

Degree One Kyu Advice

DEGREE ONE

KYU 1:

Falls: (see you-tube video)

Squat roll

- Squat down as far as you can keeping your weight on your feet then and roll onto your back easily without bumping any part of your body
- Tuck your head toward your chest while rolling
- Cross your arms over your chest (don't reach down for mat)
- Roll smoothly

Stepping back squat roll

- Begin by falling backwards
- Step straight back with bended knee (toe-heel) and toes pointing to the front
- Ease yourself down and roll over, not on, your back foot
- Finish roll as in the squat roll

Side step with slap

- Step with one foot behind the other to one side in a large step
- Place your back foot in an L-shape to the front foot
- Lower your front hand down so the fingers touch the mat just to the outside of your front foot
- Let your palm slide across the floor, don't use your hand for support
- Keep your head and chest facing forwards
- Roll on your side like a rocking chair
- Then roll across your shoulders and upper back and down to your other side
- Give the mat a good slap at the same time your legs touch down
- Twist your chest toward the mat as you slap
- Keep your head tucked to your chest and the top of your head angled toward the ceiling
- Keep your bottom leg tucked in and point the knee of the upper leg to the ceiling with that foot ready to slap down on the mat outside of the tucked leg if necessary

Forward Kneeling Roll

- Place your front knee down pointing in the direction of the roll
- Position your other knee up and angled 90 degrees to the direction of the roll
- Reach between your legs with your forward arm as far back as you can
- Tuck your head for the roll and roll from one shoulder to the opposite hip
- Roll smoothly and in a straight line
- Don't bump your head, tuck your rear leg under and roll over it onto the front foot pointing forward with the knee up
- Swing the back foot in behind you 90 degrees so that you form an "L"

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Backward Kneeling Roll

- Start sitting with one leg tucked and point the knee of the front leg to the ceiling
- Roll backward over the same shoulder as the leg with knee up
- Roll over the out-stretched arm
- Place your other hand by the outside of your face with the palm turned away from the face to support keeping your head off the mat
- Roll smoothly and finish in a kneeling position with the legs T'd up for a solid base

Stationary Four Corners:

#1

- Offer the front side of your body
- Step back and away with the front foot and finish at a 45 degree angle to the line of attack
- Stay balanced, move the whole body, and keep the 7 structural points in all 4Cs

#2

- Offer the front side of your body as they reach for you
- Get the shoulder out of the way completely, using a small step with the front foot around behind your back foot
- As you step forward to their rear, keep your chest passing close to their side
- As you step behind them, step the other foot forward to finish feet together
- Finish facing the opposite direction to them

#3

- Offer the front side of your body
- As they reach for you run straight away with back foot
- Make sure they follow and wait for the push
- Spin on the ball of your back foot in a circle off line to make them miss
- Step forward to their rear with the other foot
- Step up and put feet together

#4

- Offer the front side of your body
- As they begin to reach for you, step away and slightly off line with the back foot
- As they begin to touch your body, rotate the upper body toward your own front
- Lead their line of force to push you between your feet
- As they push, step in the same direction of the force but keep them in front of you; do not step away like in #1

Stationary Leading Rollback

- Offer your arm, back of your hand slightly to the side of their face
- As they reach, don't let them touch your arm but keep them close, leading their reach into your side
- OFFER THE SIDE AND SHOULDER

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- As they come close to pushing your side then move your whole side out of the way
- On front hand leads, move your front foot as necessary
- On back hand leads, move your back foot as necessary

Push

- Touch and feel their whole body (outreach)
- Step in with your back foot close enough for you to maintain contact with your partner as you squat
- Point back toe out 90 degrees to front
- Make a feeling-connection from hands to the ground into back foot
- Squat in the back foot as you step between their legs with the front foot
- Allow your arms to bend as they compress your whole body into the legs and feet
- Shift your weight under ground
- Relax and point your knees with toes and knees into heels, etc.
- Think “in and down”

Dynamic Push

- Join your partner movement and move your body into your hands as you step into your partner
- Don't brace up or stop your movement, relax and use intrinsic strength

Whole Body Neutralizations

- Don't allow your partner to push or pull you off your feet
- Neutralize by moving your feet backwards or forwards
- Keep a vertical spine and move in a squatting motion
- Be as smooth in your motion as possible
- Feel when they will touch their foot down and wait until they do before you put your foot down

KYU 2:

