

Translation of the Book entitled “Kung Fu TOA in Germany”

(Fourth Chapter)

Explanation of defensive and attack techniques of Hand



Philosophy of TOA, Warming up and strengthening the muscles and joints without using fitness equipment, standing positions in TOA, elaboration of significant defense and attack techniques of hands and legs, body hardening in TOA, self-defense, sparring and cold weapons in TOA.

Also, in this book one will read the first, second, and third forms (Steps) of TOA called Ana-Toa, Ata-Do, and Su-To respectively. At last all 702 Kicks in the 7 forms (Steps) of TOA with the striking directions are listed.

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Translator: Bagher Shaker**

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This book is the very result of years of exercise, experience, learning under the supervisions of masters and veterans of TOA and others Martial Artistes and years of research and study of related books. As a result, the author collected his whole knowledge in the current book but do not bear any responsibilities on the usage of its content.

**The current book was written in Germany in 2004
and was translated to Persian a year after in 2005.
This book was translated to English in 2013.**

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To: my wife, parents, brother, sister, and all martial arts enthusiasts

Table of contents of the Book “Kung Fu TOA in Germany”

This Book of English is for Free Download in 12 Chapters and 585 Pages (A4)

Content:

- 1st Chapter: The philosophy of the TOA in simple words (52 Pages)**
- 2nd Chapter: Warming up and strengthening the muscles and joints without using fitness equipment (44 Pages)**
- 3rd Chapter: Different standing positions in TOA martial art (17 Pages)**
- 4th Chapter: Explanation of defensive and attack techniques of Hand (69 Pages)**
- 5th Chapter: Explanation of defensive and attack techniques of Foot (69 Pages)**
- 6th Chapter: Body Hardening in TOA (29 Pages)**
- 7th Chapter: Self-Defense, sparring, cold weapon in TOA (70 Pages)**
- 8th Chapter: Explanation of the first form (Step) of TOA (Ana-Toa) (46 Pages)**
- 9th Chapter: Explanation of the second form (Step) of TOA (Ata-Do) (53 Pages)**
- 10th Chapter: Explanation of the Third form (Step) of TOA (Su-To) (62 Pages)**
- 11th Chapter: The order of 702 Kicks in the seven forms of TOA with pointing out the directions of the strikes (38 Pages)**
- 12th Chapter: A number of known TOA masters and Champions in Iran (36 Pages)**



The content of the Fourth Chapter:

	Pages
1. Defense and attack techniques of hand in TOA martial art	4
2. The significant defense techniques of hand	5
3. Chinno (Chinna)	5
4. Gado	9
5. Defense technique of “Block”	13
6. Defense technique of “Doma”	14
7. Defense technique of “Afma”	16
8. Defense technique of “Oranto”	17
9. Technique of “Orato”	19
10. Technique of “Defense of the outer forearm”	20
11. Defense technique of “Vayma-Doma”	20
12. Defense technique of “Vaysa”	21
13. Defense technique of “Soyetto”	23
14. Defense technique of “Crossed Soyetto”	24
15. Defense technique of “Palm of the Hand”	24
16. Defense technique of “Hotto”	27
17. Defense technique of “Crossed Matto”	29
18. The most important hand attacking techniques	31
19. Attack technique “Matto”	31
20. Attack technique of “Side Matto”	33
21. Attack technique of “Hook Matto”	34
22. Attack technique of “Upwards Matto”	35
23. Attack technique of “Yette Matto” or “Back Fist”	36
24. Attack technique of “Low Blow Matto”	39
25. Attack technique of “Do Matto”	40
26. Attack technique of “Taysavaki” or “Taysabaki”	42
27. Attack technique of “Doma-Matto”	43
28. Attack technique of “Vietnamese Matto”	44
29. Attack technique of “Non-Classic Matto”	45
30. Attack technique of “Toranma Matto”	48
31. Attack technique of “Finger Jab”	48
32. Attack technique of “Tiger Claw”	50
33. Attack technique of “Two fingers”	52
34. Attack technique of “Scorpion” or “One finger”	52
35. Attack technique of “Snake”	53
36. Attack technique of “Snake Fist”	54
37. Attack technique of “Outside of Soyetto”	54
38. Attack technique of “Crossed Soyetto”	57
39. Attack technique of “Inside of Soyetto”	57
40. Attack technique of “Flat Fist” or “Half Clenched Fist”	58
41. Attack technique of “Palm of the Hand”	61
42. Attack technique of “Vayma-Bato Fist” or “Death Claw”	62
43. Attack technique of “Bird Beak”	62
44. Attack technique of “Hotto”	65

Chapter Four

Defense and Attack techniques of hand in TOA martial art

In man to man fights, hands are considered the quickest and practically are the simplest limb of the body. The most sensitive parts of the body such as eye, nose, ear, temple, lower chin, Adam's apple, which could be protected very good by shoulders, upper arms, forearms, palms and back of the hands.

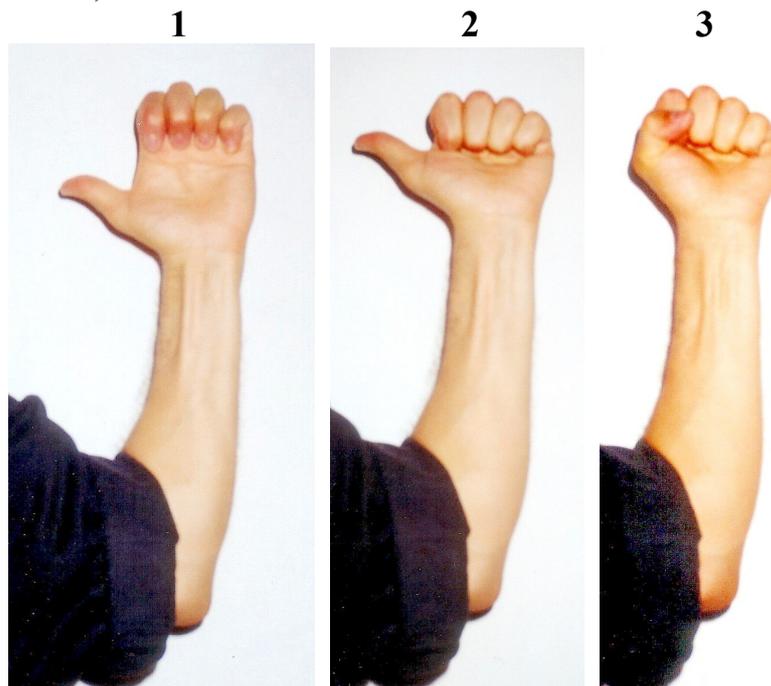
Speak of experience, mostly light weight fighters or physically smaller ones vis-à-vis bigger ones not only need defense techniques but they need to know the attack techniques as well so as to get hurt less. As a result learning defense techniques along with those of attack and combinations of them are very important in martial arts.

One should bear in mind that power is not just a key factor in a good fight but there should be a harmony among power, speed, meticulousness, intuition, tactics, calmness, and experience during fights (sparring).

Here, I would explain the defense and attack techniques to the dear readers.

Prior to learning various techniques of hands in TOA martial art, teaching how to clench one's fist so as to keeping from getting hurt during the defense and attack.

Clenched Fist: We fold the four fingers inward in a way that there exists no free space. And then we place the first band of the thumb on the second band of the index finger. Bear in mind during fisting we should not pressurize the hand and arm muscles so much due to the fact that it would affect negatively on the speed and rotation of hands during the practice. (Pictures 1 to 3)



Note: The term “Matto” which is used in some hand strikes of TOA martial art in fact means “you and me” or “you and us” which is a reminder to unison among TOA practitioners for the sake of the progress of TOA.

The significant defense techniques of hand

Concentration and meticulousness of the kung fu practitioner during the practice is one of the distinguished instructive points and matters most. That’s why after warming up and primary exercise exclusive to TOA, sitting on Zen to rest and keep mind at peace is useful. All techniques should be taught slowly one after the other one, since quick progress in learning TOA is only possible via steady and permanent practice.

In order for all the hand strikes to be performed with power and speed on the desired place, all hand strikes are done with the help of the reaction of the other hand. In case both hands are involved at the same time, the body via flexibility could perform the reaction.

A hand strike could be defensive, attacking or both simultaneously.

Knowing that in hand strikes not only arm, shoulder power matters are useful, but also the chest, waist, back, stomach, hip, feet muscles, and battle cry (breathing technique) are involved.

Shadow techniques: Shadow techniques encompasses the lion’s share of the TOA which is done in the air and do not hit anywhere. Concentration and look (opposite observation) in shadow techniques are important and they can be used so as to develop the body strength in absence of opponent (especially in advanced age).

Shock or Lock the Technique: The expression shock or lock the technique means pressing striking techniques or defensive ones of the hand and feet zooming on one point in the air. This function not only adds beauty, power, and speed, but speak from experience it keeps the joints from getting hurt and helps veteran TOA practitioners to be able to pursue their practice in advanced ages.

Chinno (Chinna)

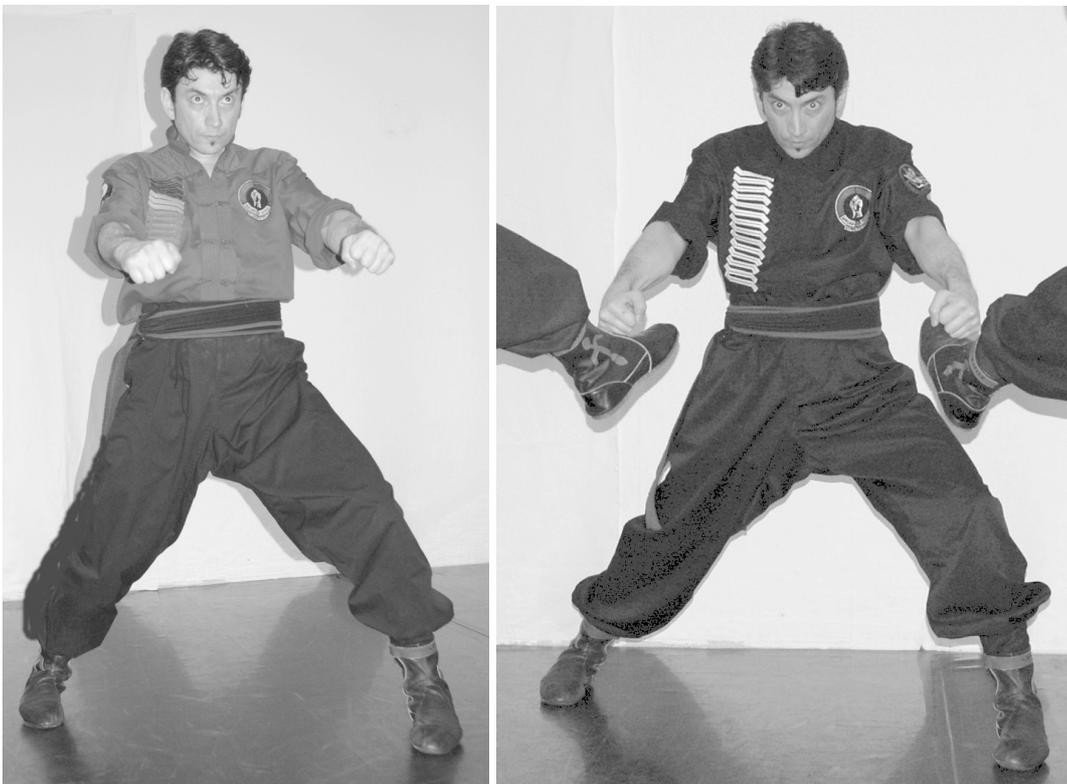
“Chinno” in TOA martial art is known in three states (Chinno Ana-Toa, Chinno Ata-Do, Chinno Su-To). Chinno technique is called as “power division”, too. Chinno is the end part of technique combination.

In Chinno Ana-Toa, the angle of the fist hand against the body is 45 degree. In my opinion, Chinno is used as the defense technique with both hands.

