

# Degree Two Kyu Advice

## DEGREE TWO

### KYU 6:

#### Pa Sik Po

- Concentrate on body-being structure
- Stay relaxed and let the feet constantly fall back into the earth
- Move the feet by rotating the pelvis
- Stay grounded and unified. Move the whole body with the feet

#### Falls: (see video on you-tube)

##### Forward Roll: Standing

- Roll in a straight line
- As your shoulder nears the ground, push off of the front foot to lift and push your weight forward over the shoulder and smooth out the roll
- Roll from one side to the other
- Tuck your rear leg under and step onto your forward foot
- Roll like a wheel not like a table

##### Backward Roll: Standing

- Step and fall back as in Stepping Squat Roll
- Roll as in the Kneeling Backward Roll
- Swing the leg through and T-up the back leg before standing up

##### Standing breakfall

- Sweep one foot out across the other to one side and lower yourself as far as you can on your supporting leg, rotate your body to fall at your feet but on your side
- Land on your side, don't roll onto your back
- Give the mat a good slap at the same time your body is to hit
- Keep the head angled away from the mat and chin tucked to your chest
- Finish with the upper leg separated from the lower with knee pointing to the ceiling

##### Rolling breakfall

- Do a Standing Forward Roll, but end by staying on your side and curl your body tuck your chin to chest and slap the mat; tuck your bottom leg and point upper knee to ceiling

#### Pin Foot Throw Ex.

- Outreach them all the way to their feet
- Take them off balance and feel when your partner is going to step, but reach into both of their feet and prevent them from stepping as you continue to bring them off balance until they fall
- Make sure to connect with both of their feet

# Degree Two Kyu Advice

## Stationary Roll Down

- Outreach and off balance them before the throw
- Use both your hands in unison, don't fight yourself by pushing with one hand and pulling with the other
- Squat on the back leg for compression, use your center to throw and as you shift your weight compress into the back foot to knock him off his feet, then compress into the front foot to manage his roll out
- Remember to finish with your partners' feet away from you
- On the toes side, as you swing their arm out, slightly off balance them to their toes and join this motion to roll them to their rear so they fall back and take a step with their front foot
- Keep them slightly off balanced as you step through, pin their feet after they step, change directions in a spiraling motion and throw

## Dynamic Roll Down

- Join immediately and continue to join as you turn to complete a dynamic #1 entrance
- Get your partner to circle behind you while you pull them sideways to the center of their circle and down
- Stroke their arm downwards and sideways to their motion with your free hand
- Don't try to turn them to face you, keep them moving in the same direction with their feet as you move sideways to this direction to throw them

## Inside Wrist Technique

- Reach through the wrist and into the elbow of their arm pushing it out behind them
- Outreach their whole body
- Off balance them and throw the whole body rather than focus on the wrist joint
- Squat on the back leg to initiate compression

## Dynamic Inside Wrist Technique

- Do a good dynamic Leading Rollback and join their body by grabbing the wrist as you move to go back to back with your partner
- Join their motion and outreach to tap their back before you turn into your final step to throw them down
- Add a little spin at the end to turn their feet away from you
- The motion of the whole technique forms an S type movement

## **KYU 7:**

### Turn Out Projection

- Do a back arm SLR entrance to come in slightly off line and step between their feet
- Don't turn your head toward the result, concentrate your attention on your partner
- Squat on the front leg as you step with your back foot and use the arm like a fishing net to stretch and catch their weight to compress into the front foot, this provides the uproot

## Degree Two Kyu Advice

- As they pass you, reach into your hand, scoop and join their motion as you shift your weight and turn your body, but stay “behind” the partner’s body, don’t turn your head or body in front of them or your own arm

### Dynamic Turn Out Projection

- Do a good dynamic #2 entrance
- Step up at an angle and then step around slightly to the outside of their far foot, facing their back
- Don’t forget to use your upper arm as a trim tab to off balance your partner to their rear corner
- Reach around your partner with your palm and into your fingers in a forward sawing motion
- Keep them in front of you throughout the technique
- Constantly take your partner off balance to their rear corner, and toward you, as you step with the back foot swinging around behind you keep them falling in toward and through you
- Keep compressing into the front foot as long as you can in a spiraling compression
- As they pass, simply follow, join, and project as you shift your weight

