

IATC 2025

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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 the corner)
- Vertical beanstalk, over-neck, extend shoulder-elbow-wrist-hand 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), vertical

Soft Style

History – Soft Style Belts, 1990 Dragon nhus 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

Hand Drills and Chi Sao

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

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.

Rolling Backhands

Chi Sao – Flowing hands, sticky hands, tapping hands

Stick Training - Drills, Combos, and Applications

Sticks [warm up] figure-8's, over/under, 3-strikes with middle grip

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]

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!

**Beware of your thoughts, for they become words,
Beware of your words, for they become actions,
Beware of your actions, for they become habits,
Beware of your habits, for they become character
But most of all...**

Beware of your character, for it becomes your destiny.