

# BAC FU DO KUNG FU SOCIETY

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## Basic Concepts of BFD

- 3 Levels
  - 4 Gates
  - 5 Angles
  - Spontaneity
  - Fluidity and Continuity
  - Adaptability
  - Simultaneity
  - Rhythm Change
  - Angulation and Oblique footwork
  - Circularity
  - Distancing (Primary, Secondary and Tertiary)
  - Vital Target points
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## Methods of Entry/Linking Combinations

- Flow/Continuity
- Timing and Rhythm
- 3 levels, 4 Gates, 5 Angles
- Controlling the Opponent (Elbow and Head)
- Structural Efficiency (Closest Weapon into Closest Target)
- Relaxation
- Bridging Movements
- Oblique Footwork and Angulation
- Circular Stepping
- Entry Methods
  - ABC = Attack By Combination
  - ABD = Attack By Drawing
  - HIA = Hand Immobilisation Attack
  - FIA = Foot Immobilisation Attack
  - DA = Direct Attack
  - IA = Indirect Attack
  - PIA = Progressive Indirect attack

## **Mobility/Footwork**

- BFD Stances – emphasis on mobility, foot follows line of force, moving through the impact zone, groin protection
  - Common Stances – advantages and disadvantages
  - Correct Footwork (balance, weight distribution, transference)
  - Angulation and Circularity
  - Pre-contact/Bridging (explosiveness) and Post-contact
  - Relationship to effective application of offensive and defensive moves, power development (bone supports the line of force)
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## **Hand/Upper Body Offensive Techniques**

- Primary, Secondary and Tertiary ranges
  - Specialised Hand Formations (claws, spears, swords, knuckles)
  - Thrusting versus Striking
  - Snap versus Follow Through
  - Bio Mechanics
  - Types of Energy
  - Energy Release and Duration of Impact
  - Effect of Changed Potential
  - Offensive/Defensive Conversion
  - Running Hands/Trapping hands
  - Translation into Weapons Techniques
    - Basic Knife cuts, thrusts, slashes
    - Cane techniques
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## **Leg/Lower Body Offensive Techniques**

- Primary, Secondary and Tertiary ranges
- Application of Lower Body techniques
  - Increased reach
  - Safety zone
  - Power
  - Susceptibility to damage
- Low Plane, High Plane and Double Plane attacks
  - Advantages and disadvantages
  - Possible applications
- Bio Mechanics
- Types of Techniques
  - Hips
  - Knees
  - Shins

- Thrust kicks
  - Snap kicks
  - Crescent kicks
  - Sweeps
  - Rising and Scooping kicks
  - Leg entanglements
  - Hooking kicks
  - Setting up an Opponent – using hands, legs or angulation
  - Using kicks to Bridge the Gap
  - Recovering from missed or blocked kicks
  - Kicks from the ground
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## **Blocking/Parrying**

- Low level activity perspective
  - BFD use of offensive techniques to provide protection
  - BFD focus on elbow not wrist
  - Power blocks
  - Deflections/Parries (leading force)
  - Intercepting (tactical advantages)
  - Absorption (nullifying force)
  - Evasion and checks
  - Elbow control and post-contact sensitivity
  - Simultaneous parry and counter attack
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## **Sparring Principles**

- Analysing your opponent
- Body positioning
- Ready positions and stances
- Angulation
- Explosiveness
- Decisiveness
- Creating openings
- Specialised drills (handicapped, multi-opponent, foot or hand only etc)
- Pre-determined plan versus core principles and flexibility (dynamism, variables etc)
- Preparation for sporting events

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## **Weapons – Defensive and Offensive Use**

- BFD concepts
  - Short weapons – extension of body
    - Yawara stick
    - Baton/Cane
    - Knife
    - Chain
    - Nunchaku
    - Walking stick
    - Hatchet/Short axe
    - Environmental weapons
  - Long weapons
    - Staff
    - Spear
    - Halberd
    - Straight sword
    - Broadsword
  - Using the capability of each weapon to its maximum potential
  - Countering each weapon
  - Learning about a weapon's capabilities prepares you to defend against it
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## **Groundfighting**

- Why do we need to learn Groundfighting?
    - Likelihood of ending up on the ground
    - Increased vulnerability on the ground
      - Reduced mobility
      - Power development quite different on the ground
  - Basic principles
  - Guard positions
  - Generating power
  - Mobility (rolls, spins etc)
  - Hand involvement
  - Kicking techniques
  - Sweeping techniques
  - Scissor techniques
  - Throws and takedowns
  - Locking techniques
    - Arms
    - Legs
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# Grappling

- Why do we need to do grappling?
    - Control capability
    - Improved ability to escape from common holds
  - Limitations (large, strong opponent and very flexible opponent)
  - Principles
    - You don't need to be a Wrestler to defeat a Wrestler
    - Integration with percussive techniques
  - Upper body applications (joint locks, head locks and neck cranks, arm drags, nerve holds, chokes, strangles)
  - Lower body applications (sweeps, leg throws, takedowns, scissors)
  - Escapes from common street holds
    - Avoidance better than Escape
    - Go with lines of force, not against them
    - Use short, painful, nerve attacks to create opportunities to escape
    - Head locks
    - Chokes/Strangles
    - Grabbing/shirt fronting
    - Wrist holds/locks
    - Arm locks
    - Bear Hugs
    - Nelsons
    - Prone holds
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# Fist Sets

