

Shaolin Academy  
5 Animal Kung Fu

The Book  
of the  
Shaolin Snake

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少林功夫蛇五種動物風格

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## Welcome

This was the level which gave me the most difficulties! Working on the Snake aspect for over 21 years, it was the Animal that was the easiest to see but the most difficult to understand... for me. And as usual, I only really achieved a full understanding through the help of my students and friends.



Now that you are working at a 4<sup>th</sup> Animal, we can also show you a bit more of the 'advanced' aspect of 5 Animal Kung Fu. Many see Animal Kung Fu a bit like Kung Fu panda or as in the movies, kung fu layers making animal noises and imitating animals. Well, as a kung fu player, the last thing you would want is for your attacker being aware that you; a) might know what you are doing, b) are prepared for him and c) what you are able to use to defend your self. So if we were able to 'get away' from this type of thinking, we can have another look at the 5 Animal Style, in modern terms.

MMA or Mixed Martial Arts is a combination of Quick Hands of the Boxer, The Kicks and Foundation of the Traditional Martial Artist and Grappling. Well this system is not complete; there is a 4<sup>th</sup> style missing. Consider the following;

The Hand work of Fist and Claw of the Tiger together with Strength and Strong Foundations; The Agility, Evasion and Kicks of the Crane together with the lightness of movement; The Grappling, Holding and Pressure point skills of the Snake together with the Knowledge of Human Weaknesses; and finally the Short Range Elbows, Knees, Shins, Forearms and Head of the Panther with the Knowledge of Strategy. Now here is a formidable MMA style, forgotten by most but not lost.

Gifted and less gifted individuals are constantly seeking to Compose the Ultimate Martial Art Style; recently people like Bruce Lee and many other have again taken up the mantle of Free Style Martial arts, "if it works do it" styles. Frowning on traditional Martial arts as cumbersome and outdated. But if you were to look at these people you would see that many, if not all, never really bother to truly study a style but were looking for the quick way to success. But there is always a cost involved with this, in Injury, Accidents, Long term negative consequences and more. For you see, Free Styles come and go as with fashion, every so many years they resurface and bit different, a bit smoother but in essence the same. True Elegance though is consistent and never really changes. Takes a bit more to learn and understand; greater discipline to practice and a higher cost in dedication. But there is no substitute for Classical Elegance or a Classical Elegant Martial Art style like Shaolin Kung Fu. And as an ongoing Snake Stylist, YOU NEED to see the world this way, Elegant, Classical and Superior!

## Introduction

Grappling, Wrestling, Judo...all those styles that do not use a Punch or kick are encompassed for the most I the Shaolin Snake. A bit like an Anaconda or Boa Constrictor, capture your attacker and hold them. But in the Chinese there are various aspects to Grappling and can be described in several different ways;

### Outcome Based

- Upright to Upright means that you will subdue your attacker and you both are on your feet; most difficult and least desirable in many ways. This is most useful in Security guard situation and controlling menaces
- Upright to Take Down as the description suggests, you take down your opponent and control them there. This can also include a Throw Down, or a Choke out.
- Ground to Ground is where both opponents are already on the ground and they stay there and seek to be on top or control the person.
- Ground to Upright is where you are on the ground and your attacker is upright.

### Skill Based

- Throwing much like Judo where you send the attacker crashing to the ground through a throw, trip or upset. This is the speciality of Chinese Fast Wrestling
- Limb Capture is where you capture the arm or leg of the opponent based on what they were attacking with. This is very much like Chin Na and Aikido
- Body Capture is bypassing the limbs and seeking to lock the body or head of the attacker.
- Take Down is where you seek to get the attacker on the ground and control them there.

### Advantages and Disadvantages

- Upright Controlling someone when they are still standing is difficult. Although there are some interesting methods, all require great strength and skill and none can control all limbs.
- Throwing Throwing an opponent down will not always finish them unless you 'help' in some way. Which means the attacker can get up and you may not be as lucky the 2<sup>nd</sup> time.
- Ground Following the attacker to the ground is one of the most popular fighting ways to win with grappling but limits you to one attacker and in a street situation lacks a lot of control.
- Off the Ground Winning of the Ground is really one of the most difficult ways with grappling and a very rare style and way of defending.

