



Kung Fu Training Drills

By

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Judo, Jujutsu, Aikido, Hapkido, and T'ai Chi Ch'uan include control (trapping) techniques as part of the basics. Karate-do also includes trapping at higher levels of training.

15 Animal Kung Fu, which comes from Hwa Yu T'ai Chi Ch'uan and is part of Yon Ch'uan Martial Arts training, also includes trapping techniques. We'll use some of the Animals to demonstrate the process of Yield, Clear, Contact, Control, and multiple Counter drills.

Tiger Drills

The first Kung Fu Animal we teach new Yon Ch'uan students is the Tiger. Here is how Grand Master Robert Xavier explains the Tiger Form in the [GMA Black Belt Study Guide](#).

THE TIGER FORM

The Tiger is a powerful hunter who attacks with fierce speed, moving with total focus without hesitation.

- 1) From the ready position evade horizontally left with the left foot and shift the weight onto it. Bring the right foot forward into cat stance. Simultaneously, raise the arms together, aligning the forearms vertically in front of your chest with palms facing you. Your body is turned towards your right corner.
- 2) Step with your right foot to the right front corner – pushing off from the rear left foot using a follow step and conclude in a 60/40% stance

- 3) Shift all the weight to your left foot into cat stance then step to your right with the right foot into a 60/40% stance. During this part of the movement the right hand begins to draw back (turning the palm up) and the left hand moves from left to right turning palm down. Sit into a 60/40% stance as the hand complete the movement with the right palm up and the left palm facing down at the waist height.
- 4) Turning your waist to the left as you sweep the rear left foot horizontally right crossing behind you completing 180° turn ending in a 60/40% stance. (Remember that your whole body moves in unison).
- 5) Move your back right foot into a right cat stance as the hands return to the ready position. Repeat the movements of the Tiger to the right side. The Tiger form can be utilized compassionately or harshly. It is a versatile, effective self defense for both children and adults.

A well-trained student can use the Tiger to defeat an opponent in less than two seconds, so it passes the two-second test for “effectiveness and efficiency.” While the Tiger is performed slowly at first in both solo and partner practice, speed is increased as the student(s) better understand the movements.

First, let’s learn how to *Evade and Escape* with the Tiger. I often refer to this as “Leap, Land, Launch” (3-L) because it describes how the Tiger leaps to the side in the air to evade while blocking with the arm toward the opponent, lands on one leg (which becomes the heavy/foundation/supporting leg), then uses the other leg (which becomes the light leg) to launch a response to the attack.

Here are some drills to practice how to use the Tiger to *Evade and Escape*.

Tiger Escape Drill #1

Solo practice – place slightly more weight on the right leg and use it to leap toward the left side and land on your left leg .. execute an outside Tiger block with the right arm as you leap to the left side .. the Tiger block can be used to escape or trap .. it's a traditional Kung Fu coiling/uncoiling exercise (coil the hand to the outside (palm up), then uncoil the hand to the inside (palm down) .. if you use the Tiger block to escape, you will usually be coiling/uncoiling against a wrist or arm grab .. the block allows you to break free of an attacker's grasp and escape (run away) .. the “launch” would take you away from your attacker since your intent is to escape .. that means you will move the center of your body away from the attacker after escaping a grab, which would be left in this drill .. repeat the drill 20 times

Solo practice – place slightly more weight on the left leg and use it to leap toward the right side and land on your right leg .. execute an outside Tiger block with the left arm as you leap to the right side .. coiling and uncoiling action will allow you to escape .. repeat the drill 20 times

Partner practice – This drill trains you to Evade and Escape from a grab .. Partner #1 (attacker) uses right hand to grab Partner #2's (defender) right wrist .. Partner #2 places slightly more weight on the right leg and uses it to leap toward the left side and land on their left leg .. Partner #2 executes an outside Tiger block with the right arm as they leap to the left side .. the block allows them to break free of an attacker's grasp and escape (run away) .. the "launch" will take them away from their attacker since the intent is to escape .. that means they will move the center of their body away from the attacker (after escaping the grab) so they can escape .. be sure to keep your escaping hand inside your shoulder (toward your center) to perform the coiling and uncoiling escape .. if you attempt to escape the grab with your hand/arm outside your shoulder, you may not have the strength to escape .. repeat the escape drill 20 times

