

Spiral Energy/Spiral Locking

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In my opinion Spiral Energy is one of the most effective but sometimes least understood of all the kung fu principles. We sometimes hear Kung Fu masters talking about how alive someone's hand feels or whether there is 'essence' in the hands which in part is attributed to the practitioners using Spiral Energetics.

Spiral Energy through the arms is used for Distortion, Dissipation and Power Generation. Spiral Locking on the other hand is engaged through the mid and upper body to assist Rooting and Power Generation.

When utilising Spiral Energy from the arms, the spiraling motion is initiated at the wrists through to the forearms in a clockwise direction ending in a dissipation of energy at the elbows. Upper body 'Gin' (Explosive power) is then used to expel or absorb any remaining energies.

When used against pulls and grabs Spiral Energetics works by distorting the opponent's elbow position which in turn has the effect of reducing the magnitude of the initial attacking power. Against strikes the spiraling serves to both deflect and to channel energy away down through the arms to the elbows.

When used offensively Spiraling through the arms and body serves to assist distortion of our opponent's structures by increasing power generation to our strikes.

During Spiral locking the initial Spiraling motion begins at the hips and ends or dissipates through the shoulders, elbows or wrists depending on the application.

Once mastered into our body karma these simple yet effective spiral movements will form an important core foundation for all Ancestors and Martial Arts practitioners alike.