### Centrifugal

- Keep them resisting your turn out as you join their resistance and take them sideways to their resistance
- Wait until they have stepped before you put your foot down so that you can shift away to keep the stretch and compress into your foot to sling them away

### Dynamic Centrifugal

- If you can get behind your partner proceed with the turnout
- If they turn or step to cut you off, slide your hand back to the back of their outside shoulder, join them and let their motion stretch your arm, as you rotate slightly in the opposite direction with your center
- Allow this stretch to compress you into your foot to uproot them
- In this technique “less is more” don’t try to do too much, join their motion and allow their motion to compress you

### Pull Through

- Grab high up on their arm. Shoot past their armpit and up to close to the shoulder
- Connect with their whole body and twist down and then up as you turn your body, getting out of the way of their force
- Use “elbow up, you down” and screw into one front foot, swinging the whole side of your body in the direction of their motion, like a trap door suddenly springing open and letting the opponent through
- Keep your weight off your back foot

## Degree Two Kyu Advice

### Spiral Down

- Use your palms to outreach and connect with their whole body as you gently rock them off balance
- On the heels side, step to their side slightly with your front foot. As you put your weight on that foot, rock them off balance and spiral them slightly toward you. Pin their feet, then step behind them as you throw them down; use the last step just to put yourself in a balanced position not to shift into them
- On the toes side, take them into your chest before stepping back to throw them down. Keep facing them as you shift backwards
- Try to make them fall straight down as opposed to projecting them away

### Dynamic Spiral Down

- Use a “meaty” #4 entrance, join and roll your partners’ hands around to the side to cause your partner to fall into your chest, use that arm to reach around them to encourage their turn; if the movement is not enough, push their elbow or arm around behind them to finish their turn so that their shoulder faces your chest
- Grab the back of their neck with the other hand and pull them into your chest
- Step 180 degrees around in one step so you face the opposite direction and keep pulling them into you as you rotate
- Bring them into and through you to throw. Do not throw them around you
- Let them fall straight down at your feet
- Finish with feet parallel, about shoulder’s width apart, knees bent and back straight

### Pull Down and pin #1

- On the heels side, step back with your front foot, put your feet together and stretch your partner out, connecting to your front foot before keeling down to throw
- Step straight back with your other foot but kneel with your knee perpendicular so that you have some side movement of your center, this brings their center off their feet and so off balances them
- On the toes side, step forward first toward their toes and bring up the back foot, take their arm and make a connection before stepping back diagonally to throw
- When throwing, bring the arm almost straight down but before their knee hits the mat pull them out strongly to roll them out
- On the pin: bind them strongly with their far shoulder too close to the ground for them to turn face up, and your knee behind and supporting their elbow and upper arm
- T up your feet at the back to form a triangular base

### Dynamic Pull Down and pin #1

- After completing the entrance and joining them in that direction, throw them down immediately pulling their arm down 90% to their lead attack
- Join their forward motion and take them down using a V shaped pattern, similar to a zigzag

## Degree Two Kyu Advice

### Armpit Spiral Down

- Don't tense up your shoulder
- Grab with the non-leading hand
- Your lead hand supports by grabbing the back of their hand
- Step up and face ninety degrees to their line of attack
- Pull down and then back up in a steep U motion
- T-up at the back to finish with one hand at the throat and the other controlling the wrist, you can brace the arm on your leg to lock the elbow

### Dynamic Armpit Spiral Down

- Join their forward motion
- Disconnect the join and reengage with their arm behind their back
- Pin their feet and off balance them immediately, and throw them as you kneel
- Keep your upper arm following their head as they fall in case you need to control the head to complete the throw
- Roll them down and flip them over
- Finish the throw with your partners feet facing opposite to line of attack