Partner practice – Partner #1 (attacker) uses left hand to grab Partner #2's (defender) left wrist .. Partner #2 places slightly more weight on the left leg and uses it to leap toward the right side and land on their right leg .. Partner #2 executes an outside Tiger block (coil and uncoil) with the left arm as they leap to the right side .. the block allows them to break free of an attacker's grasp and escape (run away) .. the "launch" will take them away from their attacker since the intent is to escape .. that means they will move the center of their body away from the attacker (after escaping the grab) so they can escape .. be sure to keep your escaping hand inside your shoulder (toward your center) to perform the coiling and uncoiling escape .. if you attempt to escape the grab with your hand/arm outside your shoulder, you may not have the strength to escape .. repeat the escape drill 20 times

Tiger Escape Drill #2

Solo practice – This next drill is training to Evade and Escape using the Tiger with a roundhouse kick added to *stun* the attacker (*counter*) and make the escape easier .. place slightly more weight on the right leg and use it to leap toward the left side and land on your left leg .. execute an outside Tiger block with the right arm (coil and uncoil) along with a right roundhouse kick to knee or stomach area as soon as you land on your left leg .. escape .. repeat the drill 20 times

Solo practice – place slightly more weight on the left leg and use it to leap toward the right side and land on your right leg .. execute an outside Tiger block with the left arm (coil and uncoil) along with a left roundhouse kick to knee or stomach area as soon as you land on your right leg .. escape .. repeat the drill 20 times

Partner practice – Partner #1 (attacker) uses right hand to grab Partner #2's (defender) right wrist .. Partner #2 places slightly more weight on the right leg and uses it to leap toward the left side and land on their left leg as they execute an outside Tiger block with the right arm (coil and uncoil) at the same time .. Partner #2 executes a right roundhouse kick to knee or stomach area (miss by a few inches) as soon as they land on their left leg .. escape .. repeat the drill 20 times

Partner practice – Partner #1 (attacker) uses left hand to grab Partner #2's (defender) left wrist .. Partner #2 places slightly more weight on the left leg and uses it to leap toward the right side and land on their right leg as they execute an outside Tiger block with the left arm (coil and uncoil) at the same time .. Partner #2 executes a left roundhouse kick to knee or stomach area (miss by a few inches) as soon as they land on their right leg .. escape .. repeat the drill 20 times

Yon Ch'uan Martial Arts includes self-defense techniques from Judo, Karate, Kung Fu, Aikido, T'ai Chi Ch'uan, Kobudo, and other arts. It truly is an amazing martial arts system.

We began looking at 15 Animal Kung Fu drills in the previous chapter. The first Animal that Yon Ch'uan students learn is the Tiger. This Kung Fu Animal allows the student to *Evade and Escape*, or *Evade and Enter*. The ultimate goal for the student is to escape an attack with little to no harm to themselves.

We learned about how the Tiger Evades to Escape in our last part. Here are some drills to practice how to use the Tiger to *Evade and Enter*.

Tiger Entering Drills

Each of the drills will include five basic principles of Yon Ch'uan Martial Arts:

1. Yield
2. Clear
3. Contact
4. Control
5. Counter

Yield and Clear are how we “evade” an attack. *Contact* is how we “block” or “redirect” an attack. *Control* is how we “trap” an attack. *Counter* is how we “penetrate” an attack.

We usually evade once, block once, and trap once. Then we counter – sometimes once, sometimes twice, three times, four times, or as many times as is necessary to escape an attack.

