

FIT 2025: SOFT STYLE class
Winter Park, 11:10-12:00 pm

History of soft style, belts, dragon nhus article, Evolve and understand the principles. (5m)

"The more you practice, the better you get.

The more you practice correctly the better you understand."

Soft style is as simple as one-two-three (15m)

- Climbing beanstalk with guarding hand, move down floor with stance and hand
- Over-under, Under-over. Clock drill with trapping (push, pull, cross, hook) w/ stances
- 3-step using SS middle, basic hard vs SS. Cross, slide, counter with zoning and shifting.

Soft style defined by one application, opening of Nhu 1 (15m)

- Rt hand attack; shift back/fwd, center line, eye of hurricane, over the mntn, fingers flow
- Left hand, 3 apps with small, med, lg circle. Wrap and trap, less is more, choke and scoop

Unbendable arm exercise. Closed fist then open with 'water flowing thru hose'. (5m)

"Generated by the feet, Directed from the waist, Expressed thru the hands".

Reps, Relax, cross center line, hard style counters, circular and linear combos (5m)

- Up and down the floor, soft style blocks with counter. Reach out

Main points: (5m)

- Back leg never locked
- Stance shorter than fwd stance
- Speed up moving fwd in kata
- Turn the corner
- Posture, breath, relax shoulders
- SS movements with SS or hard style counters. 3-step into yin over neck or HS w/ knees, elbows, strike.

Visualize and Play with partner drills. Change partners. Wrists grab or R/L punch . Compare Hard style middle block to SS middle block, with load-block-punch. SS: reach out (and strike), block with simultaneous strike (L-R-L or R-L-R). Advance levels with moving fwd or bkwd and zoning off center.