

## Basic Training

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Basic training in Teng Sau is required before Kiu Sau (Bridge Arm) and Khum Na (Locking) can be applied effectively. In fact the former two are closely interrelated but for the purposes of distinction it can be said that the former trains sensitivity, flow

and control whereas the latter deals with striking tools, bridge destroying and power generation.

The foundation of the Ancestor system starts with Teng Sau (Listening Hands) or Chi Sau (Sticking Hands) as it is more commonly referred to these days. In fact both names are appropriate but to avoid confusion with our better known Wing Chun cousins we will refer to Teng Sau.

In short Teng Sau training develops and improves the ability to control an opponent once contact is made. Whether the period of contact is over in a split second or longer as in grappling Teng Sau training will develop quicker controlled

reflexes.

Initial training is practiced on

a fixed Ma (Horse Stance) and once a higher level of skill has been achieved it is best trained on a raised platform, traditionally on plum blossom poles. This part deals with the core root energies of the body and it is this foundation from which we develop our Kung Fu from.

The second part deals with methodical drills to develop defence and offence within a platform framework which is unique to the Ancestor system. This is also the stage when the concepts of Ying Yang separation are introduced along with coordinated footwork.

Finally Teng Sau is taken to the freestyle stage where contact is maintained but attacks are random and are taken outside any previous fixed framework. At this stage there must be sufficient level of skill to adapt and to deal with completely random attacks regardless of style or platform.

With the Teng Sau foundation already in place we will have developed increased sensitivity and the ability to control power within a framework of free flow. The next part covers the interception and control of the opponent's attacks and positions at different ranges. Each individual arm and body position is analytically trained to demonstrate precise strengths and weaknesses. All arm structures from within the Ying Yang Circle

are introduced and drilled till they are incorporated into the free flow framework.

The core power generation centres around both Chong Lik (Heavy Power) and Gin Lik (Explosive Power). Chong Lik provides flexible power for when the arms are de-linked from the body core and thus effective strikes can still be executed without any body rooting as the power is generated solely by the arms. Gin Lik on the other hand develops power from the body core and requires body linking. Both are extremely effective forms of power generation and when combined allow for a highly adaptive striking armoury.

Finally Khum Na training is introduced to develop joint locking skills. Training in the previous two stages will allow for more effective Khum Na application and defence.

All three should be trained and drilled methodically before progressing into San Sao (Free Flow). This final part trains our ability to free flow and to deal with changing energies.