

Kulo 22 Sansau Principles

古勞 22 散手心法

1. 破勢 – The number one rule of engaging an opponent is to destroy his momentum. There are 2 main ways to destroy his momentum:

- a. 以拳破勢, destroying the momentum through striking/punching: this is the easiest to achieve, but the down side is that your strikes must be strong and penetrative enough to cause an effect.
- b. 跟手破勢, destroying the momentum through following and sticking: this requires more skills, but requires less strength. If the opponent is stronger and tougher your strikes may not work but the following and sticking does.

Once the momentum is destroyed, the opponent becomes easy to handle and can be finished off at your leisure.

2. 身法 – Body positioning. There are three methods:

- a. 朝面追形 – chasing the opponent and facing him square on.
- b. 迎面而轉 – turning into the opponent.
- c. 逆面管勢 – turning out of the opponent controlling his momentum.

3. 管法 – Controlling/Sticking types:

- a. 一管一 (二管二) - one arm on one arm (or two on two). Most commonly used in 迎面而轉. While both the opponent's arms are controlled and cannot strike you, your arms are not free to strike him either. However, you can control the opponent quite easily using this method, but only if you know how to control the *Dim's*.
- b. 一管二 – one arm controlling two of the opponent's arms, either simultaneously or in quick successions, leaving the other arm free to attack. Most commonly used in 朝面追形
- c. 二管一 – both your arms against one of the opponent's arm. This is particularly useful when the opponent is stronger or faster than you. To do this you must position yourself where the opponent's other arm cannot strike you, and you must fully control his momentum. Knowing how to use the *Dim's* is important. It is typically used in 逆面管勢.

4. 看點不看拳 – Look at *Dim*, not at fists. Fists from the opponent are way too fast to catch; instead, focus on the *Dim's* where it is less mobile. The *Dim's* are blind spots/targets/markers on the opponent's body and limbs where once controlled, it is very difficult for the opponent to maintain balance or generate power. It is only taught indoors from teacher to disciple.

5. 取力點 - Force *Dim*. Unlike the physical targets/points/markers, the “Force *Dim*” is not an anatomical point, but related to the line of balance of the opponent. Pressure is applied to this “Force *Dim*” to further control the opponent.

6. 高接低攀 - High catch, low climb. Any strikes from the opponent that goes higher than the reference line (e.g. shoulders), you catch under it and guide it up; any strikes lower than the reference line you climb on top. Of course, the reference line is not fixed but moving according to your own stance, momentum and anatomy. The concept also applies to left/right as well as up/down.

7. 你要上 , 我要下 – You want high, I want low. If your opponent attacks high, you attack low, and vice versa. Also applies to left/right.

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