Tiger Entering Drill #1

Solo Practice – Take a natural stance .. move extra weight to the right leg and use it to leap to the left while blocking with the right arm and hand, followed by trapping an imaginary opponent's arm with your right hand .. you will land in a right Tiger stance similar to a cat stance .. blocking is always done with a coiling movement of the hand, wrist, and forearm .. trapping is always done with an uncoiling movement of the hand, wrist, and forearm .. after trapping the imaginary opponent's right arm, place your left hand on imaginary opponent's right shoulder and step toward the opponent with your right leg (right forward stance) as you push down on your imaginary opponent's right shoulder and pull the opponent's right arm to your right hip as you turn your palm upward (a second coiling movement that traps opponent's arm to your hip) .. this will have the effect of pulling your imaginary opponent off-balance with their face toward the ground .. you can counter by pushing the opponent forward to escape or by taking a circular step toward your right with your right foot which would cause your opponent to fall facedown on the ground .. that will be the

point where you can let go of your opponent and run toward the left to escape .. repeat the drill 20 times

Solo Practice – Take a natural stance .. move extra weight to the left leg and use it to leap to the right while blocking with the left arm and hand, followed by trapping an imaginary opponent's arm with your left hand .. you will land in a left Tiger stance similar to a cat stance .. blocking is always done with a coiling movement of the hand, wrist, and forearm .. trapping is always done with an uncoiling movement of the hand, wrist, and forearm .. after trapping the imaginary opponent's left arm, place your right hand on imaginary opponent's left shoulder and step toward the opponent with your left leg (left forward stance) as you push down on your imaginary opponent's left shoulder and pull the opponent's left arm to your left hip as you turn your palm upward (a second coiling movement that traps opponent's arm to your hip) .. this will have the effect of pulling your imaginary opponent off-balance with their face toward the ground .. you can counter by pushing the opponent forward to escape or by taking a circular step toward your left with your left foot which would cause your opponent to fall facedown on the ground .. that will be the point where you can let go of your

opponent and run toward the right to escape .. repeat the drill 20 times

Partner Practice – Partner #1 is the attacker .. Partner #2 is the defender .. Partner #2 takes a natural stance .. move extra weight to the right leg and use it to leap to the left while blocking with the right arm and hand, followed by trapping with the right arm and hand .. you will land in a right Tiger stance similar to a cat stance .. blocking is always done with a coiling movement of the hand, wrist, and forearm .. trapping is always done with an uncoiling movement of the hand, wrist, and forearm .. after trapping Partner #1's right arm, place your left hand on your partner's right shoulder and step toward your partner with your right leg (right forward stance) as you push down on your partner's right shoulder and pull your partner's right arm to your right hip as you turn your palm upward (a second coiling movement that traps opponent's arm to your hip) .. this will have the effect of pulling your partner off-balance with their face toward the ground .. you can counter by pushing your partner forward to escape or by taking a circular step toward your right with your right foot which would cause your partner to fall facedown on the ground .. that will be the point where you

can let go of your opponent and run toward the left to escape ..
repeat the drill 20 times

Partner Practice – Partner #1 is the attacker .. Partner #2 is the defender .. Partner #2 takes a natural stance .. move extra weight to the left leg and use it to leap to the right while blocking with the left arm and hand, followed by trapping with the left arm and hand .. you will land in a left Tiger stance similar to a cat stance .. blocking is always done with a coiling movement of the hand, wrist, and forearm .. trapping is always done with an uncoiling movement of the hand, wrist, and forearm .. after trapping Partner #1's left arm, place your right hand on your partner's left shoulder and step toward your partner with your left leg (left forward stance) as you push down on your partner's left shoulder and pull your partner's left arm to your left hip as you turn your palm upward (a second coiling movement that traps opponent's arm to your hip) .. this will have the effect of pulling your partner off-balance with their face toward the ground .. you can counter by pushing your partner forward to escape or by taking a circular step toward your left with your right foot which would cause your partner to fall facedown on the ground .. that will be the point where you can

let go of your opponent and run toward the left to escape ..
repeat the drill 20 times

If your partner (attacker) is falling forward but attempting to keep their balance by stepping forward faster, you can effect the fall by doing one of two things:

1. Pull faster as you move your back foot in a bigger circle while continuing to push down on your partner's shoulder
2. Place your foot in front of your partner's closer leg to keep them from stepping forward .. you will be using a Judo throw taught in Yon Ch'uan Martial Arts known as Tai Otoshi