Following is an abridged history or accounting of Grappling Styles. Have a look at these and see what considerations jump to your mind when thinking of Grappling only styles.

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## Grappling & Directive Styles of the World

### Pankration

The word Pankration is a Greek word which translated means "all powers" or "all powerful", both are acceptable translations by Greek scholars. Pankration was a sporting event in the ancient Greek Olympic games that was first introduced in the games of 648 BC. The rules of the sport were simple, no biting or eye gouging and victory was secured through knockout, submission or death. The historical records of the early pankration are shrouded and mixed with Greek mythology

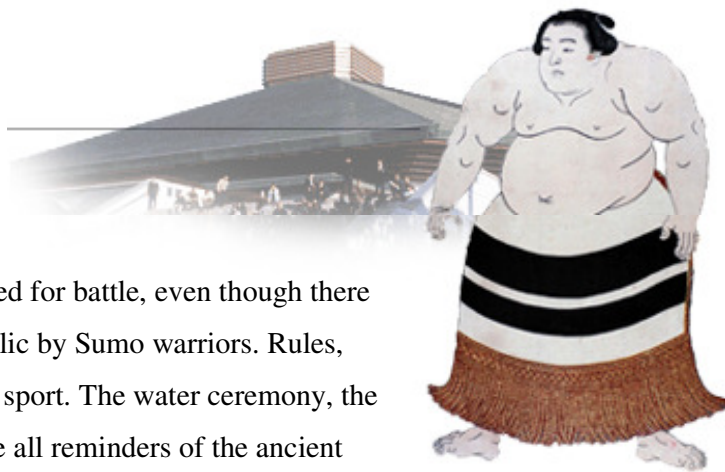


and it is not known whether these accounts of championship bouts and feats of strength of the champions were myth or actual accounts. What is known is that just like the boxers and wrestlers of the Olympic games the Pankration competitors refined their skills for many generations through hundreds of years and became extremely proficient at all elements of their sport including ground fighting and submission holds to standing fighting with all types of strikes. Many of the holds, throws and striking techniques can be seen on the pottery, statues and drawings of those times. The ancient Olympic games were intertwined with many ceremonies and connections to the worship of gods that were pagan to the rising christian population. Because of this association and the rise of christianity the games eventually came to a halt and along with it Pankration competition disappeared for many centuries.

The Olympic games were eventually adopted and reborn throughout the world alternating the competition in a new country every 4 years, however, Pankration competition was not included. It is only because of the sparse historical records and the special interests of a few individuals that Pankration is having a rebirth in this generation.

## Sumo

Originally was known as "sumai", meaning struggle. Sumo began around 20 B.C. Sumai used most of the modern sumo techniques, plus a variety of strikes. Before the 16th century almost all wrestling was practiced for battle, even though there were strength contests performed in public by Sumo warriors. Rules, ranks, and a ring now make sumo into a sport. The water ceremony, the bowing, the costumes, and pageantry are all reminders of the ancient military traditions and are still recognized today in competition. Today, the victor is the one who forces his opponent out of the ring or forces his opponent to touch the floor with any body part above the knee. The techniques they employ range from slapping (tsuppari), sweeps (ketaguri), and a variety of sacrifice throws (utchari).



## Judo



## Jiu Jitsu

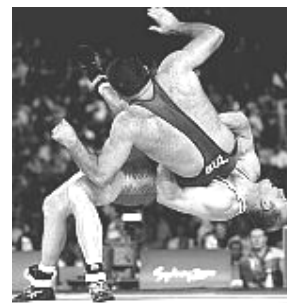


The earliest mention of a sportive fight was a style called Chikura Kurabe. Most early combative forms resembled modern Sumo and wrestling. Some other ancient Japanese grappling styles were Tekoi and Kumi-Uchi. Kumi-Uchi was a battlefield type of Sumo. Another ancient form of Jujutsu was centered around the manipulation of joints and the immobilization of the limbs. It was called Yawara. About 875-880 A.D. one of the sons of Emperor Siewa met a Chinese man who

taught him a few fighting techniques. From these techniques and principles, Teijun Fujiwara developed a fighting art he called Aiki-Jutsu.