- Why do we do Sets?
    - Grammatical structure analogy
    - Learning basic concepts of a style/system
    - Integrating techniques and linking combinations
    - Visualisation
    - Leads into free, spontaneous expression
  - Overview of BFD sets
    - Self expression within a set
  - Fine points
    - Focus
    - Scanning
    - Flow/continuity
    - Explosiveness
    - Rhythm
    - Hidden moves/applications
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# Power Development

- Types of Power
    - Fa Jing
    - Tahn Jing
    - Cheong Kil Lik
    - Fright Impulse Power
    - Horse Trembling Power
    - Silk Reeling
    - Spiralling upwards
    - Dropping
    - Freeze on Impact
    - Move through Impact Zone
  - Bio Mechanics
    - Summation of Force
    - Muscle involvement
    - Release of Force
      - Duration
      - Timing and the use of Triggers
        - Chi-ai shouts
        - Stamping
        - Different pitches of sound to match different techniques
      - Post release relaxation
  - Breathing
    - Health Nourishing versus Combat Application
    - One breath = one technique?
    - One breath = several techniques?
    - Breathing cycle – disguising or and homing in on it
    - Deep breathing versus shallow
    - Mouth versus nose
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# Physical Conditioning

- SAID principle
- Specificity of fitness and exercise regimes
- Strength, Endurance and Flexibility and their impact on a Martial Artist's performance
- **STRENGTH TRAINING**
  - Definition – The maximum amount of force a body can exert
  - Not necessarily tied to body mass or sheer muscle size because of co-ordination effects
  - Isotonics
    - Body works against a weight that varies according to leverage (Free Weights)
  - Isometrics
    - Body works against itself

- Isokinetic
  - Body works against a weight that remains constant (Nautilus machines) or increases (cables)
- Need for an analytical approach to any weight training regime
  - Identify areas of weakness and analyse your techniques in biomechanical terms
  - Plan a program that addresses your deficiencies
    - Amount of weight differs for strength, endurance and explosiveness
    - Sets and repetitions differ for strength, endurance and explosiveness
    - Speed of lift differs for strength, endurance and explosiveness
  - Full movement only – not partial
  - Plyometrics useful to Martial artists
  - Always warm up before strength training
  - Always stretch after strength training – use a cool down process
- **FLEXIBILITY TRAINING**
  - Definition – the maximum range of joint movement achievable
  - Stretching before or after training?
    - A good stretch will last about 3 hours
    - Need to get blood flow going with warm up exercises (do upper body arm swings etc before stretching upper body, do light leg work before stretching lower limbs)
  - Dynamic Flexibility versus Static Flexibility
    - Martial Artists need Dynamic Flexibility – flexibility in motion
    - A rapidly moving limb can achieve extreme range of movement (but at risk of damage to soft tissue (tendons, muscles etc))
  - Types of stretching
    - Ballistic
    - Static
    - PNF
    - Reverse contraction
  - Body mechanisms useful in stretching
    - Myostatic Reflex (Stretch and Inverse Stretch Response)
      - Protects against hyperextension and joint damage
      - Golgi Tendon apparatus kicks in to contract a rapidly stretched muscle to limit joint injury OR to further relax a muscle under stretch to lengthen it
    - Myophasic Reflex
      - Contraction of Antagonist muscle relaxes Agonist muscle
      - Very useful in stretching
  - Plan your flexibility program
    - Interdependence means you can't just stretch your legs – you need to do your lower back etc as well
    - Use the Myostatic and Myophasic reflexes to help your stretch
  - Don't neglect strength training – a noodle is flexible but not strong

- **ENDURANCE TRAINING**

- Definition – The ability to persist in a particular activity for extended duration
  - Specificity – the more a muscle is used in a particular mode, the easier it disposes of Lactic Acid when doing that specific movement
  - Type of fitness
    - Aerobic = Cardiovascular = Oxygen based
    - Anaerobic = diet based = uses body chemicals (ATPs) for fuel NOT Oxygen
  - Aerobic Fitness
    - Any rhythmic exercise will improve aerobic fitness levels
      - Running
      - Swimming
      - Bag work
      - Sets
      - Shadow boxing
    - Need to raise pulse rate to an acceptable level for about 20 minutes to achieve an aerobic benefit
  - Anaerobic Fitness
    - Not directly related to aerobic fitness
    - Very important in combat arts
    - Burst of intense activity (10 seconds or less) do not use the aerobic system
      - No time to breathe
      - Body goes into Oxygen Debt
      - Uses body chemicals (phosphates especially) to generate fuel
    - Diet has a major impact on anaerobic fitness
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## **Mental Conditioning**

- Importance of Mind-setting
- Fear and Anger Management techniques
  - Fear is a natural reaction – use it
  - Anger is a natural reaction – use it, don't let it use you
  - Reaction to verbal abuse
  - Level of personal respect for the other guy?
  - Useful breathing techniques
  - Mental exercises
  - Use Anger – don't let it use you
- Combat versus practice requirements versus every-day activities
- Reaction times
- Conditions of Readiness
- Going up and coming down from Fight or Flight
- Breathing exercises used to calm you down (Yin energy) or crank you up (Yang energy)