – Looseness.
2. Slowness. (*more aware of ourselves and the environment*)
3. Smoothness (*save energy*)
4. Continuity (perpetual motion without a transition). (*keep momentum, preserve energy*)
5. Flowingness – fluidity. (*more efficiency*)
6. Evenness (threading silkworm).
7. Effortless Effort
8. Balance (*sinking principle*)
9. Coordination – Harmony of all parts of body. (*holistic*)
10. Circular movements.

Internal:

1. Stillness.)
2. Relaxation)
3. Clarity) MIND
4. Concentration (alertness, sharpness of mind))

5. Calmness.)
6. Breathing:)
 - slow)
 - smooth)
 - continuous) HEART
 - even)
 - deep)
7. Centering in the lower abdomen (dan dien).
8. Mind directs the energy flow (KI).
9. KI flows with fluidity and continuously from “dan dien” to all parts of the body.
10. Lightness at the top (like floating and swimming in the air)
Heaviness at the bottom (from waist down): sink & root to the ground.

- Center Line
- Change Speed 0→30 then continuous back with speed
- Oval area (same as the X mark where Tambo strikes), block just to outside of oval
- Nose-naval concept, let the dan dien move the hands

- Stance, not long where energy comes up one leg and down to the other; rather shorter where uproot occurs from leg to up and out (Rear Leg slides forward as you move forward)
 - Start Kata and End Kata (before/after bow) with attention stance and hands in soft fist.
 - Oval shape in front of body with opening move
 - Speed up movements when pulling hands back or moving hands forward
 - Block to outside of body (over neck hand goes to outside) while centerline (rear) hand goes straight with strike
 - Transition moves slowly with movement of nose-naval and back straight
 - Four throws, visualize grabbing the wrist and elbow with oval-shape throw. Last throw can be around hip as land hands/feet/stance all at same time.
 - Expression through fingers without tension, fingers should point in different directions
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- * Flowing hands wrapping hands trapping hands
 - * Pushing and pulling hands
 - * Unbendable Arm
 - * Over neck throw: face to face, facing same direction, from behind.
 - * Pressing arm throw (UDE OSAE)
 - * Wrist twisting throw (KOTE GAESHI)
 - * Circular arm throw (KOTE MAWASSHI)
 - * Four Direction throw (SHIHO NAGE)
 - * Scooping arms
 - * Sling block
 - * Sweeping block
 - * Sticky hands
 - * Deflecting hands, Deflecting foot (crescent & reverse crescent)
 - * All throwing techniques: (hip, shoulders, hands, foot, knee)
 - * Head throw
 - * Inner Strength movements and principles

Hand techniques and description of movement - Wing Chun

Man Sao is the hand that is extended in front.

Wu Sao is the hand that is close to the body, both using centerline position to the body.

Punch is a vertical punch that comes into centerline with an upward motion of wrist at contact. Points of contact are the last two knuckles on the hand.

Huen Sao is circular motion of fingers/hand/wrist in order to escape grasp.

Lop Sao is the grabbing punch, arm remains directly in front after the huen sao.

Bong Sao is an elbow block with forearm at 45° angle, wrist straight, centerline concept is important.

Tan Sao is an open palm inner middle block. Wrist can be straight or slightly bent, ideal with body turn into the technique and using Wu Sao hand.

Pak Sao is a palm heel strike with all fingers straight.

Fook Sao is a bent wrist similar to a soft style outer block, which also represents a strike or trap.

Lan Sao is a load up position for 'open hand inner middle block'. Arms are parallel to each other.

Jum Sao is a palm corner block. The wrist becomes a 'sinking blade' as it drops into strike/block.

Jut Sao is a palm push towards *uke*. The arms tend to jerk as technique is executed forward.

Biu Tze is a vertical spearhand (with an attitude). It has the wrist slightly bent downward to upward motion with strike coming from fingers, cup of hand and palm.

Gaun Sao is a lower chop/block that rotates through the center line.

Lut Sao is freeing an arm as wrist contacts other wrist as rotation occurs to escaping hand.

Lau Sao is scooping inward and upward to uke or own arm, similar concept of scooping ice-cream.

Play with techniques by using in a counter situation. For example, grabbed with 2 wrist and do a bong sao, tan sao into tap, pak sao. Another example, push arms out into quick hands into grabbing opponent's arm into pak sao or biu tze to arm/face. Another, double huen sao into jut sao to body. Now come up with your own combinations and ideas in order to keep creative and understand the various techniques. Now you are ready to take it to another level by understanding the Principle.