Teijun Fujiwara taught these techniques exclusively to the royal Minamoto family where it remained a secret style until the early 1100's. They both worked together to develop their families fighting techniques by dissecting cadavers and studying the working of the muscles and bones.

Many Ju-Jitsu styles were developed by warrior groups over the centuries. Most were associated with weaponry, but all had grappling involved. The grappling ranged from manipulation of the joints, to wrestling on the ground, to stand-up grappling. Many Ju-Jitsu styles used the strategy of yielding (Ju) to an opponent's strength or speed in order to unbalance him and throw him to the ground. The secrets of Ju-Jitsu involved understanding the dynamics of your opponents motion and force, as well and understanding the physiology of his body. Attacking him at his weakest point, whether of his motion, or his body, helped a weaker opponent defeat a stronger one. Ju-Jitsu is the fastest growing martial art in the world. It is however, growing fastest in it's sportive version, which may or may not prove to be harmful to the actual combat art.



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## Greco Roman

In 668 B.C; the 23rd (ancient) Olympic Games, wrestling started as an official contest. At that time there were two styles of no-strike wrestling:

Orthia pale(Upright and Proper Wrestling) - This type of wrestling simply threw the opponent to the ground. Three falls constituted a loss for that opponent, and the winner was called the "*triakter*". The match continued without stops until one man emerged victorious.

Kato pale(Ground Wrestling) - winning this.

Competition depended on one competitor submitting or acknowledging defeat. Defeat was indicated by raising one's right hand with the index finger pointed. The wrestlers were anointed with olive oil then dusted with powder to make them easier to grasp. The competition took place in the "*keroma*", or beeswax, a muddy and sticky arena, originally, but soon migrated to a smoothed outdoor ring.

One of the most legendary wrestlers, Milo of Kroton, wore the victor's crown at Olympia six times. Milo won the boys' wrestling contest in 540 BCE.

He returned eight years later to win the first of five consecutive wrestling titles. At the 67th Olympiad in 512 BCE, Milo, in his early forties competed still Here, he finally lost, not by technical defeat, but by exhaustion.

## Aikido



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## Wrestling



### Chin Na (Fa)

### Chinese Fast Wrestling

### Sambo

V.A.Spiridonov, an officer of the old Russian Army, studied combat wrestling. After WWI he began to study European versions of Japanese Jujitsu. He eventually began teaching Jujitsu in Russia. Since the 1920s, Spiridonov's system "SAM" became to spread among USSR policemen and military. A judo practitioner, Vasilii Sergeevich Oshchepkov began working out at Spiridonov's school. On the base of judo he developed a new system of hand-to-hand combat for army. He called this system "free-style wrestling. This combines with several other grappling and striking arts became Sambo - "SAMozashchita Bez Oruzhiya" or "Self-defense without weapon". Officially old Russia said Sambo was born on October 16, 1938. They also said that Sambo "was created on the base of elements from national kinds of wrestling - georgian, tadjik, kazakh, uzbek, kirghiz - and best elements from other kinds of wrestling". Old Russia did not want to admit its close relation to Japanese Jujitsu. But today that tie is acknowledged.

## **Glima**

The Vikings and other Norse practiced a grappling art called glima. Often this grappling art was demonstrated in matches at festivals. Glima grapplers wore special belts in order to get a grip on each other. Glima used tripping, lifting, and throwing to bring the opponent to the ground. Eight basic tricks have survived to today. Glima techniques went with the Vikings to Iceland and the sport is the national sport of Iceland today. There are heroic stories of Glima matches that are almost 1000 years old, some even between men and women. It is unknown if Glima was used in a combative form, but as in most grappling arts, combat was likely its origin.



Glima Trick - the outside stroke (leggjarbragd)

## **Shootfighting**

Shootfighting is a mixed martial art, which contains many grappling techniques. It's stand up fighting is from Maui Thai, it's clinches and takedowns are from Judo, Wrestling, Sambo and Ju-Jitsu.

