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Self Defense Martial Arts

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Saturday Kungfu School

Self Defense Martial Arts

- Learn not to hurt yourself is the key of all

July 2008



Jun Huang

Kungfu Master (multi-style, semi-retired)


Don't try any movement without adult supervision!




15 / 11 / 10



Understand the style – Come up strategy

- 
1. Shaolin (boy, quick body)
 2. Karate (boy, quick hand)
 3. Taekwondo (girl, strong leg)
 4. Boxing (boy, strong hand)
 5. Tai (boy, strong body)
 6. Jujutsu (girl, flexible joint)
 7. Taichi (girl, sensitive reflex)
 8. Others (girl, flexible body)



You can only
defense yourself
effectively if you
know offender's
style.

When I say boy
style or girl style is
not casted on stone,
depends on
individual's muscle
strength distribution,
joint flexibility, reflex
time etc.

Don't try any movement without adult supervision!

Shaolin Style – Stay away 1 inch to get away



head high

chin low
shoulder low

elbow low

only one mistake,
can you see it?

foot high

hand tight

foot tight

Most Kungfu originated from Shaolin temple, which in term came with Buddha from India some how:

Energy gets release only on last inch, no matter how big (could be one punch kill one ox), if you fast enough to yield just 1 inch distance, you will not be hurt.

If you keep your head high, you will be able to move fast!



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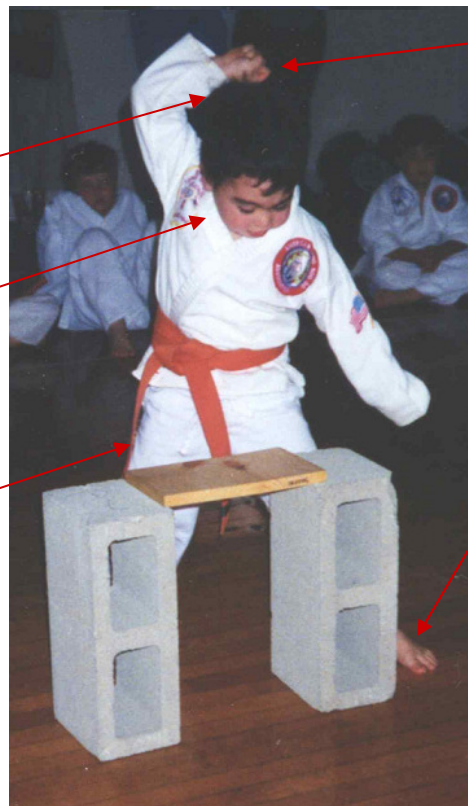
カラテ空手道 Karate Style – Make arcs to cope with



get maximum distance for speed

see through target

leg apart



hand tight

foot flat

Unlike Shaolin, you can learn Karate much faster, not many buddha philosophies behind it, all you need is to learn how to concentrate yourself and release you inner energy.

Never head to head defense yourself, always use curved movement, so that you might be scratched, but not broken!

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태권도 跆拳道 Taekwondo Style

– Grab any thing to fight back

feet tight

eye on target

shout for breath

hands for balance

foot flat

strong leg

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Taekondo use more leg, if you have strong leg, you can fight back.

Otherwise, trying to grab anything in your reach, a bag, a belt, your clothe, to disturb offender's views,