Cuong Nhu Training – Developing Wrapping, Trapping, and Sticky Hand Drills

Hubud

Is a Philippine drill that works on sensitivity and principles of one's entire body through four techniques. Two partners facing each other with hands at shoulder height throughout entire drill. Person A throws diagonal 'cupping of hand', B turns into technique with a left Fook Sao (bent wrist) with elbow down. Then right hand into Fook sao (outside of partner's wrist) with shoulders turning square. Then left hand does Pak sao (palm heel tap with fingers) cross the center line with body turning into a 'beginning' right diagonal 'cupping hand' as body turns square. Process continues with both doing same concept of circular arms moving from all angles.

Over/Under

Wrist is grabbed and your right wrist expands fingers with them all moving over the partner's wrist in a clockwise direction and continuing to follow through. Notice that proper technique allows complete control of partner. Same thing is done to otherside and then to both hands at same time. Follow through with pivoting on ball of foot and body turning into full extension (including traps.)

Under/Over

Wrist is grabbed and your right wrist expands fingers with them all moving over the partner's wrist in a counterclockwise direction and continuing to follow through. Notice that proper technique allows complete control of partner. Same thing is done to otherside and then to both hands at same time. Follow through with pivoting on ball of foot and body turning into full extension (including traps.)

Combination

Do both over/under and under/over at same time with different directions and traps. Footwork should be focused as movements are occurring. Do both sides and from different angles.

Three Drill

Partner throws vertical KungFu punch. Pak sao - Tan sao - punch or Tan sao - Pak sao - punch (over Pak sao). Continue with one doing one side and partner doing the other combination. Then allow both ways either inside of arm or outside of arm. Continue to next level with either Man sao or Wu Sao begins the first combination. One may also add different levels of circular, on knees, moving, etc.).

Four Drill

Both in right stance with hands up and alive. Partner throws punch to temple, left Pak sao (sweeping block) into tan sao (right soft style inner middle block) into left Pak sao (palm heel) into right punch (over left Pak sao) to temple. Continue process in flowing movement with arms and hips.

Rolling Backhands

Both in natural stance. Person A throw left back of palm strike to face, B does left Pak sao to wrist into right Pak sao to elbow (soft style knife hand) with pull into left back of palm strike...Person A

does right Pak sao into left Kan sao (soft style knife hand) with pull into right back of palm strike. Entire sequence continues with going from side to side with hips in circular movement.

Hand principles - Coordination, Stretching, Speed & Confidence

Arm drills - Coordination

- One arm forward, other arm backwards with softstyle 'open door' as change directions
- One arm up-out-down, other arm up-down; switching in between **right-left arm** changes
- Patty Cake - Sinwali drills (add foot pattern movement)
- Sparring drill - bkhand, punch, ridgehand into spin around w/ rev. ridge, sink down, 360 * back

Inner Strength - Stretching

- Correct arm movement with right arm extending to left side and twisting behind as left arm does 180 turn to right side, eye contact should be at full extension of arm.
- Isometric Extension with circular outward/inward
- Uprooting drills with wrist grabs (push traps, Aiki Nage, Ki Flow upward and downward)

Principles - Speed

Wrist grabs into trapping with centerline concept - **Wing Chun**

Lapel grab into stepping with centerline concept - **Aikido**

Throat grab into 3-D twisting and counter - **Tai Chi** and **Muy Thai**

Tapping drills with Pak, Tan and punch - **Jeet kun Do**

Workout - Confidence

Pushups: different levels and positions

Fluidness: Continuous hands with pace

Chi Sao: Sticky Hand drills and sparring

Sensei Kirk's Combo (see attached)

1. Double Pak sao (right hand vertical, left hand horizontal)
2. Right hand tan sao and left hand Pak sao (palm trap)
3. Right, Left, Right with palm push (Jut sao)

Try to understand the principles and at least 20 movements and applications can come out of 1 principle. Repeat each principle without trying to memorize the technique, after repetition, and then do with adding foot movement of **Aikido** (Irimi and/or Tenkan). Follow-up with same principles being aware of traps and centerline zoning of **Wing Chun**. Then add takedowns from **Judo** with the same principle that has been shared with participants. Make sure that each "technique" has a counter attack (including kicks, knees, arms, takedowns) based on **Shotokan** and *machine gun* concept. Try and do all the techniques with an open mind and relaxed body, similar to **Tai Chi** principle. After

finally doing all of this, close to 40 reps on each side, then finish off with 5 more incorporating the best and parts of each of prior reps - YOU now have done exciting applications and techniques based on a **Cuong Nhu Principle**. CONGRATULATIONS!!