### **KYU 8:**

#### Brush Knee Projection (Back hand lead)

- As you step sideways keep your lead arm in front of their push to encourage their attention to remain forward a little longer than if you pulled your hand away
- As you shift your weight onto the front foot (which becomes the back foot now) place your back foot in front of their path (becoming the front foot)
- At the same time place your other hand on their shoulder and join their forward motion
- Uproot them sideways to the original line of attack
- Keep shoulder forward and allow your hand to move toward your body
- Compress by squatting into the back foot as you shift your weight as necessary, no need to step again with the front foot
- Don't bounce up, get squeezed down

#### Brush Knee Projection (Front hand lead)

- Create your #4 in such a way as to lead your partner across your body
- When executing your #4 bring your shoulder far around to entice them to push you between your feet
- Step with your front foot out in front of them (toes pointing across their path 90 degrees), but stay in your back foot until your opponent passes by
- Join their motion and uproot them sideways, like pushing a train off the tracks
- Be compressed into back foot as you squat and shift into the front getting compressed into the front foot if their weight is still available

#### Dynamic Brush Knee Projection

- Similar to stationary (front hand lead) with a dynamic #4 entrance

## Degree Two Kyu Advice

- Pull them in with your lead and use a triangular or V foot pattern, drawing them to attack coming into the outside of the side of the V, then shift back to the point and draw and join them across to the other leg of the V as you step from one top point to the other
- Join as you suck them in and push them across their path

### Body Throw

- Start with feet parallel
- Grab their elbow and step across yourself while off balancing them forward (meet them half way)
- Turn and squat low and keep weighted on one foot with your other foot heel up to allow for hip rotation
- As you go downward don't let them fall onto your pelvis until you bottom out
- Pull them out forward with their elbow as you go down
- Throw them over your hip as if they are falling over a log, don't kip them up before throwing, just throw them down
- Pull their elbow out and around as the primary connection for the throw
- Slip the other hand up to push behind his neck as you throw, it is an excellent point of control
- End with their feet pointing away from you

### Dynamic Body Throw

- From a #4 entrance, step away from their hand on your wrist leading their hand around you, and step into the hand nearer your elbow or shoulder
- Slip your lead hand inside their elbow pit, joining it forward and pushing it around away from you to turn the opponent to face away from you
- At the same time step inside their other hand and slip your other hand inside their arm, under their armpit and up to their head
- Push their head forward and keep them tilted ahead of you while you take a big step and spin them so they are pushed into the throwing direction
- Turn the front foot out as you plant to throw
- Swivel on the planted foot and allow the other foot to be free similar to stationary, as you swing your hip in front of their hips
- Keep the momentum, squat and throw them in a sort of cart-wheel motion over to the ground

### Outside Foot Sweep/Foot Propping

- Use a back hand lead
- Control their body through their arm and sweep their foot with the bottom of your foot before they step down
- Remember, you control the speed of the pull and so the speed of the step, you can change this as you need, even pushing them back to prevent the step or slow it down
- Pull the elbow in the opposite direction to the sweep and suddenly downward so that it prevents them from stepping back, pin their feet and step out to help complete the throw

## Degree Two Kyu Advice

- After the throw, maintain control of their body using the arm to bind the shoulder

### Pa Kua Techniques:

#### Opening the Door Entrance

- Do a good #2!
- Offer your side and as they move forward begin to yield one side as you push the other side forward
- When “opening the door” step forward and behind them as they come in, don’t rotate on the spot
- Don’t help them with your arms. Mold yourself around their motion without letting them touch you; end with good body-being

#### Revolving Door Entrance

- Keep walking forward in a circle while offering your shoulder
- Twist your upper body and keep pulling the inside shoulder away while pushing the outside shoulder forward; if it helps, reach with your back arm around toward their rear and the front arm back around behind you
- Don’t let them push into your chest, keep them on your side nearer your shoulder

#### Basic Blend

- Use the same points as the revolving door and increase your twist to step forward and in behind them; it is very important that you move forward and come in behind them rather than simply turning around or trying to scoop them around you with your arm, the essence of Cheng Hsin Pa Kua is in this motion, coming in behind as you disappear in front
- Scoop them up from behind to control their motion
- Walk beside them and keep them in front of you, control their body so they can’t turn on you
- Don’t let your mind wander ahead of them, stay back behind them!

