

BAC FU DO SEMINAR MATERIAL

This document outlines a few options for delivering seminars and the Modules that encapsulate various sub-activities that might appeal to people from various audiences.

I incorporate whatever Modules a client thinks would best suit the target audience.

The emphasis is be on practicality and is not be style-specific – in that I focus on passing on core concepts that people from other arts can take away and apply within the bounds of their own art. I've done seminars with everyone from raw beginners to senior Black Belt grades (up to 6th Dan) and they have all expressed satisfaction with what I taught them.

I teach participants effective tactics and concepts – including some “hidden” techniques that appear in many Kung Fu styles but that most instructors aren't aware of in terms of wealth of application.

DAVID CROOK

A. Snapshot of Sijo David Crook

- Involved in the Martial Arts industry for 44 years
- Vice President of the Australian Kung Fu (Wu Shu) Federation Inc, the government – recognised National Sporting Organisation for Chinese Martial Arts
- Has managed a Martial Arts school continuously since 1969
- Pioneered Officer Survival Training with the Australian Federal Police in the mid-1970s
- Consulted to the Australian Army on the development of standardised Close Quarter Combat Skills training
- Featured in many articles in prominent Australian and international Martial Arts publications - referred to in Blitz Magazine as “The Canberra Legend”
- Holds the rank of Si Jo in Kung Fu (equivalent to 7th degree black belt), and also holds rank up to Sandan (3rd degree black belt) in the Japanese systems
- Very well regarded in the Martial Arts industry, with students that have long been acknowledged, by other senior Martial Arts masters, as amongst the best in their field

B. Possible Delivery Options

1. Short Evening or Afternoon Seminars (3 hours) – featuring a specific aspect of Kung Fu
 - a. Practical Chin-Na Grappling and Kum-Na Groundfighting plus Use of and Defence against edged and non-edged weapons
 - b. Integration of striking, grappling and weaponry skills plus application of combat-effective concepts in developing explosiveness, mobility and reaction times
2. Longer Seminars (6 hours – starting, say, noon and going through to 6 or 7pm or starting 10am and going through to 4 or 5pm)
 - a. First 30 minutes – demonstration of underlying Bac Fu Do core concepts (see attached lecture notes)
 - b. 90 minutes on developing explosive power, mobility and linking combinations
 - c. 120 minutes on Practical Chin-Na Grappling and Kum-Na Groundfighting
 - d. 120 minutes on Use of and Defence against edged and non-edged weapons
3. Split option – some people enrol for First session (a + b above), some enrol for Second session (c + d above)

C. CORE MODULES

Module 1 - Core Concepts of BFD

- 3 Levels, 4 Gates, 5 Angles
- Dominating the corridor
- Time waits for no man
- Relaxation, Spontaneity and Explosiveness
- Fluidity and Continuity
- Adaptability
- Simultaneity
- Rhythm Change
- Use of Angulation, Oblique and Circular tactics
- Distancing (Primary, Secondary and Tertiary)
- Vital Target points

Module 2 - Methods of Entry/Linking Combinations

- Flow/Continuity
- Timing and Rhythm
- Controlling the Opponent (Elbow and Head)
- Structural Efficiency (Closest Weapon into Closest Target)
- Relaxation
- Bridging Movements
- Integrating Oblique, Circular and Angular techniques
- Footwork and Mobility

Module 3 – Developing Effective Footwork

- Objectives of Footwork (application of our power, avoidance of the other person's)
- Common Stances – advantages and disadvantages
- Correct BFD Footwork (balance, weight distribution, transference emphasis on mobility, foot follows line of force, moving through the impact zone, groin protection)
- 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)

Module 4 – Developing Effective 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, 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

Module 5 – Developing Effective 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

Module 6 – Developing Effective Defensive Blocking/Parrying Techniques

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

Module 7 – Using and Defending against Edged and Non-edged Weapons

- BFD weapon concepts
- BFD drills
- Short weapons – extension of body
 - Yawara stick
 - Baton/Cane/Walking Stick
 - Knife
 - Chain/Nunchaku
 - Hatchet/Short axe
- Long weapons
 - Staff/Spear/Halberd
 - Straight sword
 - Broadsword
- Using the capability of each weapon to its maximum potential
- Countering each weapon by learning its capabilities

Module 8 – Developing Effective Kum-Na Groundfighting Skills

- Rationale for Developing Groundfighting Skills
- Basic principles
- Guard positions
- Generating power from the ground
- Mobility (rolls, spins etc)
- Hand involvement
- Kicking, Sweeping and Scissor techniques
- Throws and takedowns
- Locking techniques

Module 9 – Developing Effective Chin-Na Grappling Skills

- Rationale for developing Grappling Skills
 - 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, neck cranks, arm drags, nerve holds, chokes, strangles)
- Lower body applications (sweeps, leg controls and 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

Module 10 – Developing Explosive Power

- Types of Power
 - Fah 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

Module 11 – Developing Your Mind Set

- 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)

Module 12 – Applying Your Training in the Street

- Analysing your opponent
- Body positioning
- Ready positions and stances
- Angulation
- Explosiveness
- Decisiveness
- Creating openings
- Specialised drills (with or without kick shields, body armour etc)
 - Reaction Speed Drill
 - Handicapped Drills
 - Multi-opponents Drills
- Pre-determined plan versus core principles and flexibility (dynamism, variables etc)
- Preparation for sporting events (only joking)