Tiger Entering Drill #2

Solo Practice – This next drill is training to Evade and Enter using a roundhouse kick to *stun* the attacker and make the escape easier .. take a natural stance .. move extra weight to the right leg and use it to leap to the left while blocking with the right arm, followed by trapping an imaginary opponent's arm with your right hand and executing a right roundhouse kick to knee or stomach .. after trapping the imaginary opponent's right arm and kicking them, place your left hand on imaginary opponent's right shoulder and step toward the opponent with your right leg (right forward stance) as you push down on your imaginary opponent's right shoulder and pull the opponent's right arm to your right hip as you turn your palm upward (a second coiling movement that traps opponent's arm to your hip) .. this will have the effect of pulling your imaginary opponent off-balance with their face toward the ground .. you can counter by pushing the opponent forward to escape or by taking a circular step toward your right with your right foot which would cause your opponent to fall facedown on the ground .. that will be the

point where you can let go of your opponent and run toward the left to escape .. repeat the drill 20 times

Solo Practice – Take a natural stance .. move extra weight to the left leg and use it to leap to the right while blocking with the left arm, followed by trapping an imaginary opponent's arm with your left hand and executing a left roundhouse kick to knee or stomach .. after trapping the imaginary opponent's left arm and kicking them, place your right hand on imaginary opponent's right shoulder and step toward the opponent with your left leg (left forward stance) as you push down on your imaginary opponent's left shoulder and pull the opponent's left arm to your left hip as you turn your palm upward (a second coiling movement that traps opponent's arm to your hip) .. this will have the effect of pulling your imaginary opponent off-balance with their face toward the ground .. you can counter by pushing the opponent forward to escape or by taking a circular step toward your left with your left foot which would cause your opponent to fall facedown on the ground .. that will be the point where you can let go of your opponent and run toward the left to escape .. repeat the drill 20 times

Partner Practice – Partner #1 is the attacker .. Partner #2 is the defender .. Partner #2 takes a natural stance .. Partner #1 uses their right hand to grab the right wrist of Partner #2 .. Partner #2 moves extra weight to the right leg and use it to leap to the left while blocking with the right arm and hand, followed by trapping with the right arm and hand while executing a right roundhouse kick toward partner's knee or stomach (miss by a few inches) .. after trapping Partner #1's right arm and kicking them, place your left hand on your partner's right shoulder and step toward your partner with your right leg (right forward stance) as you push down on your partner's right shoulder with your left hand and pull your partner's right arm to your right hip as you turn your palm upward (a second coiling movement that traps opponent's arm to your hip) .. this will have the effect of pulling your partner off-balance with their face toward the ground .. you can counter by pushing your partner forward to escape or by taking a circular step toward your right with your right foot which would cause your partner to fall facedown on the ground .. that will be the point where you can let go of your opponent and run toward the left to escape .. repeat the drill 20 times

Partner Practice – Partner #2 takes a natural stance .. Partner #1 uses their left hand to grab the left wrist of Partner #2 .. Partner #2 moves extra weight to the left leg and uses it to leap to the right while blocking with the left arm and hand, followed by trapping with the left arm and hand while executing a left roundhouse kick toward partner's knee or stomach (miss by a few inches) .. after trapping Partner #1's left arm and kicking them, place your right hand on your partner's left shoulder and step toward your partner with your left leg (left forward stance) as you push down on your partner's left shoulder with your right hand and pull your partner's left arm to your left hip as you turn your palm upward (a second coiling movement that traps opponent's arm to your hip) .. this will have the effect of pulling your partner off-balance with their face toward the ground .. you can counter by pushing your partner forward to escape or by taking a circular step toward your left with your left foot which would cause your partner to fall facedown on the ground .. that will be the point where you can let go of your opponent and run toward the left to escape .. repeat the drill 20 times

If your partner (attacker) is falling forward but attempting to keep their balance by stepping forward faster, you can effect the fall by doing one of two things:

1. Pull faster as you move your back foot in a bigger circle while continuing to push down on your partner's shoulder
2. Place your foot in front of your partner's closer leg to keep them from stepping forward .. you will be using a Judo throw taught in Yon Ch'uan Martial Arts known as Tai Otoshi