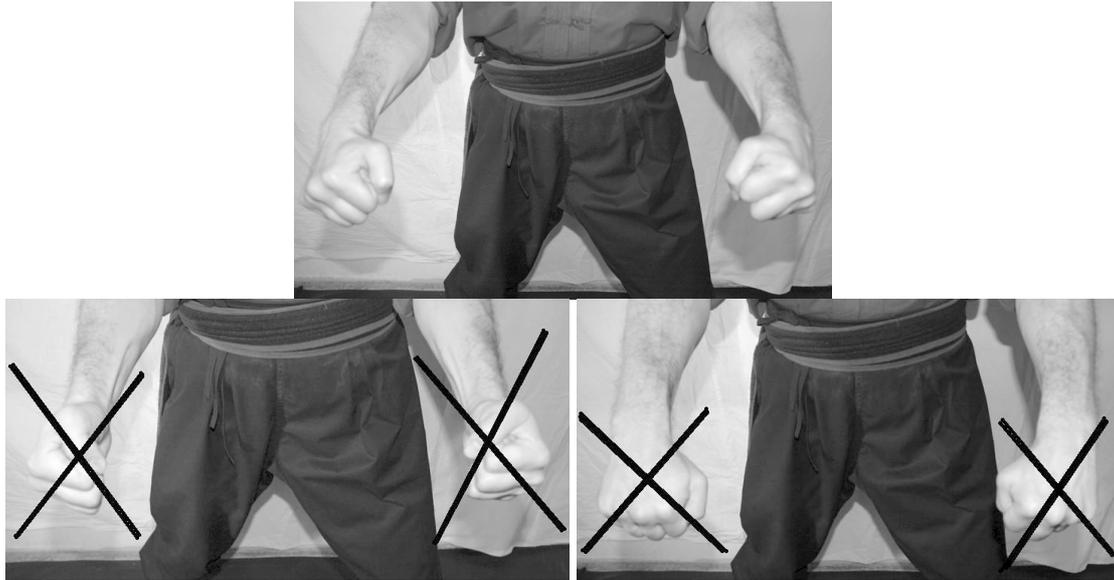


In “Chinno Ata-Do” the distance between fists is as long as the shoulder. Chinno is explained as the defense and pressing techniques simultaneous. (In TOA School in Germany)

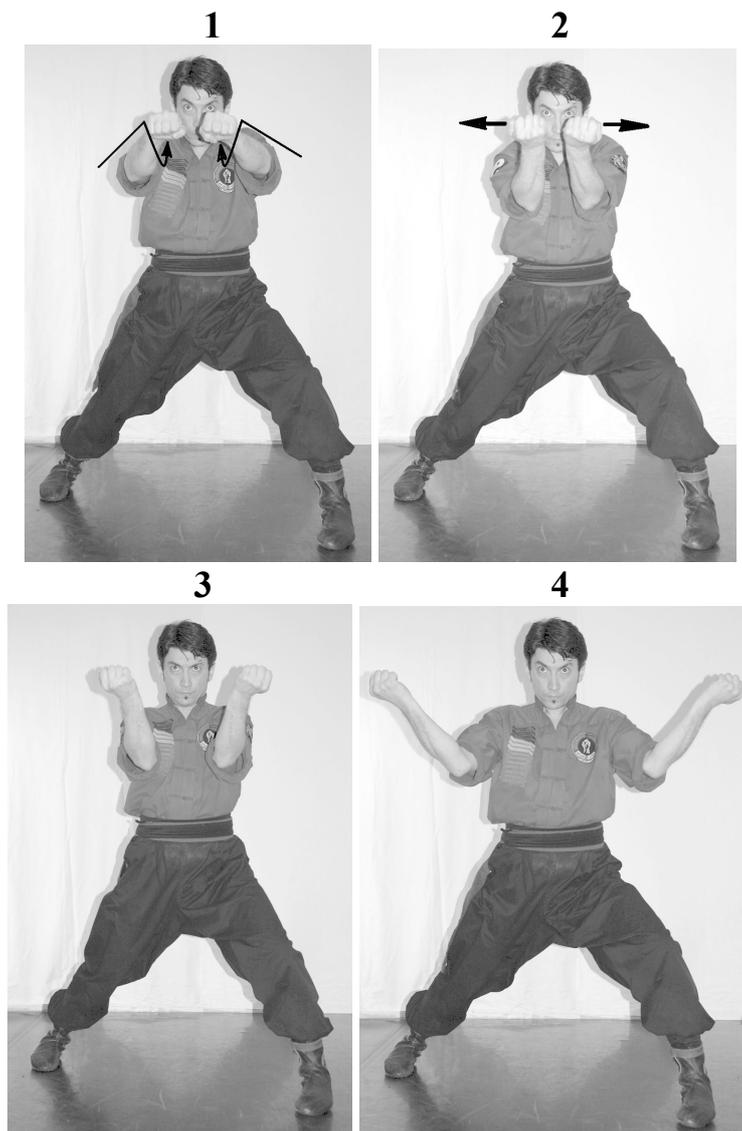
The below picture shows the division of power or “chinno” in the second form (Ata-Do) in “Rato” standing.



The correct Chinno Ata-Do



The below picture shows the power division or Chinno in the third form (Su-To) in Rato standing.

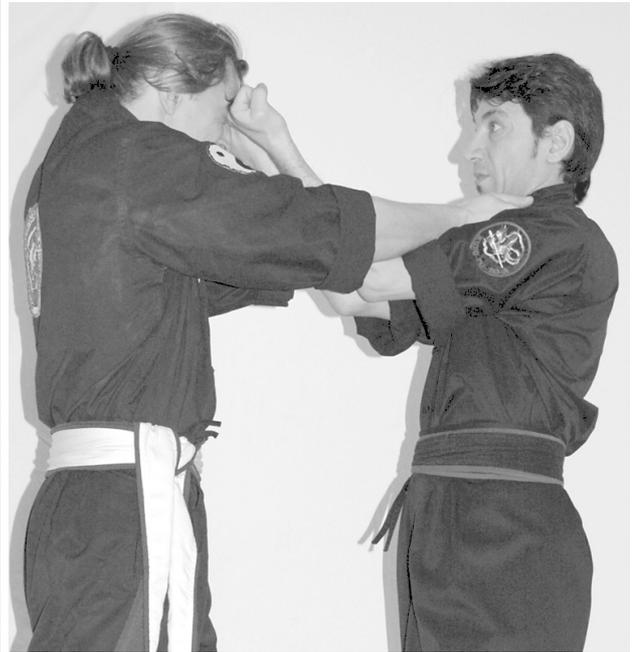


“Chinno” in German TOA School is explained as two defense and pressing techniques simultaneously with both hands.

1



2



3



Gado

“Gado” is different states of hands at the same time which are usually used in standing position for start, end, or break between hand and foot techniques. In TOA martial art, there are different “Gados”.

Gado of “Hayma” in the first form



Gado of “Do Matto” in the second form

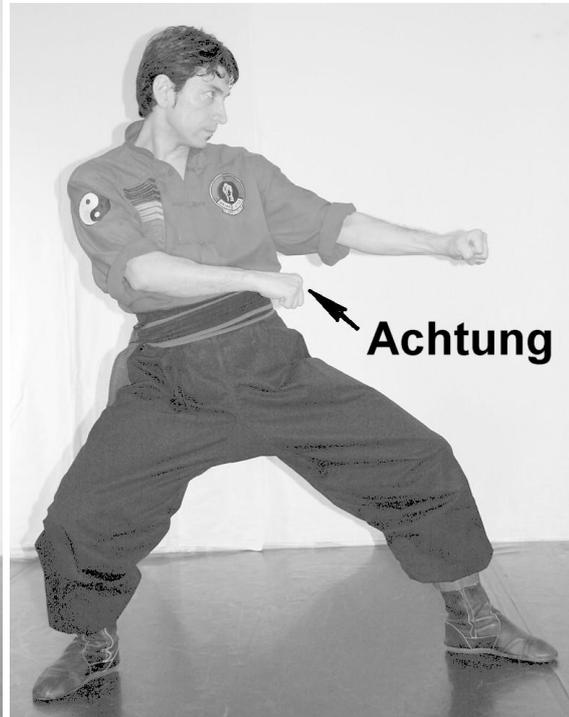


“Gado of Su-To” in the third Form (Step):

This Gado is used in the third form and in the higher forms and is also used in the start and end of the foot techniques in the standing position of “Horayma-Rato”.

In the below picture, two types of “Gado of Su-To” is shown.

Please take a look at different states of the behind hand



Three types of the forth form Gado



One of the fifth forms Gado



One of the sixth form Gado



Two types of the seventh form Gado



1. Defense technique “Block”:

Here the arms are located in front of face and body and are pressed vertically and fists are bent on each other from the wrist so that the arm muscles are toughened and get resistant against opponents’ strikes. While doing this technique, we draw back our body as a reaction and take as far as possible from hands. This defense technique is against the quick hand and foot strikes of the opponents directing toward face or body and it’s used for covering face and neck on the front part. Also, it is used to protect against tough objects like long stick. (Pictures 1 to 5)