Brazilian Jiu-Jitsu, among other styles, have during the recent years shown the importance of good working skills in grappling. Shootfighting was created when a wrestler, Karl Gotch, was teaching the wrestling style of "shooting" to a group of Japanese elite fighters. Two of the fighters, Masami Soronaka and Yoshiaki Fujiwara created what was called UWF or "hard style" wrestling in Japan. Bart Vale took the style to the America. He was the first champion who was not Japanese. Bart was also the person who came up with the term Shootfighting for this art.

## **Mongolian Wrestling**

For centuries the Mongolians have been known for their legendary grappling skills. Their skills and techniques have been passed on to kung fu practitioners in China as well as to wrestlers and sambo practitioners in Russia. BOKE, the Mongolian word for wrestling, was born in the 11th century. There is an Inner Mongolia and Outer Mongolia style. The Naadam festival held during the second week of every July is a sportive festival that features Boke, among other sports. Bbayrildax is another name for Mongolian wrestling. Most often it takes place outdoors, though sometimes, during the winter, tournaments are held indoors. There are no weight classes or time limits in a match. The objective of the match is to get your opponent to touch his back, knee or elbow to the ground. In the Inner Mongolian version, any body part other than the feet touching the ground signals defeat. Both versions use a variety of throws, trips and lifts to throw the opponent. The Inner Mongolians may not touch their opponent's legs with their hands, whereas, in Mongolia, grabbing your opponent's legs is completely legal.

## **Shui Chao**

Shui Chao, the oldest style of kung fu is one of the 54 different styles of Chinese wrestling. Its history is believed to go back as far as 2000 B.C. It is believed that more than 2000 years before the Ch'in dynasty (221 B.C.), Shuai-chiao, then known as Chiao-ti, was first used as a battlefield art. During the Ching Dynasty (1644-1911), the Emperor of China sponsored many Shuai-chiao tournaments. Shuai-chiao's earliest recorded use was by the Yellow Emperor of China, 2697 B.C. against the rebel enemy Chih-yiu and his army. They used horned helmets and gored their opponents while using a primitive form of grappling. This early recorded period was first called Chiao-ti (butting with horns). Throughout the centuries, the hands and arms replaced the horns while the techniques increased and improved. The original Chinese Martial Art, a combat wrestling system called Chiao-li (Contesting of strength), was systematized during the Chou Dynasty (1122-256 BC).

## **Indian Wrestling**

Kalari Payat is the grappling art of India. Each one of the Kalari Payat techniques is a complete finishing tactic, which enables the person to get into the enemy and put him under control. Although it has developed over the centuries, there are techniques that very much resemble Pankration, and it is thought that pankration may be one of its root styles. The art has its origin with the training of soldiers, Buddhist monks as well as noblemen who had to learn the art, because there were frequent raids on the Kings and Princes' of Kerala (South India) by neighbouring war lords. Kalari Payat was developed a few thousand years ago in the state of Kerala in India, which was introduced in Malaysia by the Mahaguru Ustaz Haji Hamzah Haji Abu, who is the founder of the International Dynamic Self Defense Kalari Payat (FIDSDK). Kalari Payat, had its origin in Kerala State, South -West of India. This is why there is a suggestion that the soldiers of Alexander the Great may have brought Pankration to western India and influenced the local grappling arts.

## **Catch Wrestling**

The first style of catch wrestling was Lancashire, Cornish/Devonshire and Cumberland/Westmoreland catch, which came from England. Catch Wrestling, which really became famous in the US, was a conglomeration of many wrestling and grappling styles from Greco-Roman wrestling to Turkish wrestling. As knowledge of the various grappling holds spread, they were integrated into a competitive style, and this began the era of American catch-as-catch-can, later just called Catch Wrestling. In the mid to late 1800's, wrestlers like Martin "Farmer" Burns, emerged. He was sort of the father of American catch wrestling and although no one knows the names of those who taught him, Karl Gotch says that "Farmer Burns had many teachers from all over the world." The wrestlers who called themselves Professional Wrestlers (quite unlike the Professional Wrestling of today which is choreographed for entertainment), were known as Hookers and Rippers. Karl Gotch described it quite well when he said, "Think of fishing. When you have a fish on the end of a hook, he wiggles and squirms and can't get free. You've hooked him. That's where the term comes from. You hook a guy when you have a submission hold on him and he can't do anything to wiggle free. It has nothing to do with catch wrestling or shoot wrestling or whatever these guys are calling what they do. Any submission hold applied from any style of wrestling is a hook. And once you've hooked the guy, you've got to give him the sting" Catch Wrestling is one of the roots of Japanese wrestling.

