



Self- Defense and Sensitivity

Self-Defense Techniques

A Technique, by definition is a sequence of actions that has the following 3 parts: Neutralize the incoming attack, Control the attacker, and Counter-Attack. These three actions must be completed, in order, for a movement to be successful. If the sequence is disrupted for any reason, it must begin again.

Neutralization: *Somehow prevent an incoming attack from hitting you.*

- Can physically stop it (a block), or avoid it. (a dodge)
- Understand forearm geometry, conditioning and technique
- The 'block' can both neutralize and control the opponent.

Control: *Somehow affect the opponent's situation.*

- Find and affect their center and their structure
- Push, pull, or twist their center and/ or their root
- Use circle to off- balance
- Note that in some cases the opponent is controlled by his own momentum and/ or tension, and active control is unnecessary.

Counter Attack: *Put an end to the situation.*

- Attack in a way that does not require you to succeed
- Plan on your movement being blocked

Incomplete Pieces

Avoid these techniques in favor of more complete movements below.

1. Block

Simply Neutralizing an incoming attack, and doing nothing else.

2. Block, Attack

A Technique that Neutralizes (No Control), and then Counter- Attacks as a separate action.

3. 1 Step: Block/ Attack

A Technique that Neutralizes (No Control), and Counter- Attacks simultaneously in 1 action.

Complete Techniques

1 Step: *Any technique where Block, Control, and Attack happen simultaneously in 1 step or action.*

1 Step: Control/ Attack

A Technique that Neutralizes, Controls, and Counter- Attacks simultaneously in 1 action.

- Can be grabbing, pulling, pushing, etc, while simultaneously hitting, but in some way you are affecting the opponent's balance and equilibrium while striking them.

1 Step: Intercepting

A Technique that simultaneously Blocks, Controls, and Counter- Attacks with a single action and a single limb

- Requires >135° deflection on attack vector in horizontal and vertical planes
- Requires a certain amount of energy in the opponent's strike

1 Step: Pure Striking

Striking the opponent before he can finish or develop his technique

- Stop Hit
- Use when opponent is totally limp.
- Can also be used to bait further responses.

Springing/ Folding

A Technique that borrows the opponent's energy to make your own movements happen

- Use against movements where the opponent's block opens the centerline.
- Can be 1 Handed Springing, or 2 Handed Springing
- Applies to other body parts aside from hands too. Have to understand the 7 Stars of the Body

Bridging

A 3 part Technique where Block, Control, and Counter- Attack happen sequentially, with each part performed by a different hand

- Use against movements where the centerline is not given up

Chasing

Continually following your opponent's movements like you are physically connected

- You have to continually chase. You cannot stop, which is vital to using this kind of technique.
- Requires some energy in opponent. Not a lot is necessary, but cannot do when opponent is dead.
- This skill is sometimes called 'sticking', but 'sticky' in English is an automatic quality: things just are 'sticky'. 'Chasing' implies that we have to continually take action to continue the chase. This concept is essential to chasing techniques.

Trapping

A Technique that tangles the opponent's limbs so that he cannot use his own body effectively. Trapping is a second order effect that arises from a sequence of techniques.

- Requires energy or stiffness in target
- Only works on a stiff opponent.
- Hold in reserve for stiff opponents, or learn how to stiffen a soft opponent in preparation for trapping.



Self- Defense and Sensitivity

Sensitivity Responses

Bridging: Use for soft blocks, or where the centerline is not given up

Components: (3) 1: Their Block 2: My Control 3: My Counter Attack

Stimulus

Pushed Up
Pushed Down
Pushed Closed
Pushed Open

Technical Name

Mid Palm, Chop, or Hammer
High Back Hand or Back Fist
High or Mid Palm, Chop, or Hammer
Inverted Palm

Response

Popular Name

"Hammer the Tummy"
"Dragon Spits out a Pearl"
"Chop the Tummy"
"Pie in the Face"

1 Handed Springing: Use for hard, forceful blocks, or when the centerline is given up

Components: (3) 1: Their Block 2: Their Control 3: My Counter Attack

Stimulus

Blocked Up
Blocked Down
Blocked Closed
Blocked Open

Technical Name

Mid Palm
High Back Hand
High or Mid Palm
Inverted Palm

Response

Popular Name

"Hammer the Tummy"
"Dragon Spits out a Pearl"
"Chop the Tummy"
"Pie in the Face"

2 Handed Springing: Use for hard, forceful blocks, or when the centerline is given up

Components: (3) 1: Their Block 2: Their Control 3: My Counter Attack

Stimulus

Blocked Up
Blocked Down
Blocked Closed
Blocked Open (Center Blocked)
Blocked Open (Center Clear)

Technical Name

Mid Palm
High Palm
Mid or High Palm
Bridge and Palm, or Intercept
Palm

Response

Popular Name

"Earth" or "Wood"
"Water" or "Wood"
"Single Palm Change" or "Water" or "Wood"
Bridge & "Water", Bridge & "Wood" or Intercept
"Water" or Intercept "Wood"
"Water" or "Wood"

Special Circumstances

Stimulus

Pushed Backward
Pulled Forward
Stick or Grab
Disappear
Blocked on Arc

Technical Name

Retreat, Pull and Hit
Step Forward and Hit
Change Circumstance
Bait to Regain Contact
Follow Arc (look for "Couch Block" is opportunity to Spring)

Response

Popular Name

Backward "Water"
"Metal"
"Fire"
"Metal"
"Topspin" or "Paintbrush"

Block Vectors

A: Parries- 90 degrees off attack vector. The block can only perform 1 job: Neutralization. Avoid these blocks if possible. They will work, but you might be passing up opportunities.

B: Circular Blocks- The rotary action of the waist boosts the block power, as well as offering the opportunity to control and off-balance the opponent, as well as turning the block into an attack in it's own right. The block can perform 2 actions: Neutralization and Control.

C: Splitting- Steep block vectors allow blocking the opponent without interrupting their motion, which causes them to hit themselves with your body. These vectors also allow Intercepting, which are among the most useful self-defense techniques available. The Block can do 3 actions: Neutralization, Control, Counter-Attack.