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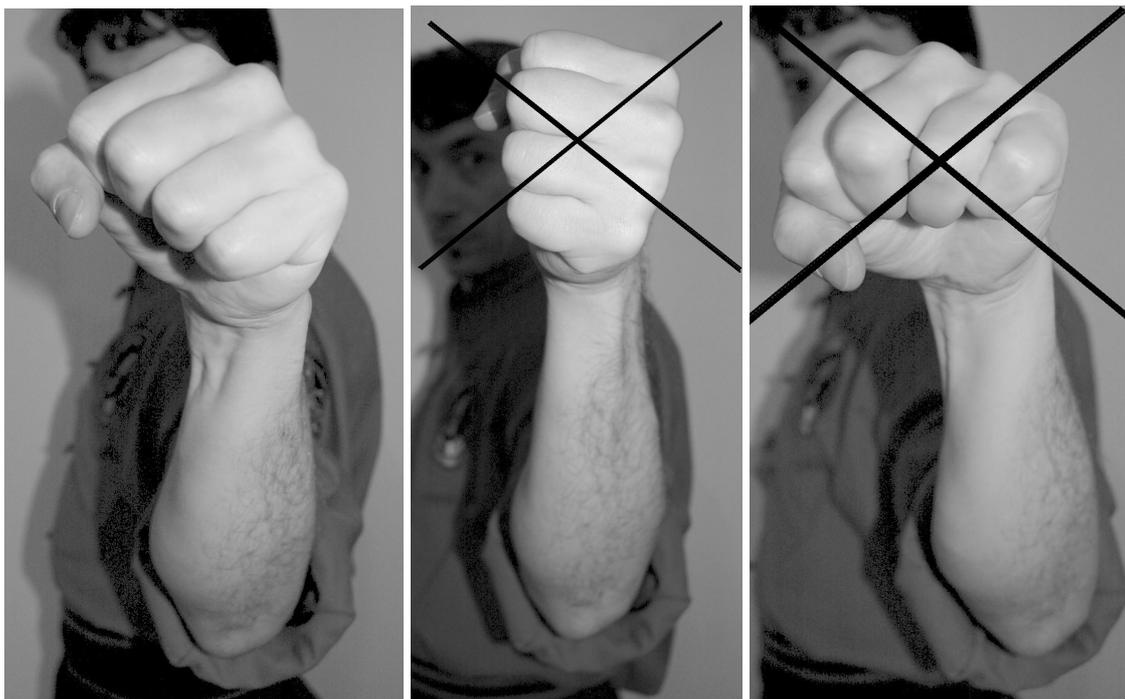
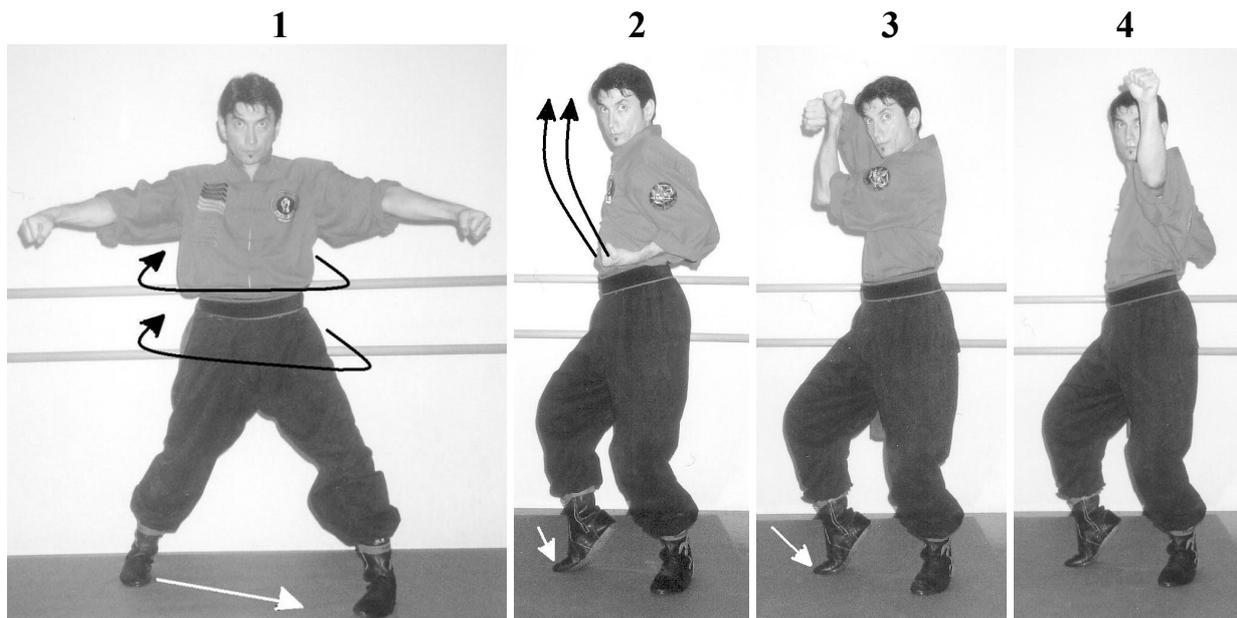
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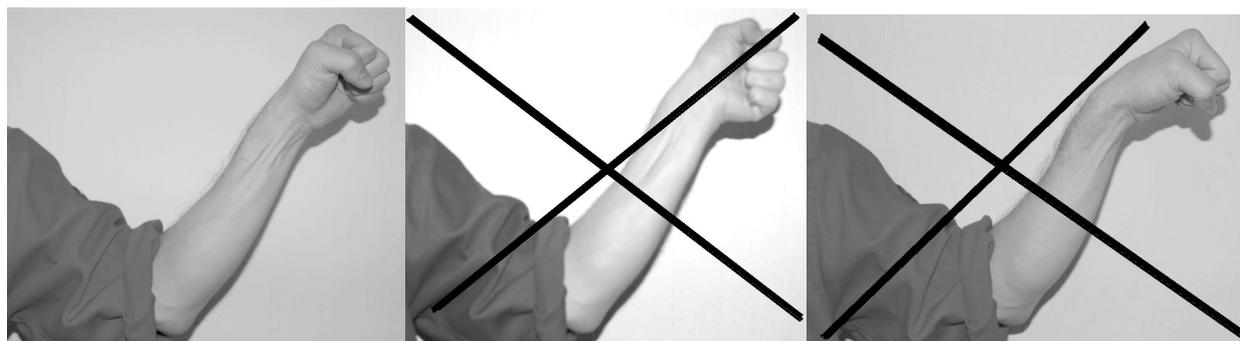
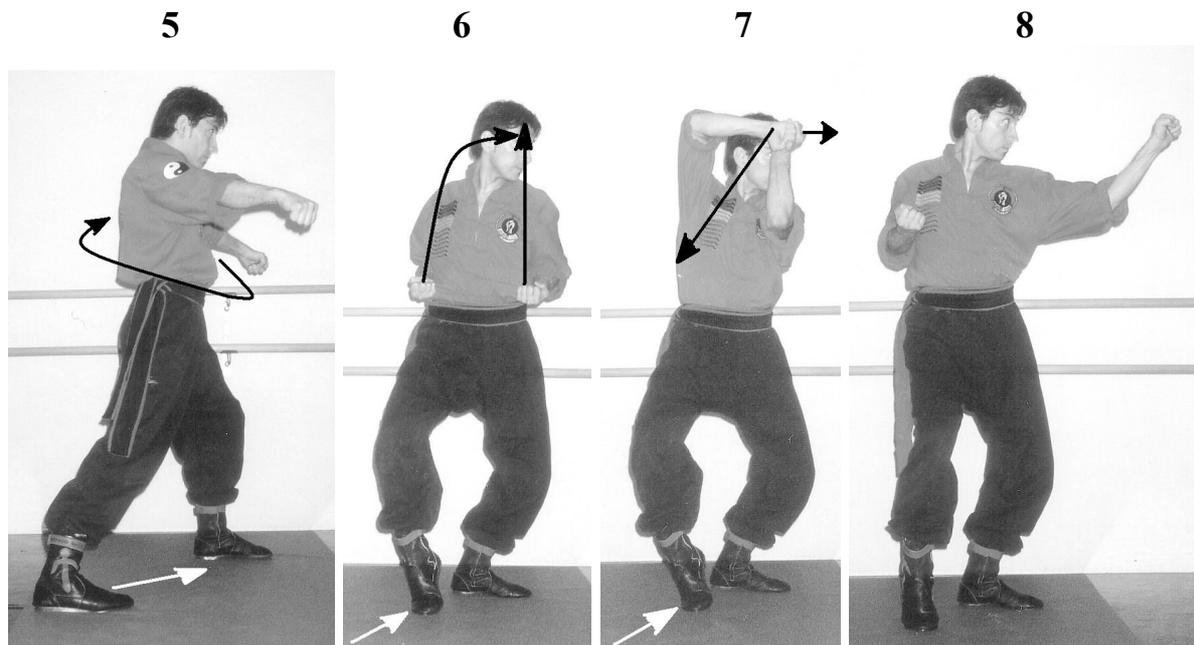
2. Defense technique “Doma”: This defense technique is used to encounter the direct fist strikes of the opponent on the face and neck and it can be combined with the defense technique of block.

We put forward the behind leg and the fists of two hands get close to each other from “Chinno” position and the front hand with the outer edge of the fist from inner side to the outer side will perform the “Doma” technique. Further, we place the behind arm as the reaction on the ribs. The hand angle in Doma technique is almost 135 degree and the body stands vertically to the ground.

The pictures from 1 to 4 show “Doma” technique from the front.



The pictures from 5 to 8 show the “Doma” technique from the side.



The below pictures show the “Doma” technique vis-à-vis the opponent.



The below picture shows that the other hand can be used as the reaction, and is able to perform the “Doma” defense technique on that time.



3. The defense technique of “Afma”:

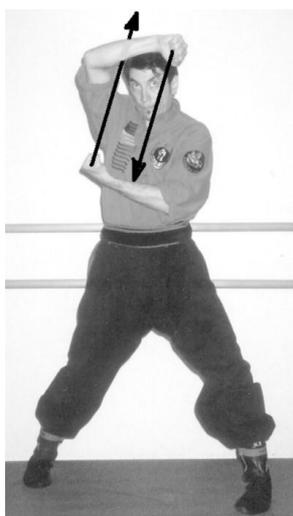
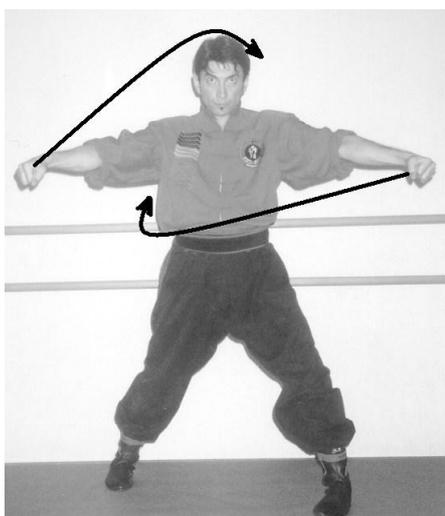
This defense technique is used vis-à-vis the opponents’ direct strikes or from the above to the head, neck, and body and can be combined with the defense technique of block.

The arms get close to each other from “Chinno” position and the defending hand will be led to over the head from inside another hand and the another hand as the reaction will be move toward the side. The fist of the defending hand bends outward and the arm muscles will be tightened so as to increase the power of “Afma” technique. The harmony of the hip power and body rotation around its axis play an important role in strengthening and performing the “Afma” technique. (Pictures 1 to 3)

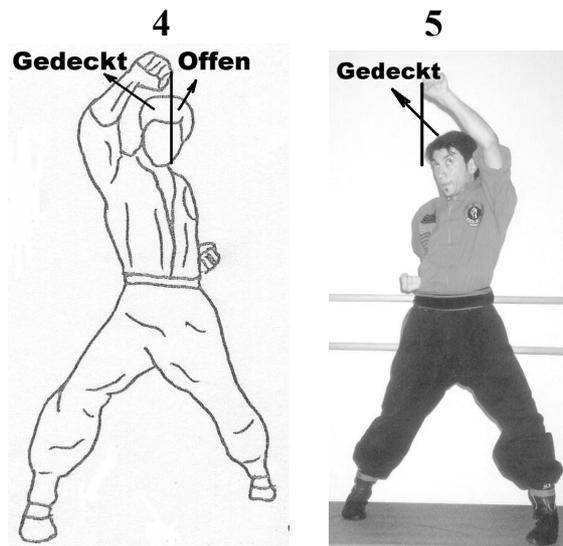
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The fourth picture is shown that part of the head is coverless, while in the fifth picture the correct form of “Afma” technique is shown.



The below picture shows the defense technique of “Afma” against the long stick strike.



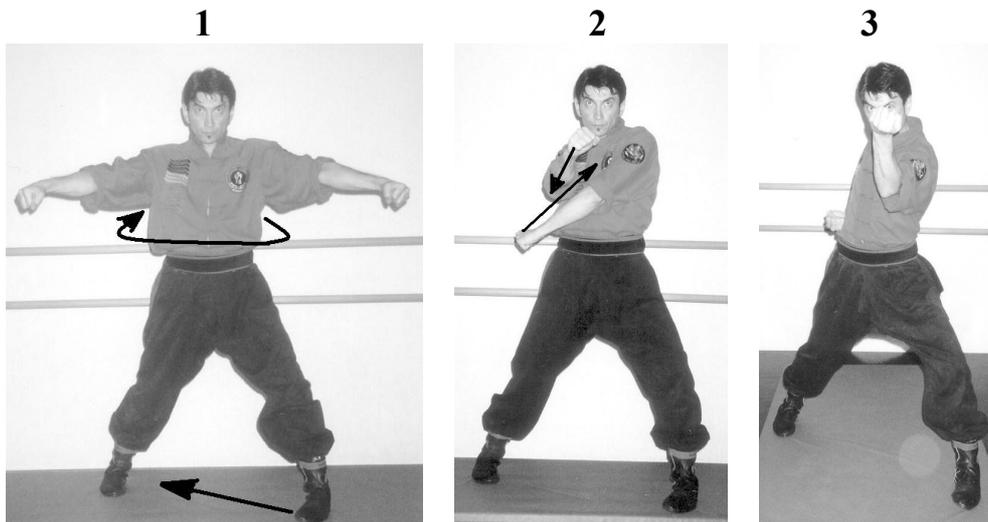
4. The defense technique of “Oranto”:

Generally speaking the “Oranto” defense technique is of two kinds. By both kinds, wrist is twisted inward to toughen the muscles of the arm and will resist more against the opponents’ strikes. The hand angle of “Oranto” is almost 135 degree and the body in performing defense technique from its own axis is 45 degree and circles.

Note: this technique in the fourth form (Sam-Sama-E) is used as the mixture (combination) of defense and attacking strikes.

