

Teng Lik - Listening Power

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Teng Lik or Listening Power forms the main Essence behind the foundation of the Shaolin Ancestors system.

During San Da (free fighting) whenever your opponent is outside your striking range you have the option to make or not make deliberate contact with your opponent's strikes and to do so would form what is called a Kiu (Bridge) and hence the expression Kiu Sau (Bridge Hand).

Creating a deliberate bridge when engaging is in itself a fighting strategy and so whenever your opponent's limbs are in the way of your entry and contact is made then your Teng Lik skill is what helps to appropriate an effective reaction. Through hours of training the various San Sik (fighting drills) we can train the brain to react more instinctively through trained reflexes.

In some cases the contact will be no more than a fleeting glance but the listening hands can act as a sensor for positioning and for situations when the contact is for much longer then continuous listening is required to control and dissipate the incoming power. In short the feedback we get from the contact allows for a better judgement of our own positional stability and feasibility of generating more effective striking power.

When attacking a bridge the first contact must be able to deliver effective disruptive energy whether in the form of explosive Chong Lik (Heavy power) or the softer Fa Lik (Draining power). When attacks are made with both hands then both Chong Lik and Fa Lik would be used simultaneously in order to maintain Ying Yang strategy.

The effectiveness of using the Bridge strategy lies in your ability to control space by maintaining a continuous disruption of energy on your opponent during contact however brief the period. By attacking the incoming energies we are aiming to delay your opponent's response times to our attacks or counter strikes whilst we take up a better offensive position.

We achieve effective disruption by using non linear responses to anything that comes in linear. All our reactions to disruptive energy follows a semi-circular or spiral path which allows for better absorption and disruption of power whilst maintaining maximum speed and flow of energy.

As with any fighting system the level of effectiveness is only as good as the amount of effective and competitive training one is prepared to commit to. But Teng Lik training can provide a most valuable tool to any competitive fighter or martial arts enthusiast.