

Tian Xing Jian Wushu Assoc.



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Training program:

1. Fundamental Stances:

Stances are the way of standing and moving. They are designed for different fighting strategies and technique. Fundamental stances are covered in the 1st stage of training and must be learned before learning bare handset and weapons sets.

2. Fundamental Block:

Blocking is used to stop or ward off an attack. There are many forms of blocking and are taught throughout each stage.

3. Fundamental Hand Forms:

This is the way to hold hands and use them to strike an attacker.

4. Fundamental kicking:

This teaches the student to use their legs for attacking and defending.

5. Sequences:

These are called “form”, “sets”, “routines”, or “kata” in some martial styles. Sequences are use to teach the student the fighting techniques of their martial style.

6. Drills:

These are short sets that train the student to different ideas and theories of attacking and defending. They can be done with or without a partner.

7. Fighting Forms:

Fighting forms are short training sets consisting of two or three techniques that are practiced with a partner. This allows the student to learn natural reactions and timing. This is done with both empty hand and weapons.



8. **Chin Na:**

Chin Na in Chinese means to seize and control. In wushu we use different martial techniques to stop and control an attacker. Chin Na is found in many different style of wushu. The most famous are Eagle Claw, Tiger, and Praying Mantis. There are some Japanese martial arts to specialize in this type of training. There are Jujitsu and Aikido. They are known for their joint locking controlling techniques and pressure point striking. There is a saying it is easier to strike a person than to control him. Chin na is used to over come an attacker and control him. Chin na is categorized as 1. Dividing muscle and tendon, 2. Misplacing bone, 3. Sealing breath /artery / vein, 4. Cavity / pressure point press.

9. **One Step:**

This how we train for self-protection. Each student will be taught this through defending and attacking. This will be done against empty hand and weapons.

10. **Classical Boxing (San Da):**

This is not like western boxing. Students will learn how to use the techniques learned in an on going sparring match. There are three stages 1st (honey), 2nd (water), and 3rd (crushing water). In the last stage body protection is required and will be in a semi-controlled environment. Joiner students will not practice this stage of boxing.

11. **Ground Fighting:**

Ground boxing is found in many different styles of wushu. This is the ability to attack and defend while on the ground.

12. **Push Hands (Tui Shou):**

This training drill is to develop a students "Tian Jing" lessening or feeling. The goal is to be able to feel you opponent's balance and their intent. This drill takes many yeas to develop level.