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## Japanese Wrestling

Japanese forms of grappling started around 500 B.C. According to the Kojiki (Record of Ancient Matters, a book of legends from the year 712, which is the oldest extant example of Japanese writing), Takemikazuchi defeats Takeminakata in a grappling match on the shores of Izumo (today's Shimane Prefecture) for the control over the Izumo territory. The Emperor (an all emperors) claim lineage from this famous grappler. According to the Nihon Shoki (Chronicles of Japan, a book from the year 720), Emperor Suinin (r. 29BC - AD70) is said to have made a special request for Nomi-no Sukunem to fight Taima-no Kehaya. The two grappled until Sukune finally does kicks to Kehaya's ribs, and Kehaya is mortally wounded. Sukune, the winner, has been immortalized ever since as the "father of sumo." But Japanese Wrestling, although using techniques from Jujitsu and Sumo, developed as a result of other influences also.

## Middle Asian Grappling

Almost annually since 1640 hordes of Turkey's finest grappling athletes have gathered in Erdine Turkey for the Kirkpinar, the championship of Turkish oil wrestling. The grapplers oil their bodies, which make them very difficult to grasp. Sometimes in order to secure leverage for a throw, a wrestler is permitted to thrust his hand into his opponent's leather trousers. There are no draws and the match continues until one grappler wins. Many forms of Asian wrestling use belts as a means to grip the opponent and lift and throw him (such as in sumo). There was usually no ground fighting, except in the far east. Competitions took place in a special yard, smoothed for wrestling. Names for most Middle-Asia kinds of wrestling originate from the Turkish word "kurash", such as Uzbek kurash, tatarian kuresh, kazakh kures, and azerbaijan gurassu. Techniques and rules are very similar to each other. The fight is finished when opponent is thrown to the ground.

Buryats have their own kind of wrestling - buhe barildaan ("wrestling of strong men"). And, Tuvinians have kyuresh, karakyuresh, lamakyuresh etc.

## **Brazilian Jiu-Jitsu**

Gracie Jujutsu was founded by Helio Gracie of Brazil. Carlos Gracie, his brother had met the leader of a Japanese resettlement colony named Maeda Esai (a.k.a. Count Koma). Maeda taught Helio Gracie the art of Jujutsu and eventually taught four of the Gracie brothers. In 1925 Carlos and his brothers opened the first Jujutsu dojo in Brazil. Helio stood out the most of the brothers and developed the original techniques into what is now called Gracie Jujutsu. Helio got involved in this martial art at the age of 16 when he began substitute teaching for his brother Carlos. Helio went a step further than his teachers by introducing techniques that required less strength than the Japanese style. Led by him, the brothers were driven by a constant determination to find effective ways to deal with the very possible aspect of a real fight. Daring to break away from the traditional Japanese style, they began experimenting, modifying and perfecting simple techniques that would be effective regardless of stature. That is how the Gracie family developed this style of Jiu-Jitsu. The Gracie organization is now headquartered in California, and has worldwide schools. Importantly, Brazilian Jiu-Jitsu (which was actually spread by more families than the Gracies) has influenced Mixed Martial Arts. Mixed Martial Arts are combinations of several styles. Brazilian Jiu-Jitsu provides the basis for most of the ground fighting in MMA. There are competitions all over the world now in grappling. Because of Brazilian Jiu-Jitsu, we have seen an actual evolution of the self defense arts in our lifetime.