The first type of “Oranto”:

The two arms get close to each other from the “Chinno” position and the defending hand with inner side of the underarm (from inside to outside) will perform the “Oranto”. The other hand acts as the reaction at the same time. (Pictures 1 to 3)

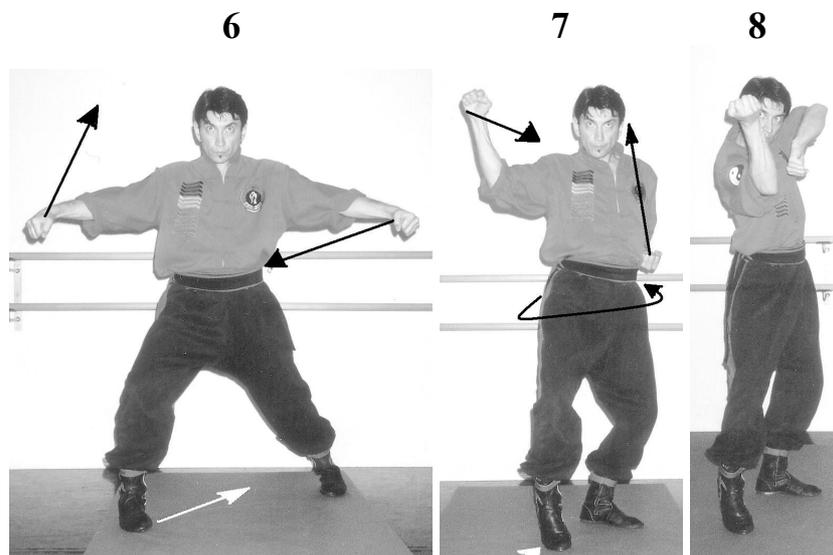


The pictures 4 and 5 show the application of the defense technique of “Oranto” against their opponents.

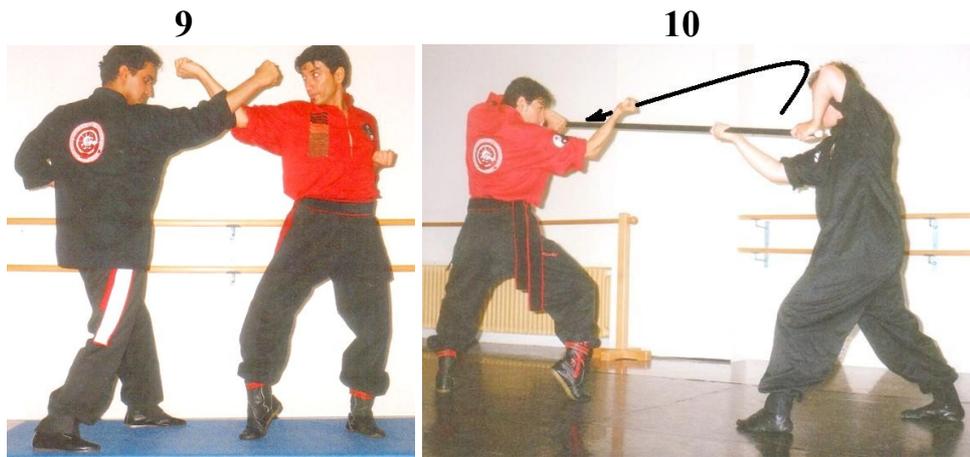


The second type of “Oranto”:

From “Chinno” position the defending hand with outer part of the underarm (from outside to inside) will perform the “Oranto”. The other hand is moved to the side as the reaction or as the defense to protect the temple. (Pictures 6 to 8)

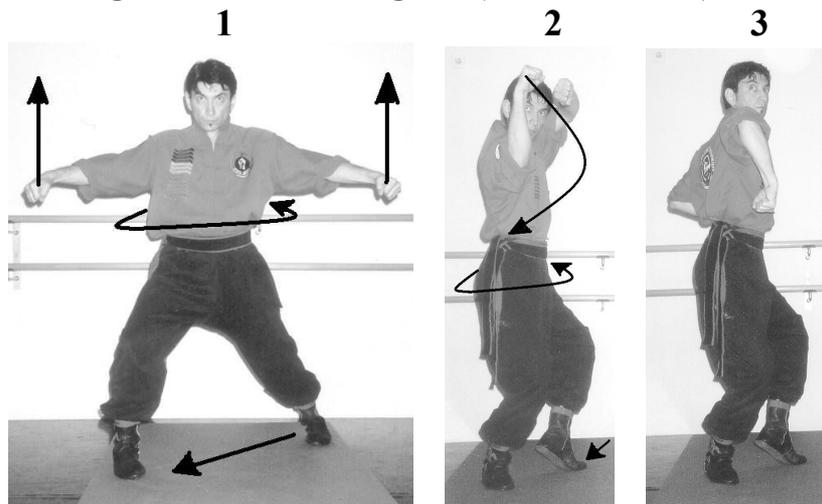


The pictures 9 and 10 exhibit the application of the defense technique of “Oranto” against the opponent.

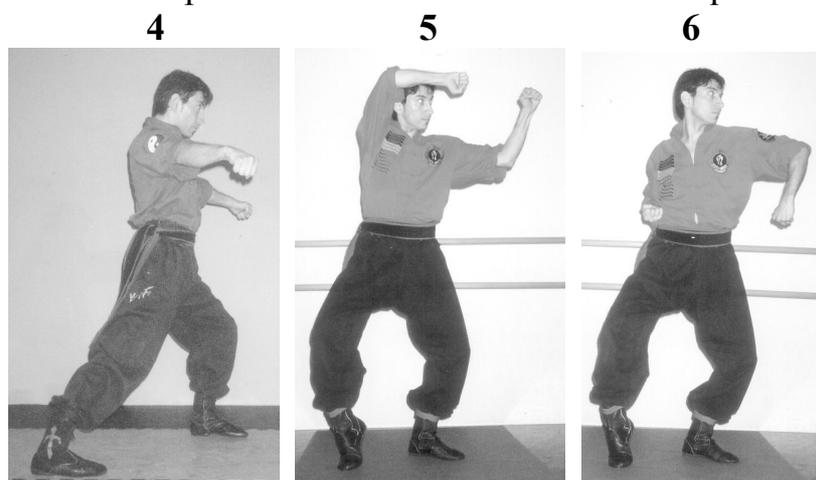


5. The defense technique of “Orato”: To perform this technique, the behind leg is dragged toward the front leg and the body circles around its axis in 90 degree. Then one hand is used as the protection for body side and the other one as the reaction from the above to the below does the “Orato” defense.

The defending hand’s angle is almost 90 degree. (Pictures 1 to 3)



Pictures from 4 to 6 show the performance of the “Orato” technique from the side.



The below picture shows the performance of “Orato” technique against the opponent.



6. The technique of the “Defense of the outer forearm”:

To do this technique, the foot of the agreeing hand stands on the toes and goes to the “small Non-Classic Rato” position. Simultaneously, the body circles around its axis almost 90 degree and the defending hand with the outer part of the forearm will perform the “Defense of the outer forearm” from outward to inward. The power of this technique is from the rotation of the body and the pressure of the hand palm. And the angle of the defending hand like the defense technique of “Orato” is 90 degree. (pictures 1 to 3)

Note: this technique is used in “Sam-Sam-E”, “Mayana”, and “Dam”.

1

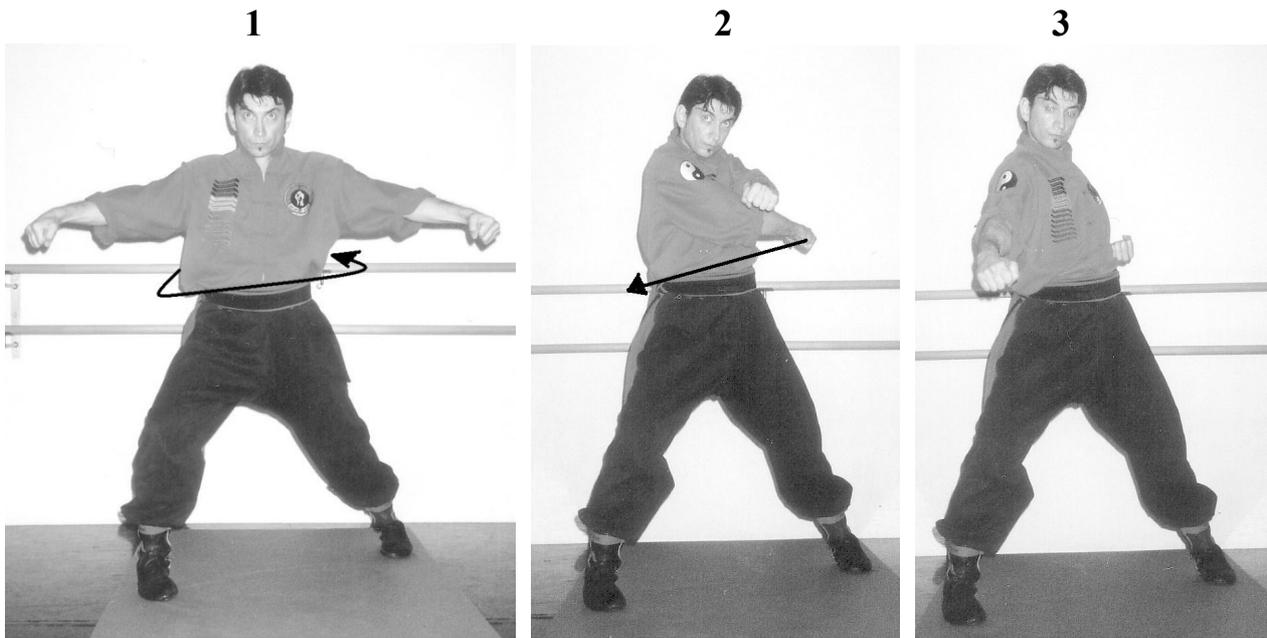
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7. The defense technique of “Vayma-Doma”:

This defense is to encounter the foot strike which are heading toward the front part of the body (stomach and under the stomach). This technique is done with the outer part of the fist and the forearm. The body in “Vayma-Doma” technique stands 90 degree to the ground and between 45 to 90 degree circles around its pivot. (Pictures 1 to 3)

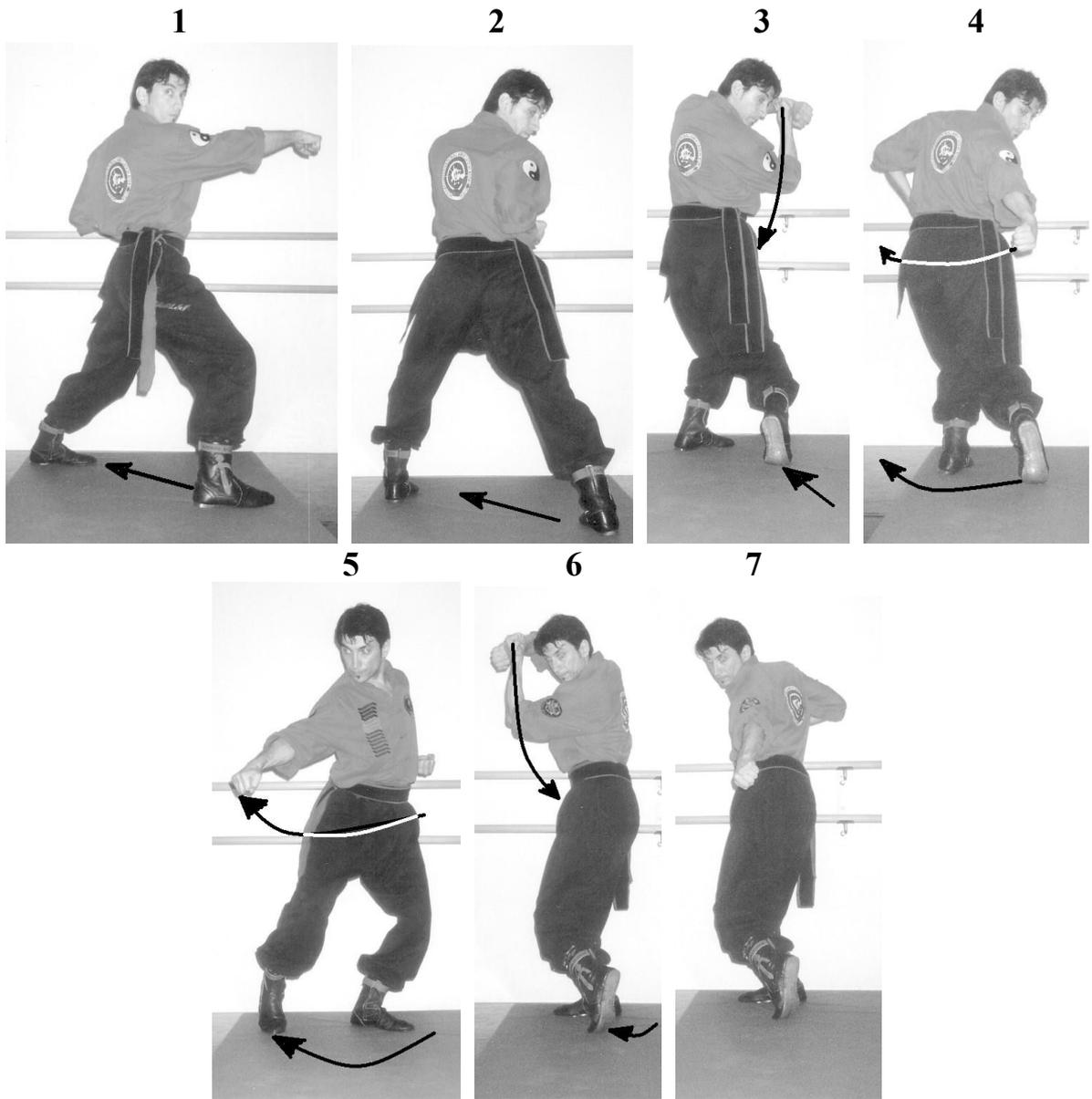


Performance of “Vayma-Doma” against the opponent



8. The defense technique of” Vaysa”: This technique resembles the defense technique of “Vayma-Doma” and is proper to defend against the foot strikes heading toward the stomach, under the stomach, body sides, and especially hip and waist from behind. When feeling the danger from the sides or back, the closest foot to the opponent will be dragged toward the other foot and the knees get close to each other. Simultaneously, the agreeing hand of the straight leg gets power from inside and with wrist and forearm one would neutralize the foot strike of the opponent. With the quick exchange of feet, one can perform the “Vaysa” technique with another hand. (Pictures 1 to 7)