#### Changes

- The better you blend the harder it is for them to turn into you and so they have to turn more sharply and with more gusto, and this is good for your change
- As they turn in to attack your chest, open up that side and let them though so they fall into empty space
- Step up to their other side with your feet together and offer the inside shoulder
- Blend in behind your partner when they attack your shoulder by following above points
- Repeat as necessary

### **KYU 9:**

#### Spiral Extension

- Join their reach and make them step forward with their back leg

## Degree Two Kyu Advice

- Step to the side as they step forward
- Push their hand deep behind them as you step behind them and off balance them to their rear
- Extend the opposite arm using energy extension and keep your body pushing in behind the arm
- Squat and push with your center and start the throw as an uproot
- Once uprooted, throw them in a hooking motion as you reach out and sideways with your forward arm; don't pull the lower arm back until they are airborne and you've begun "stirring the pot"
- Stay compressing down in your feet and don't bounce up

### Dynamic Spiral Extension

- Use either #1 or #4 entrance
- Bring them in and project them back out using a V motion
- You have to join them going forward so that you can reverse their direction back into the V as you bring them to load up on your hip
- Compress in the back foot and complete the throw in the same manner as the stationary

### Inside Foot Sweep

- Don't hook their foot around you, push it straight forward with the bottom of your foot
- Rock them off balance as they put their foot down
- Roll your forearm into their body and step into them to complete the throw

### Turn Out Follow Up:

#### Shoulder Stroke

- Keep them resisting
- Knock them off their feet by having them compress you straight down into your front foot
- In order to achieve this, move the front foot quickly forward and sharply down

#### Shoulder Stroke throw

- Join their resistance and keep them resisting while you roll their upper body to tilt backwards before attempting to throw them down
- You must keep their feet pinned through their resistance so that they can't step as you off balance them

#### Bounce

- As they neutralize by ducking under your arm, slip your hand up their back to rest somewhere between their shoulder blades or near their shoulder
- Don't push them down, rather have them compress you into your back foot
- Be sure to relax the arm, shoulder and bend the elbow
- Don't try to project them, uproot them where they stand by squatting and moving forward only slightly



# Degree Two Kyu Advice

## Inside Wrist Follow Up:

Corkscrew into the body

- As they react and pull their hand back, join them and increase the twist while pushing the elbow through their body. This will bend them over and make them easier to throw down
- Squat on the back leg to initiate compression

## Inside Wrist Counters:

Spiral Down

- Join their movement and pull their push, rotating your hand around and with fingers pointing down, palm facing your side
- Central join the motion to bring their shoulder into your chest
- Bring them through you and step around to throw them in a Spiral Down

Slapping the Rock

- Quickly step around your arm to neutralize their attack as you reach out into their push
- Join their forward motion and kneel with the inside leg
- Use the kneeling motion as you lower your hand to throw your partner

## Game B

- Don't focus on winning but try your best to find techniques while demonstrating the Cheng Hsin principles of relax, yield, outreach, follow, join, and use effortless power
- Don't forget to yield to everything!

## Intrinsic Strength Practice; Outreaching; Following:

- ISP: work on what you can accomplish through relaxed movement alone, outreaching, using compression into the ground, and WITHOUT USING ANY STRENGTH! If you fail, simply try again making adjustments; be prepared to demonstrate your ISP
- Outreaching: practice feeling their whole body down to their feet, and feel their balance; be prepared to demonstrate your outreaching exercise
- Following: Practice staying with every movement they make and following every part of their body with yours; be prepared to demonstrate various following exercises

## **KYU 10:**

Cheng Hsin T'ai Chi Set (64 moves)

- Demonstrate the 7 structural points
- Common errors are not pointing the knee with the toe and pressing the knee into heel
- First work out the correct choreography, and the proper structure (7 points)
- Concentrate on relaxing and having every movement come from the center