Principles and Techniques from Sensei Kirk's Combination

- Double Pak sao (right hand vertical, left hand horizontal)
- Right hand tan sao and left hand Pak sao (palm trap)
- Right, Left, Right with palm push (Jut sao)

Demonstrate technique and then all repeat for 10 times

Double Pak sao with 2 Arm reach from opponent:

1. palm push trap down into ground, similar to Morite Gari (**Tai Chi**)
2. slap into over neck takedown (**Aikido**)
3. slap into step with tai otoshi with arm lock at counter (**Judo**)
4. slap into right downward elbow w/ quick reverse strike (**Muy Tai**) and left shin kick
5. slap into left forearm upward strike with kick leg/knee out (**Shotokan**)

Right hand tan sao and left hand Pak sao with 2 Arm wrist grab:

1. Rt. Tan sao, left ikkyo into circular 'around mountain' takedown (**Aikido**)
2. Rt. Tan sao, left palm strike then jump into right choke out (**JiuJitsu**)
3. Rt. Tan (low), left palm push (high across); left leg scoop out stance (**Jeet Kun Do**)
4. Rt. Tan, left palm trap into right forearm choke w/ leg thrust to knee (**Muy Tai**)
5. Uke attacks with punch, into Rt. Tan, Left Pak, & right strike centerline (**Wing Chun**)

Right, Left, Right Pak sao with 2 Arm wrist grab:

1. Right Under/over, left palm trap, into right palm strike (**Wing Chun**)
2. Right Flow across, left under/up trap with left foot step across into right reverse over neck and left armbar lock (**Aikido**)
3. Same with (third) right hand being pressure point strike to neck (**JiuJitsu**)
4. Same into step with right arm grabbing with harai goshi wheel throw (**Judo**)
5. Same into right roundhouse elbow into reverse elbow to knee takedown (**Muy Tai**)

THROWING ESSENTIALS OF JUDO TECHNIQUES

- HAND TECHNIQUES
- 1) TAI OTOSHI (body drop): foot tripping throw with opposite leg.
 - 2) SUMI OTOSHI (corner drop): foot tripping throw with same side leg.
 - 3) KATA GURUMA (shoulder whirl): fireman's carry throw.
 - 4) SEIO NAGE (back carry throw): 2 hand-throw.
 - 5) IPPON SEIO NAGE (one arm back carry throw).
 - 6) SUKUI NAGE (scoop throw): backward throw.
 - 7) MOROTE GARI (two arm clip): forward tackle throw.
 - 8) UKI OTOSHI (floating drop): sink twisting throw. *Kneeling & throw backward*
- Nhu 3*
Double hand

- HIP TECHNIQUES
- 1) HARI GOSHI (hip sweep): opposite foot sweep
 - 2) UKI GOSHI (rising hip throw): both feet of ground, hand on belt.
 - 3) HANE GOSHI (hip spring): opposite foot in front. *Can't read comment*
 - 4) UCHI MATA (thigh throw): foot inside between opponent's legs.
 - 5) OGOSHI (hip roll): hand on belt.
 - 6) KOSHI GURUMA (hip whirl): hand behind neck. *Hip inside*
 - 7) USHIRO GOSHI (back lift throw).

- LEG TECHNIQUES
- 1) ASHI GURUMA (leg whirl) *foot wheel*
 - 2) OKURI ASHI BARAI (assist foot sweep): outside foot sweep.
 - 3) KO SOTO GARI (small outside clip): behind heel.
 - 4) KOCHI GARI (small inside clip): behind heel.
 - 5) KOSOTO GAKE (small outside hook): behind knee level. *same side foot*
 - 6) HIZA GURUMA (knee whirl): same side foot sweep at knee level.
 - 7) OSOTO GURUMA (big outside whirl): outside hook behind both legs.

- REAR FALL THROWS
- 1) TOMOE NAGE (round throw): sacrifice throw.
 - 2) UKI WAZA (floating throw): sideways throw. *Sacrifice throw*
 - 3) SUMI GAESHI (corner reversal): foot inside between opponent's legs. *Kick inside thigh*
 - 4) YOKO GAKE (side hook) *side foot sweep while falling*
 - 5) YOKO GURUMA (side whirl) *on belt*
 - 6) YOKO OTOSHI (side drop) *hand on lapel*
 - 7) TANI OTOSHI (valley drop): back tripping throw. *Both feet*

KUSHI NAGE – Aikido fireman's carry

TENKAN – open door

SHIME WAZA – choking

KO – Small O- Large GARI – foot GAKE - knee

18 Judo throwing techniques were required in the soft style black belt test.