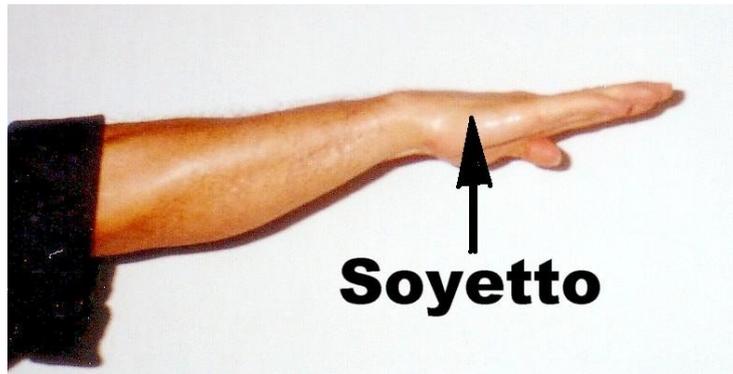
Note: by bending and rotating the wrist of the fist hand, the resistant power of wrist and forearm in defence technique of “Vaysa” would be fortified.



The performance of “Vaysa” technique against the opponent

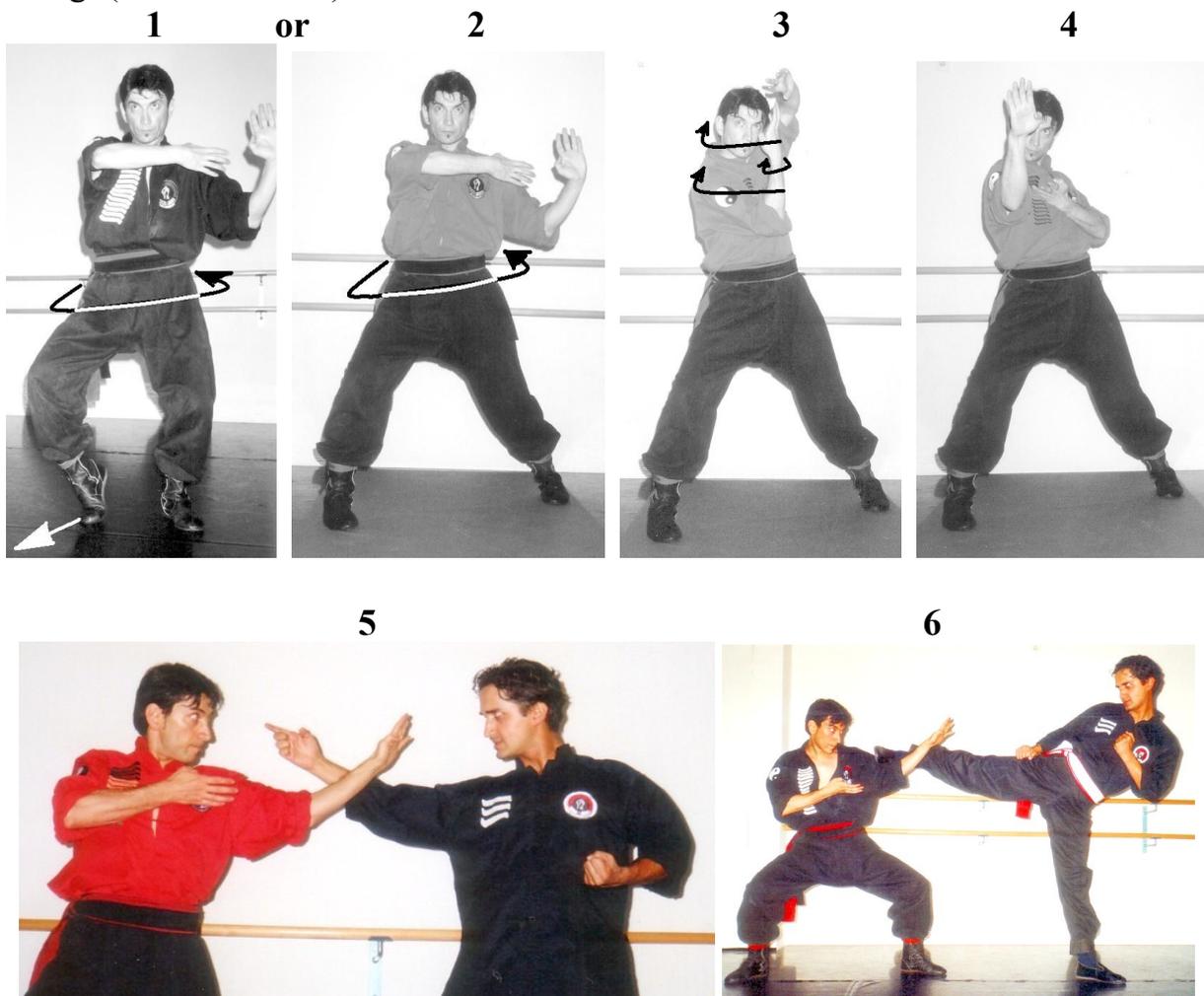


9. The defense technique of “Soyetto”: Generally speaking, all the defenses done with the outer or inner side of hand are called “Soyetto”.



Two of the most important defense technique of Soyetto is “Hayma” (used in first form) and “Hat-Toyo” (used in third form).

The upper body angle in both positions is 45 to 90 degree relative to the body axis itself. In “Hayma” defense, the reaction of the hand is on the chest of the agreeing defending. But in “Hat-Toyo” defense, the reaction of the hand is on the sternum. The 60% of body weight in “Hayma” defense is on the front leg and in “Hat-Toyo” 60% would be on the behind leg. (Pictures 1 to 6)



10. Defense technique of “Crossed Soyetto”:

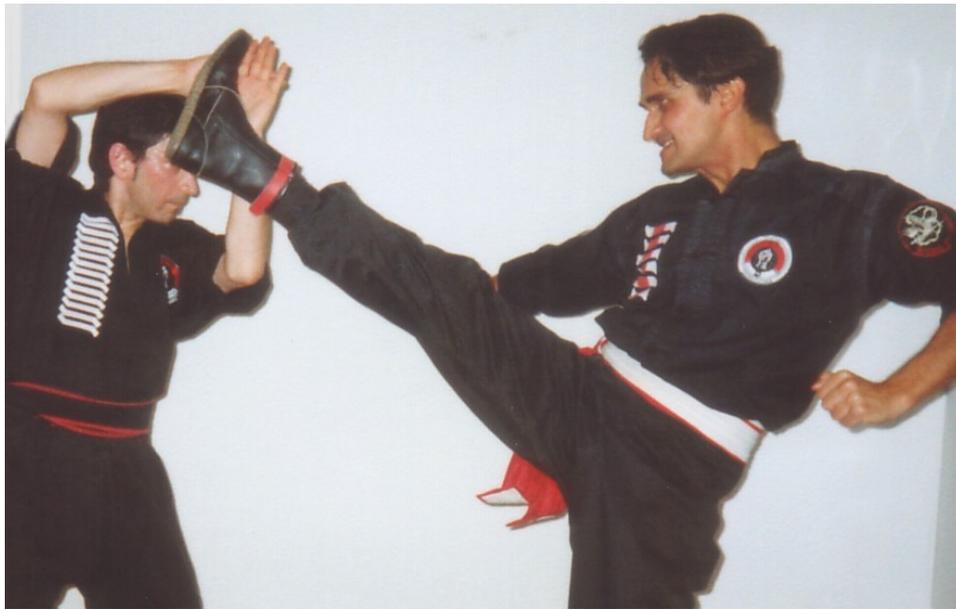
This technique is used to defend against the attacks coming from front. To perform this defense technique we use both outer hands (Soyetto) at the same time against the opponent’s attack and they meet each other at the defending point. This technique is adapted to disarm the opponent, since the hands are open. (Below Pictures)



11. Defense technique of “Palm of the hand”:

In order for the thumb not to get hurt we stretch it (not fold it) and stick it to other fingers. The “Palm of the hand” technique has so many applications in TOA martial art and it is used as the attack in Free Fights.

The below pictures shows the defense applications of this technique in the third form (Su-To).



“Kami- Sema Su-To” is explained as a defense in TOA School. The Palm of the hands come together and the right hand is placed on the left hand in a scissor state and they are locked to each other via thumbs.



The below picture shows the state of the powerful bird of falcon in the third form of (Su-To) in Rato standing position. This technique is explained in German TOA School as two simultaneous defensive techniques in two different directions.

The defense technique of “Palm of the hand” falcon in the third form of Su-To



In the correct form of this technique the thumb is not bent but in line with other fingers.



The defense state of “Palm of the hand” technique



Right hand shows the defense technique of “Palm of the hand” in the sixth form of “Koana”.

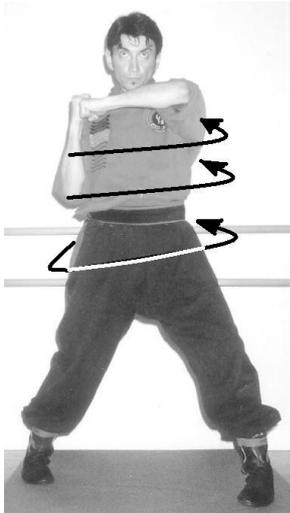


12. The defense technique of “Hotto”:

All hand techniques such as defensive and attack ones in martial art TOA which are done by different parts of the elbow are called “Hotto”.