## **Hapkido**

Yong-Sool Choi was adopted and changed his name to Tatumu Yoshida. In his youth he was enrolled in a Daito-Ryu Aiki-Jutsu (pronounced Dae-Dong-Ryu Hap-Ki-Sool in Korean) dojo with Sokaku Takeda where he trained for 20+ years. During WWII Yoshida returned home to Korea and changed his name back to Yong-Sool Choi. Choi established himself as a well respected martial arts instructor. He called his art Yoo Sool (Korean pronunciation of Ju-Jutsu). Choi changed the art name from Yoo Sool to Yoo Kwon Sool, to represent the fact that besides joint locks and throwing techniques, he was also practicing strikes and kicks. After the end of the Korean war, Choi opened his own private school at his house and began to teach a few students. Some of those private students went on to found their own martial art styles. These include; Hwang-Kee (Tang-Soo-Do), In-Hyuk Suh (Kuk Sool Won), Dr. Joo-Bang Lee (Hwa Rang Do), and Han-Jae Ji (Hapkido). One of them, Han-Jae Ji began his martial arts training in Yoo Sool with Choi in 1949 at the age of 13. He trained with Choi until 1956. Han mixed in methods of meditation, the Taek-Kyun kicking techniques, and the weapons techniques learned from Taoist monks to formulate his own style of martial art, for which he chose the name "Hapkido." Hapkido is now a widely practiced self defense form which involves a significant amount of grappling.

## Sparring vs. Fighting

So what is the difference between Sparring and Fighting. Often not much, except the degree of consequence and of course the one big difference; both parties willing to participate and have agree (more or less) on the rules of 'engagement'! You may now say, this sounds like a relationship. Well it is. So here is something to think about;

Any relationship will have conflict and every conflict will create a relationship.

Shaolin were for the most Buddhist Monks (with Dao'ist flavours often). Buddhist do not believe in harming any living, sentient being, not even worms. Some believe that if they do they restart their spiritual evolution again, in their next life, by coming back as a worm. Yet as strange as this seems they were able to spar with each other, even cause harm to other human being without consequence.

You may ask 'how is this so?' - Motivation; the reason for the action. Is the motivation pure and selfless or selfish?

One big no-no was emotion. If any fear, hate, greed, etc was involved than no action can be taken! The principle of this is very simple. When you feel love, caring and enlightenment act with good consciousness. If you feel fear, heat, greed, etc; go in a corner and meditate it away! Even if you were being attacked; if you have no fear, no hate for the attacker and if you believe that the general well being of the universe is promoted, you can choose to 'teach' the attacker the error of their way. And this is said without any undertones or back doors.



It was not unusual for Chinese Women to be trained in the art of Defence.

It was unusual for them to openly show that they are so trained.

And this is why many travelling Shaolin Monks were taught to handle any situation; physical, mental and spiritual. For how can you minister equally and correctly to a flock of sheep if emotion, prejudice and fear is involved? By being superior martial artists, good healers, teachers and all around good guy's, Buddhist monks were able to spread the words of Enlightenment through words, teachings and actions.

Essentially, this is how Shaolin started in the 5<sup>th</sup> Century and the reason for its existence.



A depiction of the 2<sup>nd</sup> Burning of Shaolin

The Shaolin understood that to be human is to make mistakes. They understood that you give your students a good foundation, education and understanding of what is the 'true path' and which are the dark paths. They also understood that humans would stumble and sometimes even have to walk the dark path but only with the right guidance could they choose the right path if they wanted to.

So, what's this all to do with the 72 Shaolin Fists? Have fun, enjoy, spar and make the most of the 72 Fists but never, ever, ever, if you can, fight. ☯

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## Understanding Opposition

### Anticipation & Evasion

Most styles have a success formula. A way that they teach their students to be successful according to their tried and true methods. Especially the styles that want to make their student win in specific competitions. They train them according to the rules of that competition and show their student how successful they can be following these 'rules'. It is unfortunate but that is the way that many schools go.

We follow Shaolin Kung Fu principles. We do not train to be successful for just one event or occasion, we train to be successful in whichever arena we choose for life and to find our inner master. To help you master the art of sparring, verbally and physically, a guide to some aspects of physical sparring follows.