Tiger Entering Drill #3

Solo Practice – This next drill is training to Evade and Enter using a roundhouse kick to *stun* the attacker and follow-up knee strike to make the escape easier .. take a natural stance .. move extra weight to the right leg and use it to leap to the left while blocking with the right arm, followed by trapping an imaginary opponent's arm with your right hand and executing a right roundhouse kick to knee or stomach .. after trapping the imaginary opponent's right arm and kicking them, place your left hand on imaginary opponent's right shoulder and step toward the opponent with your right leg (right forward stance) as you push down on your imaginary opponent's right shoulder and pull the opponent's right arm to your right hip as you turn your palm upward (a second coiling movement that traps opponent's arm to your hip) .. this will have the effect of pulling your imaginary opponent off-balance with their face toward the ground .. counter by using your left knee to kick opponent in their right ribs .. finish with a push, circular pull, or tripping throw to the ground and escape .. repeat the drill 20 times

Solo Practice – This next drill is training to Evade and Enter using a roundhouse kick to *stun* the attacker and follow-up knee strike to make the escape easier .. take a natural stance .. move extra weight to the right leg and use it to leap to the left while blocking with the right arm, followed by trapping an imaginary opponent's arm with your right hand and executing a right roundhouse kick to knee or stomach .. after trapping the imaginary opponent's right arm and kicking them, place your left hand on imaginary opponent's right shoulder and step toward the opponent with your left leg (left forward stance) as you push down on your imaginary opponent's right shoulder and pull the opponent's right arm to your right hip as you turn your palm upward (a second coiling movement that traps opponent's arm to your hip) .. this will have the effect of pulling your imaginary opponent off-balance with their face toward the ground .. counter by using your left knee to kick opponent in their right ribs .. finish with a push, circular pull, or tripping throw to the ground and escape .. repeat the drill 20 times

Partner practice – Partner #1 (attacker) uses right hand to grab Partner #2's (defender) right wrist .. Partner #2 places slightly more weight on the right leg and uses it to leap toward the left side and land on their left leg .. Partner #2 executes an outside Tiger block with the right arm (coil and uncoil grabbing their wrist for control) along with a right roundhouse kick to knee or stomach area (miss by a few inches) as soon as they land on their left leg .. after kicking, pull your partner's arm toward your right hip to off-balance them .. use your left hand to capture your partner's right shoulder and step toward the opponent with your right leg (right forward stance) .. use your left knee to kick opponent in right ribs (miss by a few inches) .. finish with a push, circular pull, or tripping throw to the ground and escape .. repeat the drill 20 times

Partner practice – Partner #1 (attacker) uses left hand to grab Partner #2's (defender) left wrist .. Partner #2 places slightly more weight on the left leg and uses it to leap toward the right side and land on their right leg .. Partner #2 executes an outside Tiger block with the left arm (coil and uncoil grabbing their wrist for control) along with a left roundhouse kick to knee or stomach area (miss by a few inches) as soon as they land on

their right leg .. after kicking, pull your partner's arm toward your left hip to off-balance them .. use your right hand to capture your partner's left shoulder and step toward the opponent with your left leg (left forward stance) .. use your right knee to kick partner in left ribs (miss by a few inches) .. finish with a push, circular pull, or tripping throw to the ground and escape .. repeat the drill 20 times

As we mentioned in the first chapter of our series about Kung Fu drills the first Kung Fu Animal we teach new Yon Ch'uan students is the Tiger. Here is a reminder how Grand Master Robert Xavier explains the Tiger Form in the [GMA Black Belt Study Guide](#).

THE TIGER FORM

The Tiger is a powerful hunter who attacks with fierce speed, moving with total focus without hesitation.

- 1) From the ready position evade horizontally left with the left foot and shift the weight onto it. Bring the right foot forward into cat stance. Simultaneously, raise the arms together, aligning the forearms vertically in front of your chest with palms facing you. Your body is turned towards your right corner.
- 2) Step with your right foot to the right front corner – pushing off from the rear left foot using a follow step and conclude in a 60/40% stance
- 3) Shift all the weight to your left foot into cat stance then step to your right with the right foot into a 60/40% stance.