The elbow “Hotto” is the hardest part of the hand and matters most in man-to-man combats. The power gaining of this technique is with the rotation of the body upper part and hip which fortify the defensive and attacking power on the opponent. (pics 1 to 6)

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13. The defense technique of “Crossed Matto”:

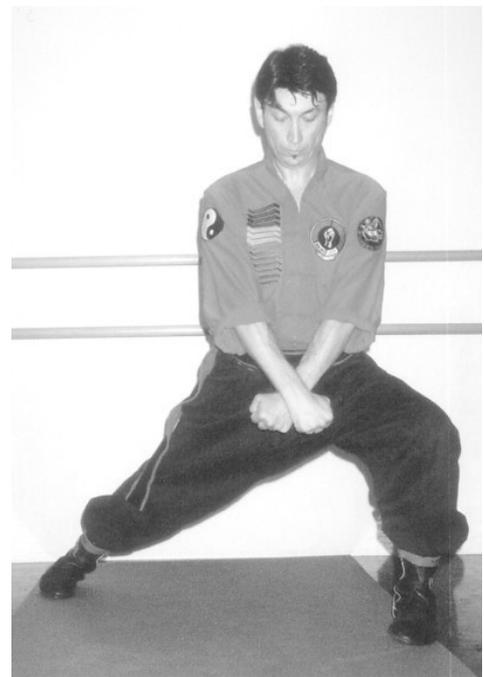
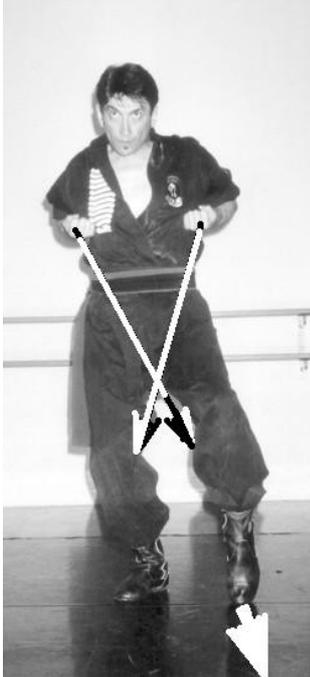
This technique is used against attacks to the lower stomach or head. To perform this technique, both fists simultaneously against the attack of the opponent, move and meet each other in the defense point with high resistant power. (Pictures 1 to 8)

1

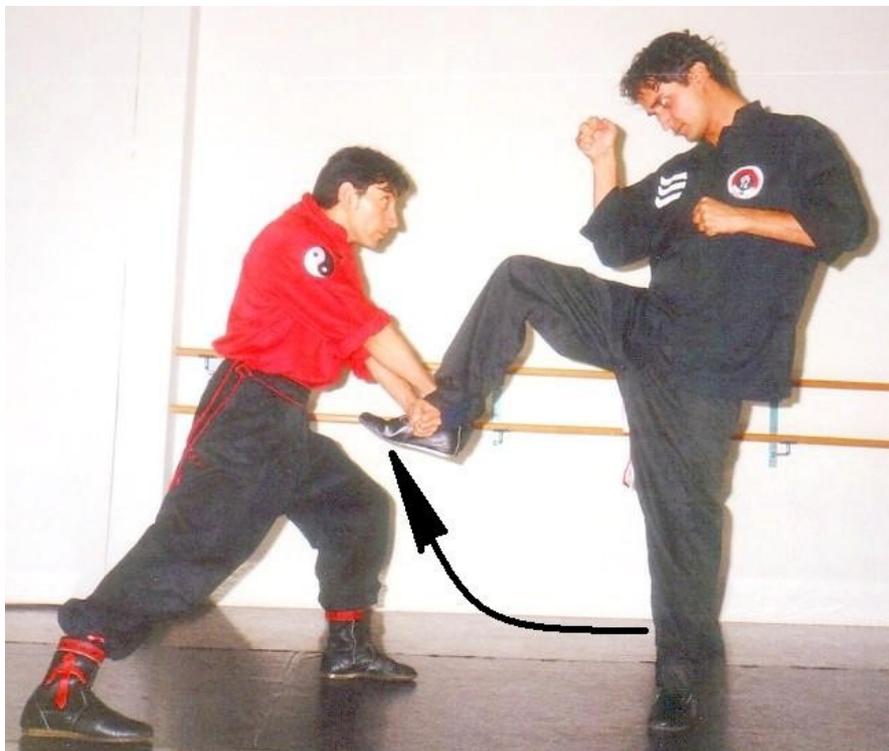
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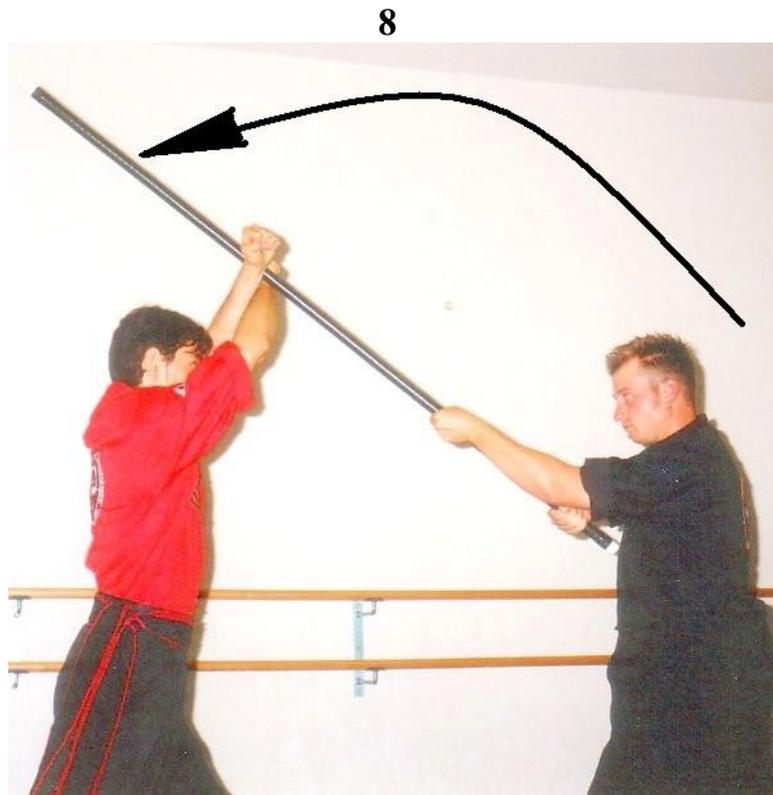
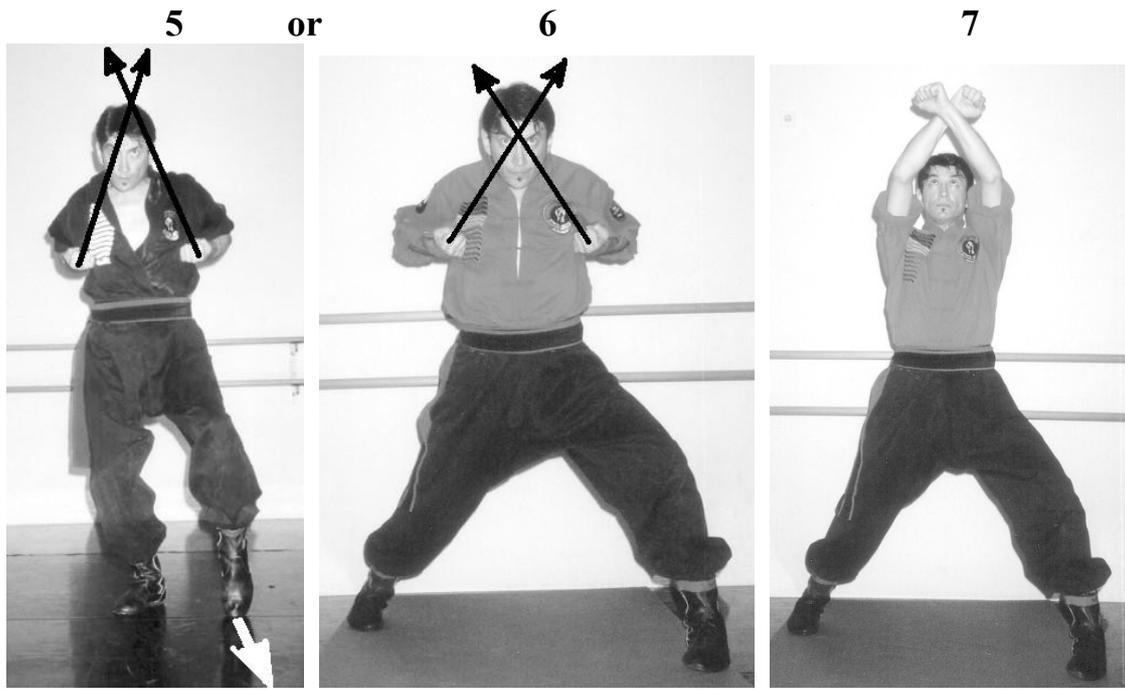
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4





Here, it is necessary to point out that there still exist so many defense techniques in TOA martial art which are known as attacking techniques. However, they have defensive application too. That's why, they will be pointed out in hand attacking technique section.

The most important hand attacking techniques

As we put it earlier, in performing one powerful hand strike not only the power of arm, forearm, and shoulder play an important role but the power of chest, waist, stomach, hip, feet, and different body movement around its own axis and the breathing technique matter as well.

The correct rotation in performing a technique, and its reaction with the help of correct body rotation and its pressing (shock giving) in the proper moment to the favourite point, prove the correct control of that technique.

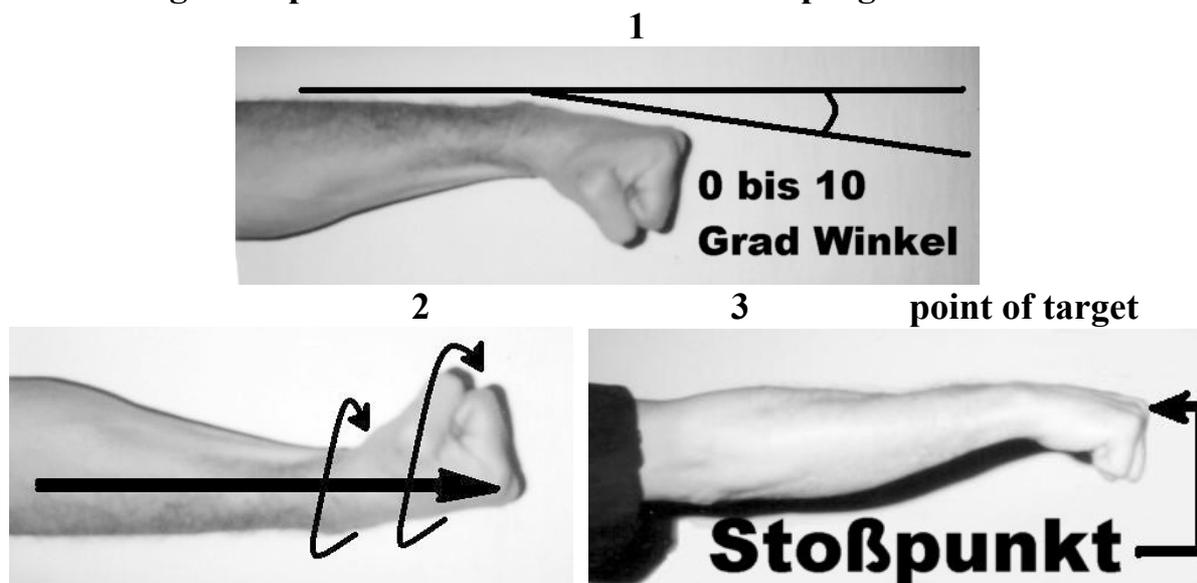
Here I would take the liberty to suggest to all martial artists to perform all the techniques and movements slowly and one by one in order for the body to get used to them and learn them correctly. Besides, sitting on Zen Position between the physical training for the body to rest, helps to get mind at peace (e.g. to alleviate the stress and forget the daily issues).

1. The attacking technique of “Matto”:

Generally speaking 90% of the hand strikes (fists) directly and indirectly in TOA martial art are called “Matto”.