Basic Routine

- Use a correct Stationary Leading Rollback to begin
- Offer your side fully each time
- When taking away your side, rotate from the opposite hip and move the shoulder and foot together. When using a front arm lead, remember to shift your weight to your back foot and move your front foot back
- Present the chest to be pressed at an angle directing their force off to one side
- As they attack for the press, collapse your own chest to give you an extra inch or two of neutralization, as you rotate away and move backwards slightly
- After neutralizing the press, don't turn too far or offer the other shoulder, keep your chest facing forward. Reach to push and press

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Rollback Variations:

Roll Off Rollback

- Wipe the “slime” off your arm as you roll your elbow and shoulder away from their force
- Hug yourself to make sure you don’t push their arm away
- Roll their push off completely before turning back

Roll Off Escape

- Reach your fingers over the top of their wrist to tweak their tendons
- Bring your forearm to your bicep as you tweak the tendons and pull your elbow out through the gap in their grip

Inside Rollback

- Step back far enough to neutralize their push as you extend your arms forward
- Bring your arms out inside their push
- Keep your arms extended as you join their push
- Do not push their arms to the outside, simply join their force forward
- To connect into the Basic Routine, push either of their shoulders with cross hand
- Make sure not to block the push to your shoulder, be sure to slap your own chest

Leaning Rollback

- As you lean back don’t push their arms up
- Roll under their push and join them in a wave like motion
- Keep your own elbows up, don’t pull your forearms back, lean back under their push
- Drop your elbows to push

Shoulder Sluff

- Use the bending down movement to lift your elbow up
- Relax
- Don’t push them off, just let the forearm drop forward and down to sluff off their arm
- Come back up quickly and present the arm

Dynamic Four Corners:

#1

- Lead their arms with your arm, lead their body with your body
- Circle away from the push to lead their center forward and in a circle
- Bring your arm down right away at the speed of the reach
- Turn enough to offer your side plus a hint of your back
- Don’t simply circle around them, make them move forward and step
- As they start to turn toward you to push, switch directions like a bull-fighter
- After your change keep circling several steps around to their back, but move away from them in your circle; don’t move too close

#2

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- Lead as dynamic one
- As they begin to turn to push, step long with your back foot
- As they push, shift back and step the front foot tightly around behind the back foot and turn the whole body so that they cleanly but barely miss
- Immediately step to their rear as soon as you can
- In the dynamic version, since you can lead the partner to one side, this opens the space to allow you to step in more behind the partner; in the last three steps the feet step in a triangular pattern to enter behind the partner at an angle facing the rear corner rather than just to the rear

#3

- Start to run away in an arc to pull their center forward in a slight circle
- As they try to catch up to push, change your arc and tighten your circle to move back around toward their inside shoulder
- Move down their arm toward the shoulder but keep moving away from their arm and their reach in an increasingly smaller spiral
- As you both continue to rotate, blend in behind, join and scoop them forwards
- Walk in behind them, don't just rotate. Keep pushing them forwards with your center as you walk to their rear side
- Walk beside them but keep your partner in front and control his whole body so that his inside shoulder can't rotate in toward you

#4

- Dynamic entrance is similar to the stationary with a bigger angle of turn
- The last two steps of your feet form a large V or triangle
- Use their motion and momentum to keep the attack in front of you
- Don't forget to turn the upper body to increase the angle of their attack
- Finish as stationary 4

KYU 3:

Press Uproot

- Most of the body's motion is the same as for push. Make a feeling connection right away and squat as you step in
- Let your elbows bend on either side of their body so that you are compressed as your hands come back toward you and your elbows go forward
- Let them compress you into the ground; do not shove with the arms or brace up with the arms

Dynamic Press Uproot

- Partner does a dynamic leading rollback entrance
- Immediately as your partner turns, join their turn and keep moving your body in to them
- Let the elbows bend so that your hands come toward you

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- Continue to keep the elbows moving forwards while the hands come back
- Don't plant your feet or shove, move your center into them and let them compress you into one foot

Ward Off

- Practice the swiping exercises until you can stay relaxed and not use the arm
- In the ward off sink in back foot as you begin to shift and rotate torso away from fingers or touching arm
- Keep the arm relaxed and depend on the stretch of the arm with rotation and shift
- Continue the rotating motion as you shift to front foot
- Keep knees pointing with toes and open the hips for rotation
- Allow their weight to compress you down using the stretch of the arm around down to the tailbone and connect that down to the feet

