

## **Martial Arts and Fighting for Writers**

Tim Chapman and Chuck Westcott

We hope this seminar will give you wordsmiths some tools to help your readers visualize the fights your characters have on the printed page. In addition to using correct terminology and giving an accurate and compelling description of the action, remember, unlike a film you can tell your readers what your characters are thinking and feeling while they're fighting for their lives.

### **1. Comparison of Techniques and Terminology (short demos)**

- Reverse Punch—Japanese/Okinawan/Southern Chinese vs Northern Chinese vs Thai/Western (cross)
- Lead Punch—Most Asian Styles vs Western/Thai/Jeet Kune Do
- Elbow Strikes
- Animal Hand Shapes—Dragon, Tiger, Mantis, Leopard, Phoenix Eye, Etc.
- Knee Strikes—Most Styles vs Muay Thai
- Kicks—Front (kick vs push), Side, Roundhouse (ball & shin), Hook, Back, Ax, Crescent (inside & outside) Turning, Spinning, Jumping
- Throws—Hip, Stomach (tomoe nage), Sweeps (back, foot drag, ankle locks), Projections (parting the wild horse's mane, push, step throughs)
- Joint Locks/Breaks/Chokes—Finger, Wrist (inside & outside), Elbow (standing, prone, over the shoulder), Front Choke w/gi or jacket, Rear Naked Choke
- Pressure Points—Strike vs Press, Temple, Behind Ear, Throat Notch, Carotids, Sternum, Under Biceps, Forearm, Ribs, Diaphragm, Thighs (inside & outside), Calf, Instep
- Dim Mak—Also called the Death Touch, is the theory that striking certain combinations of acupuncture points at specific times of day can cause a person to die or fall ill at a later date. It was rumored that Bruce Lee was murdered by Dim Mak. This rumor was false.

### **2. Weapons (short demos)**

- Swords (Chinese vs Japanese), Pu Dao
- Staves (Okinawan vs Northern Chinese vs Southern Chinese vs English Quarterstaff)
- Sticks, Stick and Knife, Asp
- Nunchaku
- Chain Whips and Rope Darts
- Fan

### **3. Knife and Gun Disarms (short demos)**

Handgun disarms rarely work. Chuck and I have practiced disarms with an Airsoft pistol in a calm, controlled environment. We were successful less than half the time. That percentage would decrease dramatically in a real-life encounter.

Knife disarms are almost as unreliable. Most knife disarms are taught to cope with an unskilled attacker, someone who uses an overhead “icepick” attack or a lunge with his arm extended. It's possible to defend against a trained knife fighter, but you will almost certainly be cut.

### **4. Self-Defense for the Non-Martial Artist (short demos)**

Bite, Gouge, Twist!

## **5. Class Assignment—Describe the Action Techniques from Arnis (Chuck and Zach)**

Basic movements train many things at once:

Concept of “De-fanging the Snake”

Starting with the stick

Block, check and counter

6 Count Sumbrada Drill

Basic Tapi Tapi Drill

Short Tapi Tapi Flow

Basic Stick Disarming

Knife to Knife Tapi Tapi Drill

Flowing Knife Disarms

Bolo Disarms

Empty-Hand Applications

Trapping Hands

Dirty Boxing

Groundfighting and Silat Applications

Lock Flow

### **Arnis Combat Sequence**

1. Stick to stick – Single Sinawali
2. 1, 2, 5, 12 Sequence
3. Tapi Tapi Flow
4. Disarm for Side 1
5. Empty Hand vs. Stick
6. Disarm for Side 2
7. Empty Hand trapping hands
8. Locking and Grappling
9. Takedown to ground fighting
  - Mobility / Turn Head Throw
  - Shin to Bicep

### **Techniques from Tai Chi Chuan (Tim and Rob)**

Typical Yang-style tai chi movements:

Grasp the Swallow’s Tail (Ward off, Pull back, Press, Roll back, Push)

Repulse the Monkey, Cross Hands

### **Tai Chi Combat Sequence**

1. Ward Off
2. Pull Back
3. Parry and Hidden Punch
4. Fair Lady Works Shuttles
5. Wave Hands Like Clouds
6. Heel Kick

## **6. Try a Few Techniques**

Step right up. Sign an accident waiver and try your hand at a strike, kick, or pressure point technique.