During this part of the movement the right hand begins to draw back (turning the palm up) and the left hand moves from left to right turning palm down. Sit into a 60/40% stance as the hand complete the movement with the right palm up and the left palm facing down at the waist height.

- 4) Turning your waist to the left as you sweep the rear left foot horizontally right crossing behind you completing 180° turn ending in a 60/40% stance. (Remember that your whole body moves in unison).
- 5) Move your back right foot into a right cat stance as the hands return to the ready position. Repeat the movements of the Tiger to the right side. The Tiger form can be utilized compassionately or harshly. It is a versatile, effective self defense for both children and adults.

The Tiger is versatile and can reflect or redirect an opponent at multiple points in its movement. We looked at some of those as drills in the [last part of our series](#).

Because the Tiger has multiple counter (penetration) points, the Yon Ch'uan student is ready to deploy many counter defensive movements even when one defense does not end a conflict. If the attempt to *Evade and Escape* is not successful, the student moves quickly to *Enter*. If the first entrance to project (push), strike (punch or kick), or throw the attacker is not successful, the student moves to the second movement which is to off-balance to the corner or rear of the attack. If that defense is not successful and the attacker is able to regain balance by stepping back or lifting his body upward, the student can use the Tiger to blend with the attacker's movement and throw them backward in a circular throw known as *Tenchi Nage* (Heaven and Earth).



Grand Master Robert Xavier - Tiger and Heaven and Earth

Heaven and Earth can be done compassionately or harshly. The defender flows with the movement of the attacker, closes the gap to take space, and controls one of the attacker's arms by pulling them down and to the side, while raising the other arm and shoulder to contact the attacker's neck or chin, thus controlling the attacker's head and neck, then lowering the raised arm to throw the attacker down to the ground.

One harsher movement is for the defender to “clothes-line” (using forearm) the attacker at the neck level, and step forward and through the opponent to throw them backward and down to the ground. Another harsh movement is for the defender to strike the attacker’s throat with a Tiger strike, and control the neck and head as the defender throws the attacker to the corner. A more compassionate movement is for the defender to step in a wide circle in the direction of the controlled (trapped) arm as they place their raised arm under the chin, then lower the raised arm to throw the attacker down as they spin in a circular fashion.

Here are some solo and partner drills to learn how to use Heaven and Earth with the Tiger.

Tiger Entering Drill #4

Solo Practice – Take a natural stance .. move extra weight to the right leg and use it to leap to the left while blocking with the right arm and hand, followed by trapping an imaginary opponent's arm with your right hand .. you will land in a right Tiger stance similar to a cat stance .. blocking is always done with a coiling movement of the hand, wrist, and forearm .. trapping is always done with an uncoiling movement of the hand, wrist, and forearm .. after trapping the imaginary opponent's right arm, place your left hand on imaginary opponent's right shoulder and step toward the opponent with your right leg (right forward stance) as you push down on your imaginary opponent's right shoulder and pull the opponent's right arm to your right hip as you turn your palm upward (a second coiling movement that traps opponent's arm to your hip) .. this will have the effect of pulling your imaginary opponent off-balance with their face toward the ground .. you can counter by pushing the opponent forward to escape or by taking a circular step toward your right with your right foot which would cause your opponent to fall facedown on the ground .. however, if your

opponent is able to regain their balance with superior strength or by stepping back, blend with their movement and follow them while continuing to hold on to their arm (once you trap an opponent, don't let go unless it's to escape) .. raise your right arm toward the sky (heaven) as you make contact with the imaginary attacker's neck and take a large circular step toward your left as you lower your raised arm toward the ground (earth), thus throwing the imaginary attacker .. repeat the drill 20 times