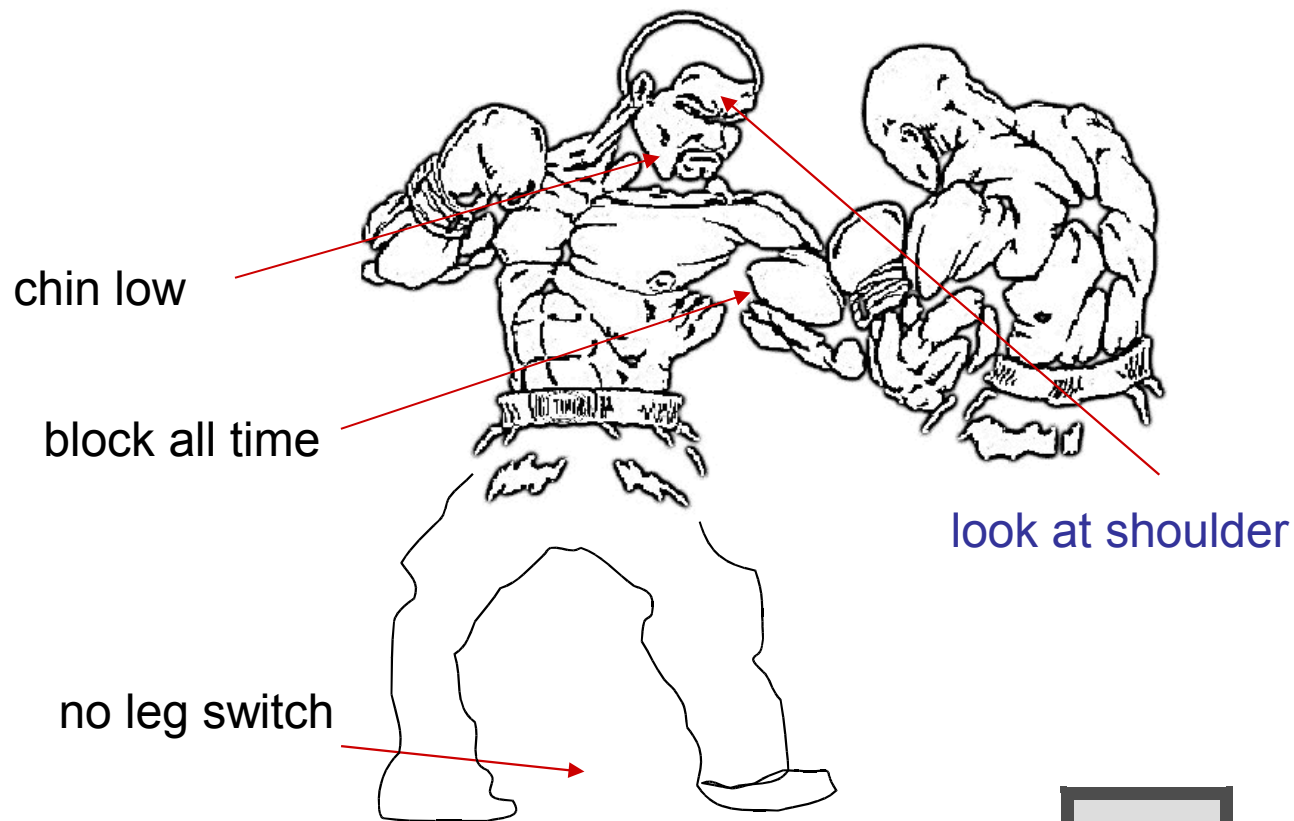
Leg is not like hand, can not change direction once up for wrong direction.

Only Bruce Lee figured out how to change leg in the air!

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Boxing Style – Use your leg to distract



Boxer only use hands.

Their eyes on your shoulder, as soon as your up body move, they hit out already.

If you can kick their lower body without moving your up part, you win!

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มวยไทย Muay Tai Style – Stay away 10 inches

hand tight
elbow tight



Knee tight

foot tight

If you don't have a strong body, never fool around it.
Knee and elbow is strong and most importantly faster than fist and foot.
Stay away as much as you can, so that offender is not able to hurt you badly.

柔術 Jujutsu Style – Spin yourself to escape

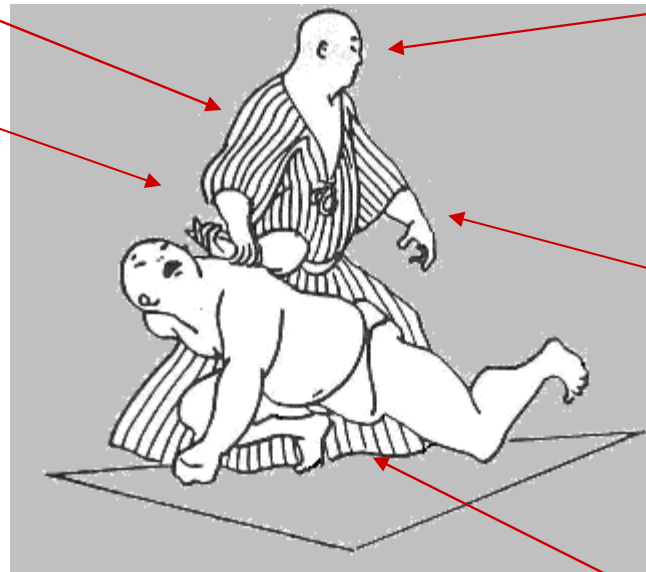
shoulder low

elbow low

driving eyes

hand tight

feet apart



It's not about the amount of muscle, you need a lot of flexibility to escape from joint lock.

Also quick reflex to sense the lock before it becomes too late to escape.

General rule is to spin yourself towards the direction you don't feel pain.