### **Clipography**

Here are links to some fight scenes and videos you may find helpful.

#### **Sherlock Holmes**

<https://youtu.be/OS-Qd-jQFkM>

#### **Bruce Lee “Way of the Dragon”**

<https://youtu.be/f-q5FLtUOI>

#### **Filipino Martial Arts**

Dan Inosanto demo at Smithsonian

<https://www.youtube.com/watch?v=tKKZuS8c7rM>

Escrima Fight Scenes

<https://www.youtube.com/watch?v=U2K0PP3rjSg>

Human Weapon – Eskrima

<https://www.youtube.com/watch?v=gXUEIWs8c40>

Human Weapon – Live Fight

[https://www.youtube.com/watch?v=ff2bseC\\_Ns8](https://www.youtube.com/watch?v=ff2bseC_Ns8)

#### **Karate**

Four Part Documentary on Morio Higaonna (Goju Ryu Karate)

<https://www.youtube.com/watch?v=-Ure59Ub73g>

World Karate Federation (WKF) Highlights

[https://www.youtube.com/watch?v=yF5o9\\_xn86E](https://www.youtube.com/watch?v=yF5o9_xn86E)

Kyokushin Fight Legends – Documentary

<https://www.youtube.com/watch?v=zKP4TI7FSes>

#### **Taekwondo**

Olympic Style Highlights

<https://www.youtube.com/watch?v=2G-4NFKYiak>

Taekwondo Knock Outs

<https://www.youtube.com/watch?v=WPVuC6ugmAw>

National Geographic’s Fight Science – Kicking Comparison

<https://www.youtube.com/watch?v=gkmtVxNsncw>

#### **Shaolin Kung Fu**

Documentary

<https://www.youtube.com/watch?v=FPVUn6rQfPo>

Training at Fa Wang Temple with Shi Heng Jun (one of Tim’s instructors)

<https://youtu.be/hQF8HF7u64E>

## Partial List of Styles

There are hundreds of martial arts styles. Here is a list of some of the most well known.

- Japanese: Shotokan, Shorinji Kempo, Jiu Jitsu, Judo, Aikido, Kendo, Ninjitsu
- Okinawan: Goju Ryu, Uechi Ryu, Shorin Ryu
- Chinese: Contemporary Wu Shu, Shaolin, Chang Chuan, Animal Styles (Mantis, Eagle, Monkey, Dragon, Crane, Etc.), Wing Chun, Choy Li Fut, Hung Gar, Hsing Yi, Ba Gua Zhang, Tai Chi Chuan
- Korean: Tae Kwon Do, Hapkido, Hwarang Do, Kuk Sool Won, Jung Do
- Philippine: Arnis, Escrima, Kali
- Thai: Muay Thai
- Western: Jeet Kune Do, Boxing, Savate, MMA, Wrestling
- Other Arts: Kenpo, Kajukenbo, Silat, Krav Maga, Capoeira, Brazilian Jiu Jitsu

## External (Hard) Styles vs Internal (Soft) Styles

- Some of the styles that are considered internal styles are Tai Chi Chuan, Ba Gua Zhang, Hsing Yi, Liu He Ba Fa, and Aikido. What differentiates them from external styles is their initial focus on fine vs. gross motor skills and the development of internal energy (chi or ki). Most traditional external styles eventually train those skills also.
- Hard style martial arts generally rely on (1) muscle and bone power, (2) penetrating, linear strikes and kicks, (3) force on force blocks. Think “sledgehammer”.
- Regardless of origins and styles, "hard and soft" can be seen as simply *firm/unyielding* in opposition or complementary to *pliant/yielding*; each has its application and must be used in its own way, and each makes use of specific principles of timing and biomechanics.
- Many martial arts contain both hard (yang) and soft (yin) elements.
- Each martial art is a reflection of the culture that developed it.