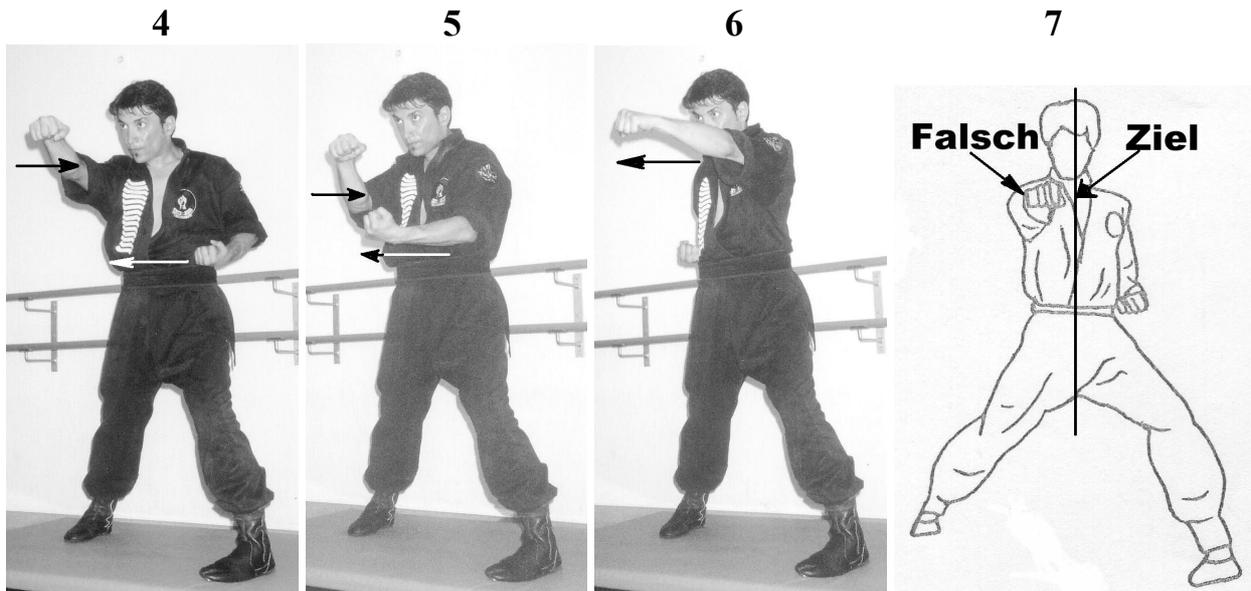
From the “Rato” standing position, one of clenched fists will pass directly the path of waist side to the Adam’s apple or the chest centre and simultaneously the other clenched fist to perform the reaction, would be dragged to the side opposed to the direction of the strike. The hand wrist of the hitter would rotate 180 degree at the very last moment and with the rotation of the fists will hit the target. (Pictures 1 to 3)

Note: The term “Matto”, which exists in many hand strikes of the hands in TOA martial art, implies, in fact means “you and me” or “you and us” which is a reminder to unison among TOA practitioners for the sake of the progress of TOA.

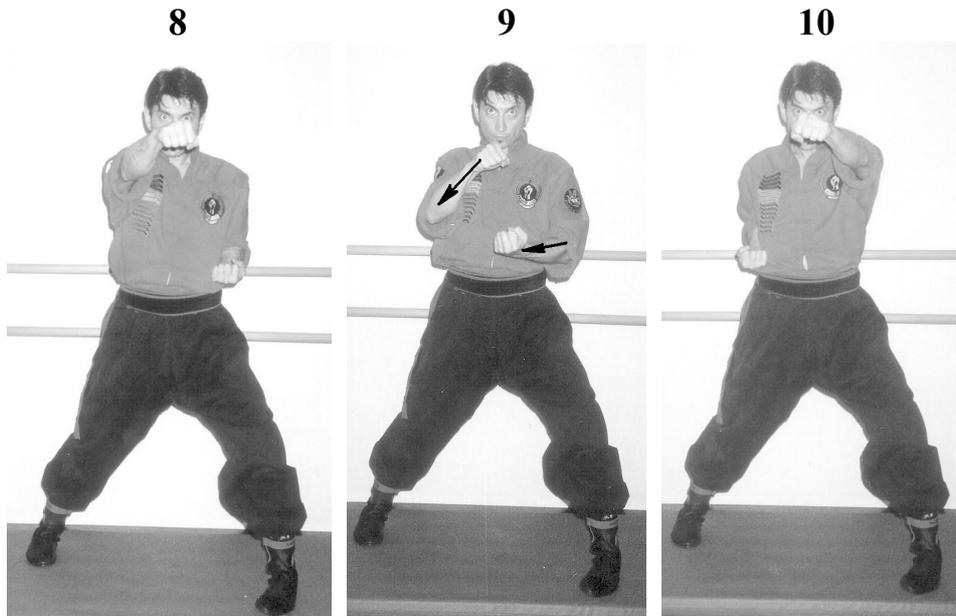


The power gaining of “Matto” from waist, stomach, and the rotation of the body around its vertical axis is done in “Rato” standing position. (Pictures 4 to 6)

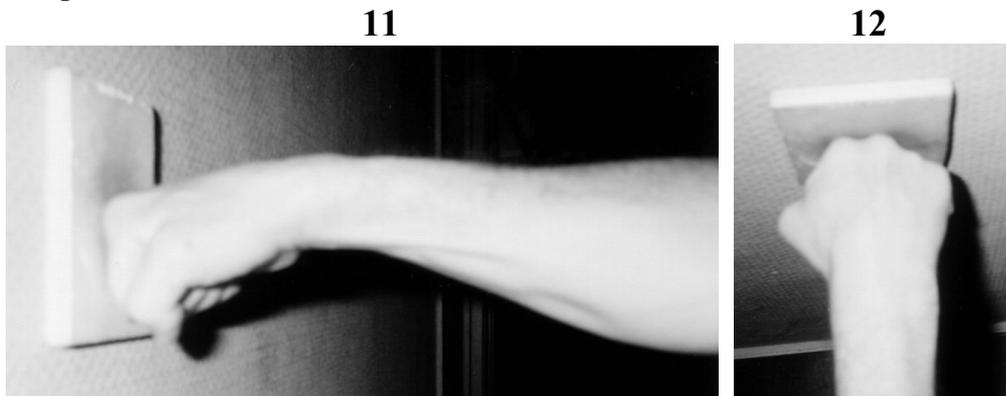
In the seventh picture, “Matto” strike does not hit the body centre and it is wrong.



The pictures from 8 to 10 show the technique performance of “Matto” from the front direction.



The pictures 11 and 12 exhibit the meeting point of the fist rotation to the target in “Matto” technique.



Why do not powerful strikes hit the head in TOA martial art?

Head (brain), human's thought center, and the centre of nerve sense of the whole body and is respected. So, in free fights and full contacts (especially for rookie practitioners) hitting powerful strikes on the head is forbidden.

These kinds of strikes are taken care of only by experienced and veteran athletes with full control. Experience has proven that head and face due to their sensitivity should be covered so as to get hurt less. The athletes' faces even in sports such as boxing, Thai boxing, French boxing (Savate), kick boxing, etc. due to the repeated breakage of the nose and ear they would lose their sensitivity. Note that the side and negative effects of heads being hit by the strikes are as follows splitting headache, temporary and permanent forgetfulness, being nervous, violent behaviour, visual and audio loss, nose passage deviation, dental breakage, etc. Besides, one rarely could see Boxers in advanced ages to be able to do their regular activities.

Despite the above, it is necessary to learn the attacking techniques on the head in TOA martial art. That's why, shadow techniques (TOA forms) are practiced to show the hypothetical strikes direct to the head and face. In some practice strikes on punching bag, strike board (Makivara), inserting hands in the sand, striking toys or human like toys specific for exercise.

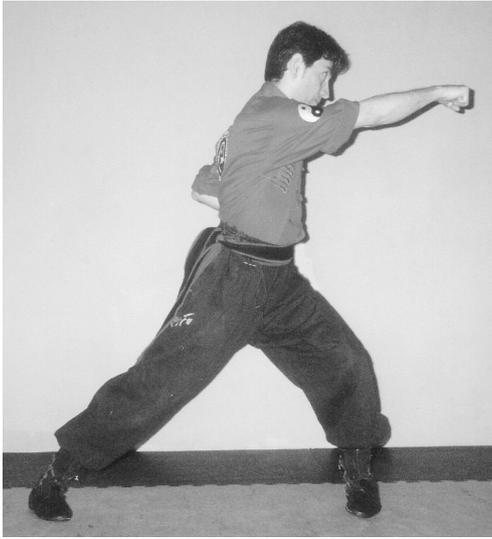
Here, one could see other Matto strikes in the form of classic and non-classic.

The below pictures show the classic Matto with the control toward the head.



2. The attacking technique of “Side Matto”:

In “Side Matto”, fists move toward the throat and jaw. The power of this strike is done from the rotation of the body upper part around the body axis.



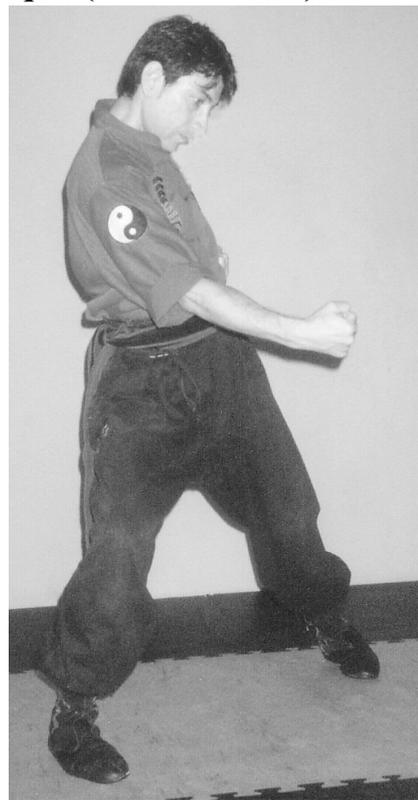
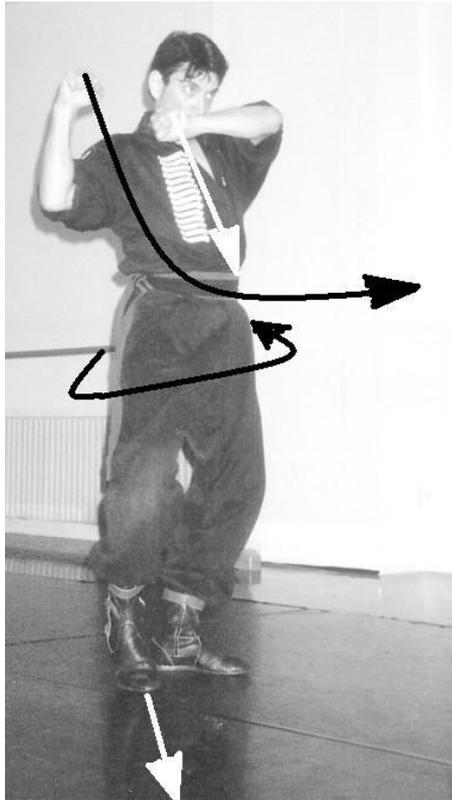
3. The attacking technique “Hook Matto”

In performance of this technique, fists move from outward to inward indirectly and they get power from the rotation of upper body around the body axis. The hitting points of this strike are usually ribs, chin, jaw, temple, and opponent’s leg. (below pics)

The third form technique “Su-To”



The fourth form technique (Sam-Sama-E)

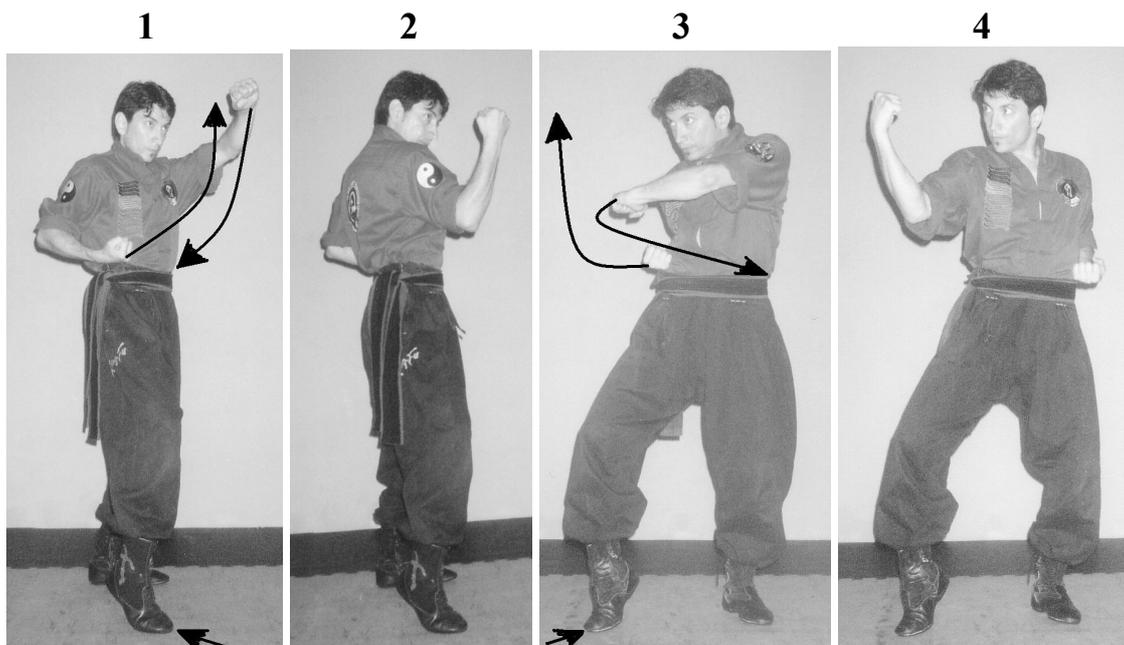


4. The attacking technique of “Upwards Matto”

This kind of “Matto” like the former ones get its power from the rotation the upper body from body axis and moves upward.