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Taichi Style – Use less force

listen with eyeball

Hand reflex is the key of the Taichi.
More force you use, more will be borrowed by the others to apply back to you.
General rule is to find a good position, such as slightly high, so that they won't be able to touch your hand or light side, so that they gets blinded.



head high

attack

moving all the time

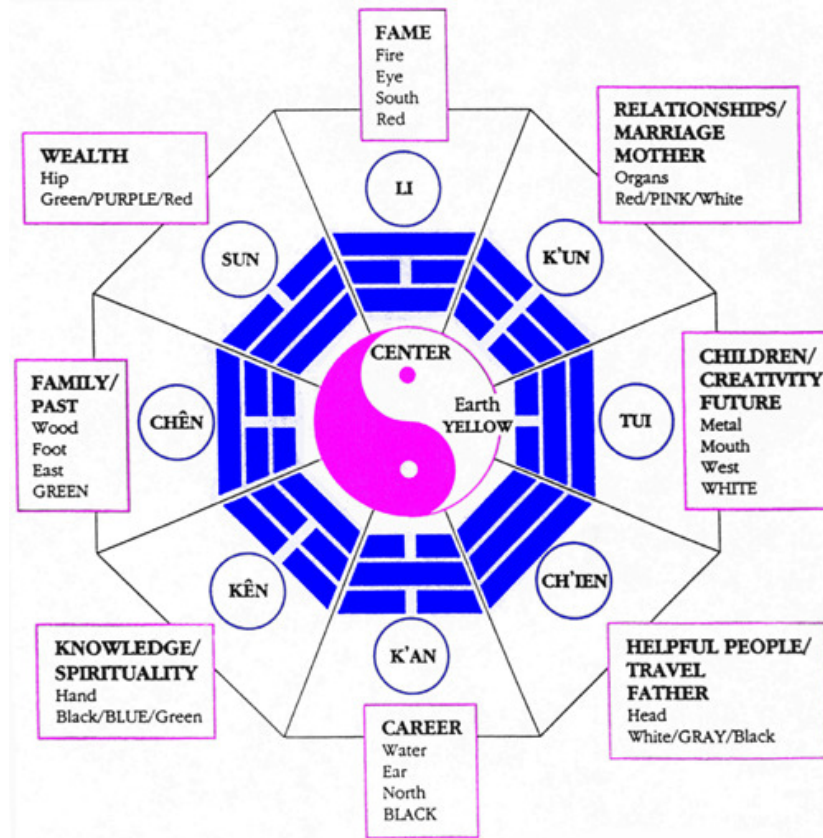
defense

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Understand the style – Use natural predator

These are earliest Kungfu originated thousands years ago for fighting with animals, not with human being. Learnt everything from animals.

Baqua
Monkey
Dog
Tiger
Snake
Dragon
Mantis
Eagle
Drunk

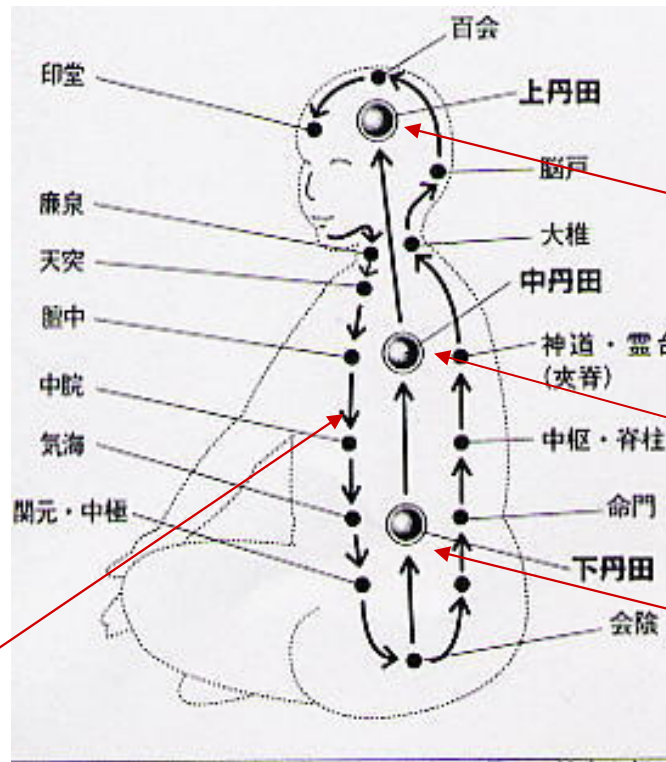


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Self Recovery – Empty Swallow

Qigong

Swallow nothing will wake up your internal organs to generate more energy (mentally and physically, not the fat) for you.



Gold Mental energy

Halfway Silver energy

Bronze Physical energy

Energy pathway

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Thank You!
Question?



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