## Shaolin Kung Fu

Indian and Chinese influences

Huge influence. Often viewed as the “original” Asian martial art

1,500 year history beginning with Bodhidharma / Bodhitara / Daruma / Damo  
Buddhism, Ch’an (Zen), Kung Fu

## Karate

Southern Chinese Kung Fu –

Okinawa Te –

Native Okinawan predecessor to today’s karate

Okinawan Karate –

Developed during late 19<sup>th</sup>, early 20<sup>th</sup> century

Movement from “jitsu” (technique) to “do” (way)

Japanese Karate –

- Techniques and Kata “standardized”
- Lower stances

- Higher kicks added
  - More striking and less grappling
  - Influence of Kendo
    1. “One Strike, One Kill”
    2. Movement during sparring
    3. Tournament format
  - Reverse punch and front kick
- Sport Karate vs. Traditional Karate

## **Taekwondo**

Influences –

- Traditional Korean Arts
- Japanese Karate (esp. Shotokan)
- Chinese Kempo
- Northern Chinese Kicking

Synthesis of Martial Art and Sport

“Traditional” Taekwondo is more Karate-like

Focus on kicking and striking

Lower stances

Self-Defense

Character development

“Olympic Taekwondo” is a modernized sport version

Higher stances

More kicking (to avoid confusion with Olympic boxing)

## **Muay Thai Kickboxing**

Traditional Thai art with ancient original

Empty-hand Boxing and Kicking

Science of the Eight Limbs (hands, feet, knees and elbows)

Traditional and modern styles

Competitive bouts

## **Kali / Eskrima / Arnis**

Hybrid Filipino arts are very eclectic

Influences

- Chinese
- SE Asian / Indian
- Indonesian
- Spanish (fencing)
- European and American (boxing & wrestling)
- Japanese

Original mixed martial arts

Stick, Blade, Empty-hand and Grappling

Weapon first, empty-hand secondary

Stick is a stand-in for blade

## Self-Defense Tips for the Non-Martial Artist

- **Be Aware:** Walk confidently with your head up. Don't be distracted by your phone. Don't wear headphones. Be aware of your surroundings. Is there someone who doesn't appear to have a reason for being there? Has he/she changed direction? Following you? Does he/she have a hand(s) hidden?
- **Assess The Threat:** How many attackers? Has attacker/attackers stated purpose? Are there any weapons visible? Do you know your attacker?
- **Avoid:** This is the BEST option. Use what you've observed, and go.
- **Deescalate:** Take a defensive stance. Talk to him/her. Know when to issue commands and when to bargain. Give up your possessions quickly. It really is "your money or your life."
- **Flee:** Run to open shops, people on the street, etc. If alone in your home, get out. Never let an assailant take you to a secluded area or put you in a car.
- **Assess The Environment:** Are you inside or outside? Are other people visible in the area? Are there open businesses in the area? Are you out in the open or in an enclosed space? Is the terrain rough, smooth, wet, slippery, etc.? Are there improvised weapons available?
- If you have to fight, think about anatomy. The big three targets are eyes, groin, throat. Other targets are soft tissue for biting, joints, legs and knees, eardrums, neck. Bite, Gouge, and Twist!
- Tim and Chuck offer a four-session self-defense workshop several times a year. If you'd like to be informed of the next date and location, let us know.
- Tim: [tim@thrillingtales.com](mailto:tim@thrillingtales.com) Chuck: [elmhurstmartialarts@gmail.com](mailto:elmhurstmartialarts@gmail.com)