

## **Course Introduction**

### **General Introduction**

This course is based on Traditional Chinese Martial Art; the training benefits the movements by using the kinesiology principles for dance or non-dance major students and enhances the skill and understanding of martial arts defense mechanisms for students with or without a previous martial art background.

### **Troika (warhorse, workhorse, and show horse)**

#### **War Horse –**

Foundation: Armored Cavalry: Horse (footwork), shield (forearms, elbows, knees), long weapon (kick with legs), short weapon (strikes with fists, palms, and fingers), small weapons (strike with elbows and knees), hidden weapons (strike with low kicks), and armor/helmet (bodily impact resistance).

Hands-on: sparring, combat techniques.

Associated equipment such as punching/kicking bags, focus mitts, foam sticks, and golf balls, are recommended.

#### **Work Horse –**

Strength: barehand (stances, plank, push up, sit up, v-up, bridge, scissors) and equipment (belt, beach ball).

Stretching: whole body joints, flexibility

Endurance: breathing exercise

Lines (Tantui): Conclusion of strength, breathing, flexibility, and endurance for building up a firm Musculo-skeleton structure.

Associated equipment such as belts, bricks, and a water jar are recommended.

#### **Show horse –**

Forms: spirit and fluidity, sensitivity, and martial techniques (Taiji Quan)

Music for the background will be considered for increasing the energy in the movement.

### **Traditional Chinese Martial Art**

It is based on the battlefield-derived techniques from the cold steel Age. The techniques include:

Shields- arms, hands, elbows

Helmets and armors- Paide (impact conditioning)

Long weapons-high and medium kicks

Short weapons-fists, palms, and fingers

Small weapons-elbows and knees

Concealed weapons-low kicks

Horse barricade-leg catching

Head-to-head combat- takedowns, Qina (lock & holds), and wrestling

# **Program**

## **Work Horse**

### **Breathing Exercise**

Level One- Increase lung capacity

Level Two- Sound, enhance internal organs with vibration.

### **Musculoskeletal Strength**

Stances -Horse (Horse Ridding), Bow and Arrow (Archer), 60/40 (Lion), 70/30 (Unicorn), Low Stance (Snake), Single Leg (Rooster), Twisted Stance, (Dragon), Empty, Leg Stance (Cat)

Core Muscles I – Solo: Plank, Dive Boomer, Hydraulic, Clapping. Partners: Crawling,

Core Muscles II- Solo: Glute Bridges, scissors, V-ups. Partners: Crab Walking

### **Stretching**

Whole-body (feet to head)

Leg-enhanced stretching

### **Lines**

#### **Tantui**

Line 1

Line 2

Line 3

Line 4

Line 5

Beginning and ending caps

# War Horse

## Footwork (solo, two men, equipment)

Linear: Pulling Step, Pushing Step, Dashing Step, Full Step, Hopping Step

Diagonal: Angle, Triangle, Reverse Triangle

Circular: Circle Walk, Serpentine

Turning: Front turn and back turn

Switch: Left to right and right to left

## Defensive Moves (solo, two men, equipment)

### Shield

Top

Palms-pick (perry) single and double

Arms- double inward, double outward

Elbows- double upward (comb hairs)

Body – Duck, Dodge, and roll back

Middle

Palms- pick (perry) single and double

Arms- double hooks, double wipes, double scoops.

Elbows- double inward, double outward

Body – Dodge; roll to the side

Low

Arms- Double pressing

Elbows- double downward

Knees-Inward and outward

Body- dodge; step back

## Body Armor & Helmet (solo, two men, equipment)

Paida-Limbs, torso, head, and face

Solo and two -person

## **Offensive Moves (solo, two men, equipment)**

### **Short Weapons**

Fists- Knife (vertical fist), Corkscrew (Horizontal fist), Whip (snap fist), Hook (bend elbow), Hammer (rubber head or steelhead), Shovel (lifting fist)

Palm- Strike, Thrust, Chop, slap

Fingers- Poke, Scratch, tap

### **Small Weapons**

Elbow- forward, downward, upward, horizontal, straight.

Knee – forward, upward, Inward, outward.

Feet – Low front kick, low heel kick, low side kick, low hook-sweeping, low circular-cut

### **Concealed Weapons**

Feet- Low kicks

### **Long Weapons**

Leg – Front Kick, Side Kick, Roundhouse kick, back kick, scorpion kick, inside crescent kick, outside crescent kick, half tornado kick, double kick.

### **Horse barricade-leg catching**

Catching: front kick, side kick, roundhouse kick, and back kick

### **Head-to-Head Combat**

Takedowns and Throws

Falling

Two Gates and Four Sides

Techniques from 24 forms

Qina (Locks and Holds)

# **Show Horse (solo, two men, music)**

## **Taiji Quan**

### Random Circles

Single

Double

### Yang Taiji Quan 24 form

Commencement

Parting Wild Horses' Mane

White Crane Spreads its Wings

Twist Leg and brush knee

Play Pipa

Repulse Monkey

Grasping Bird's Tail (Ward off, Roll Back, Press, Push)

Single Whip

Wave hands like a cloud (Even Hands)

Single whip

High Pat on Horse

Right Heel Kick

Boxing Ears

Left Heel Kick

Snake Creeps down

Golden Rooster Stands on One Leg

Fair Lady Works shuttle

Needle at the Sea Bottom

Pierce the Mountain

Reverse Punch

Intercept, Perry, and Punch

Sealing the Gate

Cross hands

Conclusion of Taiji