Solo Practice – Take a natural stance .. move extra weight to the left leg and use it to leap to the right while blocking with the left arm and hand, followed by trapping an imaginary opponent's arm with your left hand .. you will land in a left Tiger stance similar to a cat stance .. blocking is always done with a coiling movement of the hand, wrist, and forearm .. trapping is always done with an uncoiling movement of the hand, wrist, and forearm .. after trapping the imaginary opponent's left arm, place your right hand on imaginary opponent's left shoulder and step toward the opponent with your left leg (left forward stance) as you push down on your imaginary opponent's left shoulder and pull the opponent's left arm to your left hip as you turn your palm upward (a second coiling movement that traps opponent's

arm to your hip) .. this will have the effect of pulling your imaginary opponent off-balance with their face toward the ground .. you can counter by pushing the opponent forward to escape or by taking a circular step toward your left with your left foot which would cause your opponent to fall facedown on the ground .. however, if your opponent is able to regain their balance with superior strength or by stepping back, blend with their movement and follow them while continuing to hold on to their arm (once you trap an opponent, don't let go unless it's to escape) .. raise your left arm toward the sky (heaven) as you make contact with the imaginary attacker's neck and take a large circular step toward your right as you lower your raised arm toward the ground (earth), thus throwing the imaginary attacker .. repeat the drill 20 times

Partner Practice – Partner #1 is the attacker .. Partner #2 is the defender .. Partner #2 takes a natural stance .. move extra weight to the right leg and use it to leap to the left while blocking with the right arm and hand, followed by trapping with the right arm and hand .. you will land in a right Tiger stance similar to a cat stance .. blocking is always done with a coiling movement of the hand, wrist, and forearm .. trapping is always

done with an uncoiling movement of the hand, wrist, and forearm .. after trapping Partner #1's right arm, place your left hand on your partner's right shoulder and step toward your partner with your right leg (right forward stance) as you push down on your partner's right shoulder and pull your partner's right arm to your right hip as you turn your palm upward (a second coiling movement that traps opponent's arm to your hip) .. this will have the effect of pulling your partner off-balance with their face toward the ground .. you can counter by pushing your partner forward to escape or by taking a circular step toward your right with your right foot which would cause your partner to fall facedown on the ground .. for this practice Partner #1 is able to regain his or her balance .. Partner #2 blends with Partner #1's movement and follows them while continuing to hold on to their arm (once you trap an opponent, don't let go unless it's to escape) .. Partner #2 raises their right arm toward the sky (heaven) as they make contact with the imaginary attacker's neck (be careful not to hurt them) and takes a large circular step toward their left as they lower their raised arm toward the ground (earth), thus throwing Partner #2 .. repeat the drill 20 times

Partner Practice – Partner #1 is the attacker .. Partner #2 is the defender .. Partner #2 takes a natural stance .. move extra weight to the left leg and use it to leap to the right while blocking with the left arm and hand, followed by trapping with the left arm and hand .. you will land in a left Tiger stance similar to a cat stance .. blocking is always done with a coiling movement of the hand, wrist, and forearm .. trapping is always done with an uncoiling movement of the hand, wrist, and forearm .. after trapping Partner #1's left arm, place your right hand on your partner's left shoulder and step toward your partner with your left leg (left forward stance) as you push down on your partner's left shoulder and pull your partner's left arm to your left hip as you turn your palm upward (a second coiling movement that traps opponent's arm to your hip) .. this will have the effect of pulling your partner off-balance with their face toward the ground .. you can counter by pushing your partner forward to escape or by taking a circular step toward your left with your right foot which would cause your partner to fall facedown on the ground .. for this practice Partner #1 is able to regain his or her balance .. Partner #2 blends with Partner #1's movement and follows them while continuing to hold on to their arm (once you trap an opponent, don't let go unless it's to

escape) .. Partner #2 raises their left arm toward the sky (heaven) as they make contact with their partner's neck (be careful not to hurt them) and takes a large circular step toward their right as they lower their raised arm toward the ground (earth), thus throwing Partner #2 .. repeat the drill 20 times

You can learn more about 15 Animal Kung Fu in the [Yon Ch'uan Black Belt Study Guide](#). You can also watch training drills on our YouTube channel. Here are three examples to help get you started.

[15 Animal Kung Fu Tiger](#)

[15 Animal Kung Fu Crane](#)

[15 Animal Kung Fu Goose](#)

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