### Distance

Physical - Obvious examples of this is the difference between Karate and Tae Kwon Do competitors. Karate favours the reverse punch and uses the kick to gain a little more distance. Where as the Tae Kwan Do competitor will generally like kicking distance and have some variation through some complex or surprising kicks.

Your best strategy is to use this to your advantage. If you wish to control the bout, do not allow the opponent to be in their comfort distance for any time. This will force your opponent to experiment and push their comfort zone thus opening themselves to you. Alternatively allow your self to drift into the opponents attack zone and 'invite' them to attack. Using the principle of the gate, give them a target to go for, deflect and counter.

### Timing

Timing is a key issue and relates to being pro-active and reactive. If you attack just after your opponent's attack, with all else being equal, they will score. If you defend and attack immediately, you will probably score. Bouncing opponents are very good opponents until you get their rhythm and either break it or use the time they are in the air to attack. Look for the general rhythm of the opponent. Many styles apply a rhythmic movement pattern to their sparring. Although this is very energy efficient, waiting 10 seconds to recognise this rhythm, it is easy to counter!

## Techniques

Very few style have a variation of techniques. If you spend the first 5 to 20 seconds watching, you will find that often it comes down to 3 to 5 techniques that rule over 80% of the bout. Sometimes these people do not even have much beyond this. The down side for you is that they will generally be very good with these.

## Direction

Eighty to ninety percent of competitors slide back and forth and on the odd occasion may go sideways. On very rare occasions, they will jump or duck and often they give this away very quickly. Remember that you have three main movement directions, forward and back, left and right, up and down and of course any combination of these. Practice being able to move how you wish not just from habit.

## Gates

Opening a gate is a fantastic principle. Most styles have a specific guard where they know their opening and have effective strategies. Maui Tai have their arms up inviting people to attack frontally and have many counters for this. Many Karate styles have the front guarding hand and the back attacking hand inviting people to focus on the front hand forgetting the back.

You can choose to open any gate and 'flash' it toward your opponent. Strategically open yourself to attack and 'invite' them in slamming the gate shut the moment they enter.

## Body Language

I have often retold of the story of the 3<sup>rd</sup> Degree that I trained with, that always slapped his hand on his thigh before attacking. In the beginning, this was a successful technique until it became a habit. Notice your opponent's body language, what they do before they attack and when they attack.

## Summary

Consider that everything listed above applies to you. Your opponent will be looking for your habits (consciously or sub-consciously) in Timing, Technique, Direction, Gates and Body Language either consciously or sub-consciously. The more you learn to control these and do what you want to do, the less easy it will be for your opponent to read you. The down side is that it will take you longer to be successful.

Habits are good until they turn bad (success breeds failure) but mastery of the body and mind gives you the tools for life long success. Your choice! Now re-read the quotes from Sun Tzu at the beginning of this chapter! ☺

*"Beware of little expenses. A small leak will sink a great ship." - Ben Franklin*