Straight Pull

- From a stationary leading rollback, grab their wrist (shake hands grab) with one hand and either wrist or elbow with the other
- Step back with feet together until you feel a stretch in both arms and a connection to their whole body, use an intrinsic grip
- Squat on the front leg and feel the stretch in your arms compress you into your front foot, as you step back with the back foot
- Stay connected so they move when you move
- Shift underground from front to back if needed, but use the compression into the front foot to uproot, the shift is only for follow through

Elbow Pull

- From a stationary leading rollback, grab their wrist (shake hands grab) with one hand
- Then turn your body back to face opposite your rollback as you slap your other relaxed arm and hand to wrap around grab their elbow
- Make a connection with their whole body as you rotate your elbow out to the rear and find the spiral compression down into the front foot
- Squat on the front foot as you take a big step with the back foot to uproot your partner
- Allow your pelvis to move between your feet but stay mostly on your front foot
- Don't try to use your weight to pull, use the compression in the front foot
- Stay connected so they move when you move
- When leading with the back hand, make them take a step with their back foot before you step with your front foot to the rear. Then compress into your now front foot and continue as above

Dynamic Elbow Pull

- Dynamic leading rollback entrance
- As you rotate away from the attack, grab their elbow from underneath with your inside hand and their wrist with your other hand (shake hands grab)

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- Join their movement and bring them around and into your chest
- Pull them right into you as you step back, then turn and open away from the original circle
- Plant a solid “power foot” (last step before you turn out)
- Compress into your power foot as you take a large step to the rear with your free foot and uproot them

Basic Spiral (Heels side)

- Front hand stationary leading rollback entrance
- Step behind yourself and grab their wrist (shake hands grab) with your lead hand and then step up behind them and place your other hand on their far shoulder-neck area
- Pull them toward your chest slightly to off balance them
- Outreach them and pin their feet
- Continue to off balance them in a spiral motion as you step with your foot back in the direction where you came from
- As they fall stay connected with both their arm and torso
- As if rolling out a carpet, when you let go of their shoulder as they fall, hold onto their wrist and scoop them slightly back to you so they roll and land with feet pointing away from you

Basic Spiral (Toes side)

- Back hand stationary leading rollback entrance
- Grab their wrist (shake hands grab) with your lead hand and step up in front of their chest bringing your feet together so that your feet form a triangle with respect to their two feet
- Grab their far shoulder-neck with your free hand
- Pull them toward your chest to off balance them on their toes
- Outreach them and pin their feet
- Continue to off balance them in a spiral motion as you step your foot away from them
- As if rolling out a carpet, when you let go of their shoulder as they fall, hold onto their wrist and scoop them slightly back to you so they roll and land with feet pointing away from you
- Faller: make sure to tuck your back knee as you roll over it, so that you don't injure it

Dynamic Basic Spiral

- Dynamic #4 entrance
- Make sure to get them to move and reach before you grab, then join their motion
- Grabbing their lead hand, use central joining so they rotate and stumble into your chest
- Place your throwing foot well since you will compress into it and rotate around it as you throw
- Put your free hand on their shoulder, help them fall into your chest, step out of the way of their motion and spiral them to the ground
- Finish as in the stationary basic spiral, rolling their feet away

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KYU 4:

Cheng Hsin T'ai Chi Mini-Set (12 moves on both sides)

- Along with the structural mechanics and correct choreography, stay grounded and concentrate on relaxing and moving from the center

Cheng Hsin Body-Being Basics:

- Work hard to incorporate the 5 Principles and 7 Structural Points into your body

KYU 5:

Folding In

- Relax and keep a constant reaching toward your partner
- As they block you, allow your elbow to move toward them
- Let the elbows fold in as the hand is moved around the block
- When blocked to the outside or down, let the shoulders freely rotate
- Practice in many directions and in free form to understand how to use folding in

Game F

- Use folding and following to find a technique
- As the partner thwarts your attempts, remember to stay relaxed and follow their movements, when they block or otherwise use rigidity or tension to block or redirect your movement towards them, then fold in and do a technique.
- Stay fluid, go around obstacles, follow movement and find opportunities that present themselves

Game A

- Find techniques without forcing your partner
- Use the fact that they have to yield and they have to stick to you to change directions and force them into disadvantageous positions and timing
- When you are the person having techniques done to you, concentrate on sticking and yielding, work to get better at your yielding and following

Pressure-No pressure

- Concentrate on completely yielding to any pressure while putting pressure on your partner
- Make sure you don't let them put pressure on you, as if yielding to a knife
- Find ways to complement their movements so that you can take the advantage

Yielding

- Yield to the slightest pressure, but don't run away
- Master the various forms of yielding, and in any direction or speed