

Cuong Nhu Seminar  
Soft Style

**History** – Soft Style Belts, 1990 Dragon Nhu's article on combining into one

**Intro** – Understand vs. Memorize, play vs. work, repetition – application – combination. Hard style: 3-5 yrs, Soft style: 7-10 years. “TAP” with fun!

**TECHNIQUE** (each side 5 times):

Move into fwd stance with uproot hands (irimi)

Step back (ie, end of kata)

Move back into bck stance w/ circle hands, (tenkan)

Combination: #1 into #2, #2 into #3, 1—2—3 , just one side

**APPLICATION/PRINCIPLES (Circles – Weight – Shift or zone)**

Opening of Nhu 1 (R and L opponent punches/grabs)

Over/Under with Escape

Trap to opponent – Trap to self, using weight distribution

Clock with nose/naval, Clock with feet

**DETAILS:**

Hard: Bong-Tan-Pak

Soft: S-curve with snake

Bong: slide down and forward; Tan: Move fwd and turn; Pak: traps and sinks

Grab around lapel, drop elbow

**TEACH-LEARN (Yin-Yang):**

spiral opponent with eye-hurricane

Breath, Posture, Timing of hands/feet with belt (chi)

Accelerate speed thru the movement

Game of chess, set up technique (Hubud #1 trap)

**BASICS-EVOLVE:**

Blocks: extended – turn – attack (Low, middle, high, outer, knifehand)

S-curve with around neck or bicep, add choke

Tai Chi opening, vary speed with movements

Evolve into your own application with multiple attacks, eye of hurricane