

Martial Arts Training thru Hemispheres – IATC 2024
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Open and relax mind with ‘fire-hydrant’ information
Simple concepts of 2 X 3 X 4 (or combination)
Empty hands, applications, sticks s/b similar process
QiGong, Fajin, Tai Chi, Details, Shifting, Turning
Understand ‘other’ hand, sticks and empty
Generated from feet, Directed by waist, Expressed thru hands

WarmUp (combines silk reeling with QiGong)

- Cloud hands (shift back w/ turn)
- Cloud hands with vertical and over-neck, show all 3 in series movement [5X]
- Monkey blocks [show butterfly blks, center line guard]
- Applications with CH (parry and strike, brush knee and strike, overneck with body strike)
- Applications with MB (double circles)

2-step [over/under, under/over, combos]

Clock Drill step & re-direct, trap [self or opponent]

3-step [cross, slide, strike] or [slide, cross, strike]

Back hand (wu), front hand (man), free flow w/ either combination

Sticks [details on how to remember: 1 go thru, 2 go thru, 3 pull back; ribs, shoulder, open

- Heaven, Sinwali, around head [5X up to 15X]
- 1-2, 1-2, H-L-B .. add around head [5X up to 15X]
- 1, double-1, 2, 3, 4 [5X]
- Tres-Tres (optional): R, L, free form [5X]

4-step HuBud

- 1 – 2 – 3 : R, L [2 dimensional] (curve ball, vertical chop, bkhand horizontal fist)
- BOTH involves going from R to L with changing a “4” to a “3” (go slow and be aware)
- 4 – 5 – 6 [just Right side, dimension is now back and forth spacing, 3 dimensional] (elbow strike, vertical punch, shank to spleen)
- Applications with just #1 Hubud
- Drill into “finish” with movement.

Sticks w/ 12 strikes

3 techniques, rep per 4 sets: R, L, Both; Goal is 3X R-L-B with speed

Louie Ta-Ta-Ta (if time), details with checking hand

3 techniques, rep per 4 sets

Understand process of using different dimensions (push/pull thru quadrants)

Review, Q/A, details of simple MATH

Combinations with details working slow, speed up without thinking, repetitions!