



# Tai Sabaki - Body Shifting

By

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# Tai Sabaki

We test Grace Martial Arts students after twelve classes. Testing includes what they've been learning the previous three months in addition to what they learned in the past.

The younger class (lower belt levels) test on basics of escaping, blocking, striking and kicking. The older class (higher belt levels) tested on Kata, Waza and the basics of Tai Sabaki (Body Management, Body Shifting, Body Movement) – including footwork (Ashi Sabaki) and handwork (Te Sabaki). These play a vital role in the most basic aspects of Yon Ch'uan Martial Arts.

- Yield
- Clear
- Contact
- Control
- Counter

Tai Sabaki is how we manage our movements for dealing effectively and efficiently with an opponent's attack. Here is an explanation of how we accomplish that from the writings of Grand Master John Chung Li and Grand Master Robert Xavier.

*“The source of strength in the Yon Ch’uan Internal System is derived from a relaxed posture of perfectly balanced whole body power connected in unison with springy energy spiraling through the physical body movement. The essential difference between meeting force with external ridged*

*strength as opposed to internal energy is when resisting force with force you engage the attacker on his/her terms. Whereas, when using SOFT internal energy, you deny both your attacker's expectations and the object of his/her attack: Yourself. Through daily practice the practitioner acquires startling speed and focused strength with superior ability to apply effortlessly the six basic principles unique to the Yon Ch'uan System. These basic principles are redirection, evasion, quartering, entrapment, absorption and reflection. These basic principles are able to be applied to both the practitioner's life experiences and self-defense training. The system teaches students to avoid physical force, whenever possible, but when unavoidable, how to utilize the escalation of force to insure personal safety."*

If you would like more information about Grace Martial Arts classes in your area, contact Senior Instructor Mark McGee at [gracemartialarts1@gmail.com](mailto:gracemartialarts1@gmail.com).

**Saved and Safe!**

*“Watch, stand fast in the faith, be brave, be strong. Let all that you do be done with love.”*

*1 Corinthians 16:13-14*

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