<b>Falling</b>	<b>Break Falls</b>	<b>Inadequate</b>	<b>Pass</b>	<b>Perfect</b>								
Low	Back .....	0	1	2	3	4	5	6	7	8	9	10
	Left .....	0	1	2	3	4	5	6	7	8	9	10
	Right.....	0	1	2	3	4	5	6	7	8	9	10
	Forward .....	0	1	2	3	4	5	6	7	8	9	10
<b>Takedown &amp; Takedown Defence</b>												
1	Double leg takedown from knees .....	0	1	2	3	4	5	6	7	8	9	10
2	Double leg takedown from knees with hook.....	0	1	2	3	4	5	6	7	8	9	10
3	Low single leg takedown .....	0	1	2	3	4	5	6	7	8	9	10
4	Takedown defence - sprawl .....	0	1	2	3	4	5	6	7	8	9	10
<b>Top Control (Mount)</b>		<b>Inadequate</b>	<b>Pass</b>	<b>Perfect</b>								
Ground	Low (heel back/grapevine)s .....	0	1	2	3	4	5	6	7	8	9	10
	High .....	0	1	2	3	4	5	6	7	8	9	10
	Controlling the mount.....	0	1	2	3	4	5	6	7	8	9	10
Finishes	Bent arm lock .....	0	1	2	3	4	5	6	7	8	9	10
	Straight arm bar .....	0	1	2	3	4	5	6	7	8	9	10
Defence	Posture.....	0	1	2	3	4	5	6	7	8	9	10
	Bridge and roll escape.....	0	1	2	3	4	5	6	7	8	9	10
	Elbow escape.....	0	1	2	3	4	5	6	7	8	9	10
	Bent arm lock escape .....	0	1	2	3	4	5	6	7	8	9	10
	Straight arm bar escape .....	0	1	2	3	4	5	6	7	8	9	10
<b>Bottom Control</b>		<b>Inadequate</b>	<b>Pass</b>	<b>Perfect</b>								
Guard	Closed Guard.....	0	1	2	3	4	5	6	7	8	9	10
	Open guard (spider) .....	0	1	2	3	4	5	6	7	8	9	10
	Controlling the guard.....	0	1	2	3	4	5	6	7	8	9	10
Sweeps	Scissor sweep .....	0	1	2	3	4	5	6	7	8	9	10
	Hip heist sweep.....	0	1	2	3	4	5	6	7	8	9	10
Finishes	Bent arm lock .....	0	1	2	3	4	5	6	7	8	9	10
	Straight arm bar .....	0	1	2	3	4	5	6	7	8	9	10
Passing	Posture.....	0	1	2	3	4	5	6	7	8	9	10
	Overpass.....	0	1	2	3	4	5	6	7	8	9	10
	Underpass.....	0	1	2	3	4	5	6	7	8	9	10
	Escape from bent arm lock.....	0	1	2	3	4	5	6	7	8	9	10
	Escape from straight arm bar .....	0	1	2	3	4	5	6	7	8	9	10
<b>Free Movement – Yin/Yang Exercise</b>		<b>Inadequate</b>	<b>Pass</b>	<b>Perfect</b>								
Guard	Defensive Hands.....	0	1	2	3	4	5	6	7	8	9	10

Foot	Positioning & Stepping .....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Arm	Control & Movement.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Body	Posture & Balance .....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Techniques	Usage & Application .....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

<b>Shaolin</b>	<b>170 Move grappling Theory</b>	<b>Inadequate</b>	<b>Pass</b>	<b>Perfect</b>
Explain	the focus of this level? .....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		
Tell	about the 1 <sup>st</sup> Learning Guide .....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		
List	the Vital Point of this level.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		
List	the 10 Guides.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		
Describe	your favourite Tech of this level & Why .....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		
Note	for answering the question you will receive 60% to 70% Additional relevant information can add 5 to 10% Self Experienced Learning can add 10% to 20% Wordiness will cost 5% to 15% Listing the 10 Guides correctly and succinctly will achieve full marks			

<b>Masters</b>	<b>Feedback</b>	<b>Inadequate</b>	<b>Good</b>	<b>Excellent</b>

# Training Record

Every time you train, please have your instructor sign your Training Record. Should you train by yourself or with a friend, record each hour of training by dating and signing the record yourself.

This record is for you and your future, possibly as a martial art professional!

Date & Signature	Date & Signature	Date & Signature	Date & Signature	Date & Signature
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	32	33	34	35
36	37	38	39	40
41	42	43	44	45
46	47	48	49	50
51	52	50	54	55
56	57	58	59	60
61	62	63	64	65
66	67	68	69	70
71	72	73	74	75
76	77	78	79	80
81	82	83	84	85
86	87	88	89	90
91	92	93	94	95
96	97	98	99	100
101	102	103	104	105
106	107	108	109	110
111	112	113	114	115
116	117	118	119	120
121	122	123	124	125
126	127	128	129	130
131	132	133	134	135
136	137	138	139	140
141	142	143	144	145
146	147	148	149	150
151	152	153	154	155
156	157	158	159	160

total classes when graded
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When you have completed this level, transfer your classes total to the appropriate place in the next workbook below the Training Record