The hitting points of this strike is chin, solar plexus, stomach, and lower stomach. (pics 1 to 7)

“Upwards Matto” is used in the third and sixth forms.



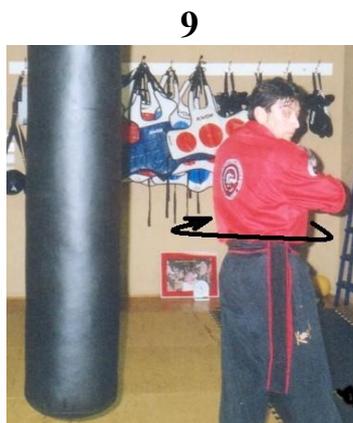
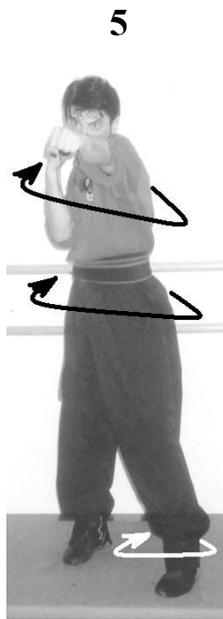
5. The attacking technique of “Yette Matto”:

The first type: The attacking hand, first with the help of forearm (Orato) or elbow (Hotto) will do the defence action and then will hit the opponent’s temple with the back of fist. The technique reaction of “Yette Matto” is on the ribs or waist. (pics 1 to 4)



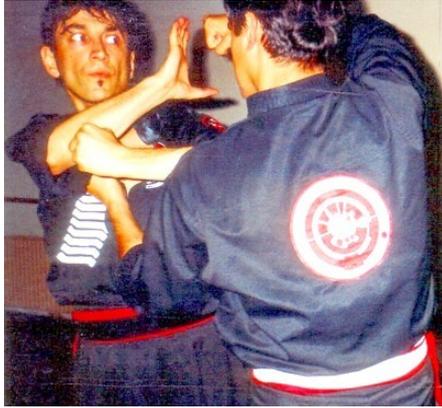


The second type: To perform this technique, we use standing positions such as “Fighting Rato” or standing position like “Cat style standing”. One rotates around the front leg and with the back of the behind hand will hit the opponent’s temple with speed and power. (pics 5 to 10)



The third type: This technique is called “Back Fist”. With the help of the Back Fist we attack the nose and between the eyes in the proper time directly and will get back to the primary position again. (pics 11 to 14)

11



12



13



14



The fourth type: To perform this technique “**Crossed Back Fist**” we attack with the hand back of both fists in the proper time the nose and between the eyes and then will return to the first position. (pics 15 & 16)

15

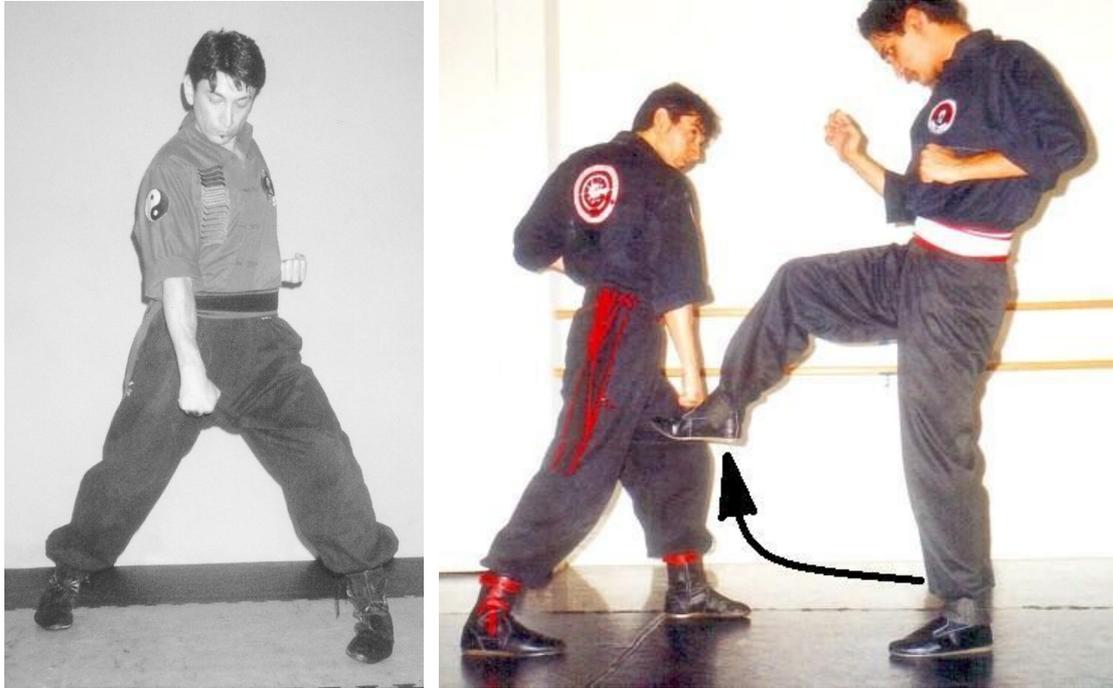


16



6. Attacking technique “low Blow Matto”:

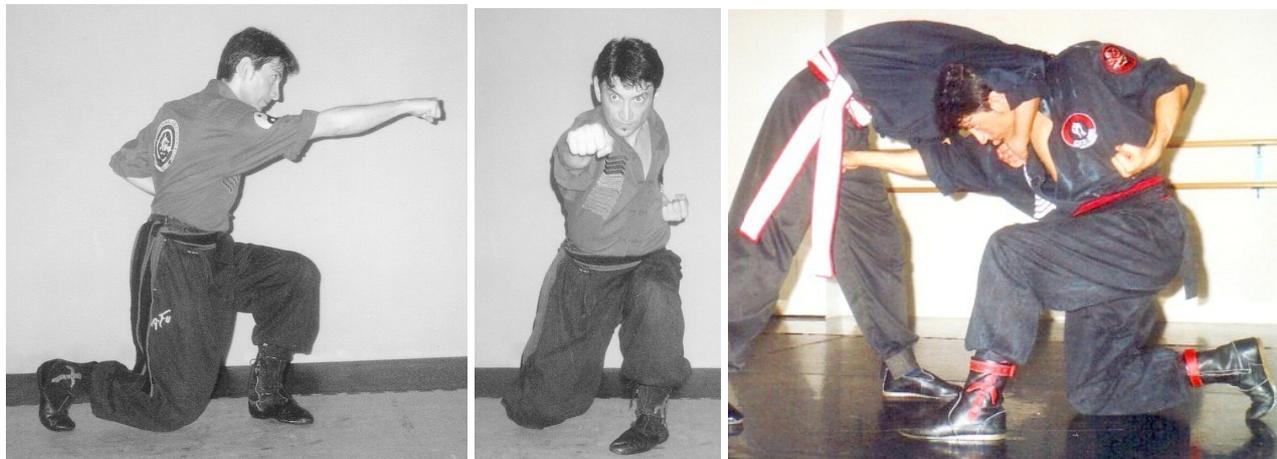
The first type: This type of “Matto” is known as “Bonken” (breaking the hard objects), defense, and strike (from top to bottom) opposed to foot strike to the under stomach. This technique is done at the end of the sixth form “Vesta-Mayana” with battle cry (Hays-Bonken). (The below Pics)



The second type: In case of the opponent’s attack from the behind, one can perform the technique of “low Blow Matto” from the top to down directing toward the lower stomach. (The below pics)



The third type: In case one's body is dragged lower by the opponent, we can use "low Blow Matto" technique for the direct attack to the stomach or lower stomach. Note that in the second form (Ata-Do), the knee is kept close to the ground. (The below pics)



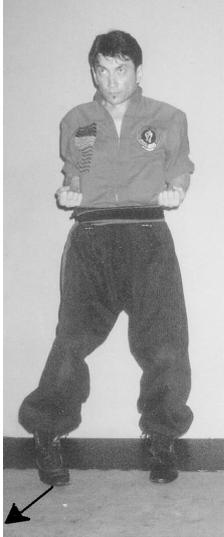
The forth type: In case one is on the ground can perform the lower "Matto" technique to attack the opponent's lower stomach. (The below pic)



7. The attacking technique of "Do Matto":

This technique is performed with the help of both fists (beside each other or on each other) to the front or sides. Jumping forward or bending the body toward the attacking point makes this two-fold technique more powerful. (pics 1 to 8)

1



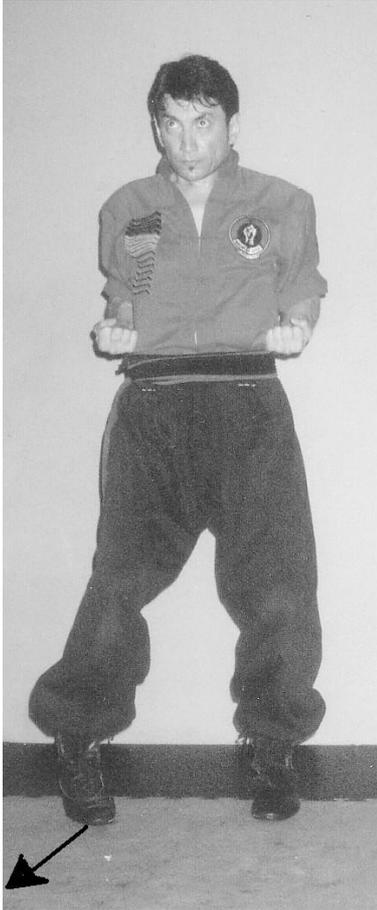
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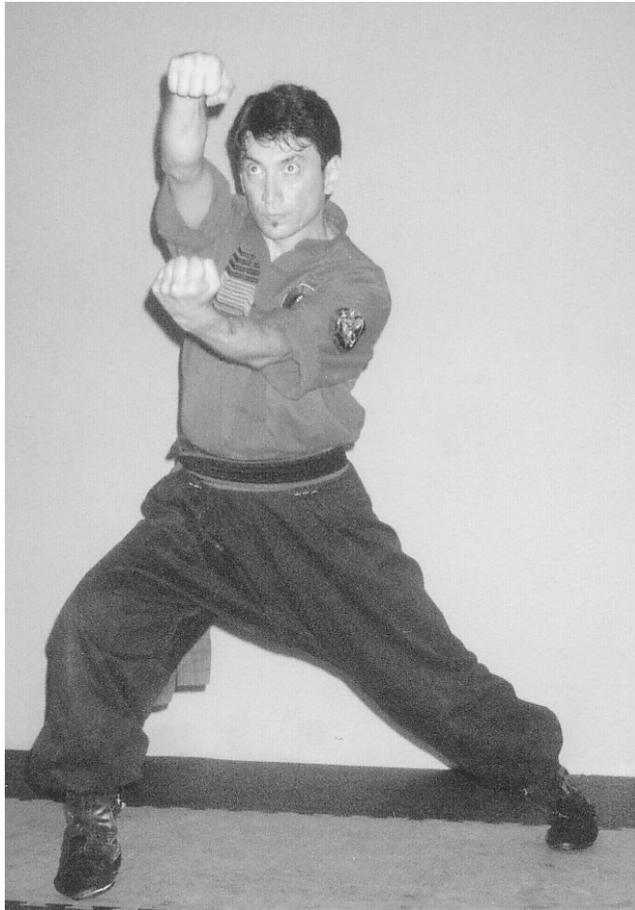
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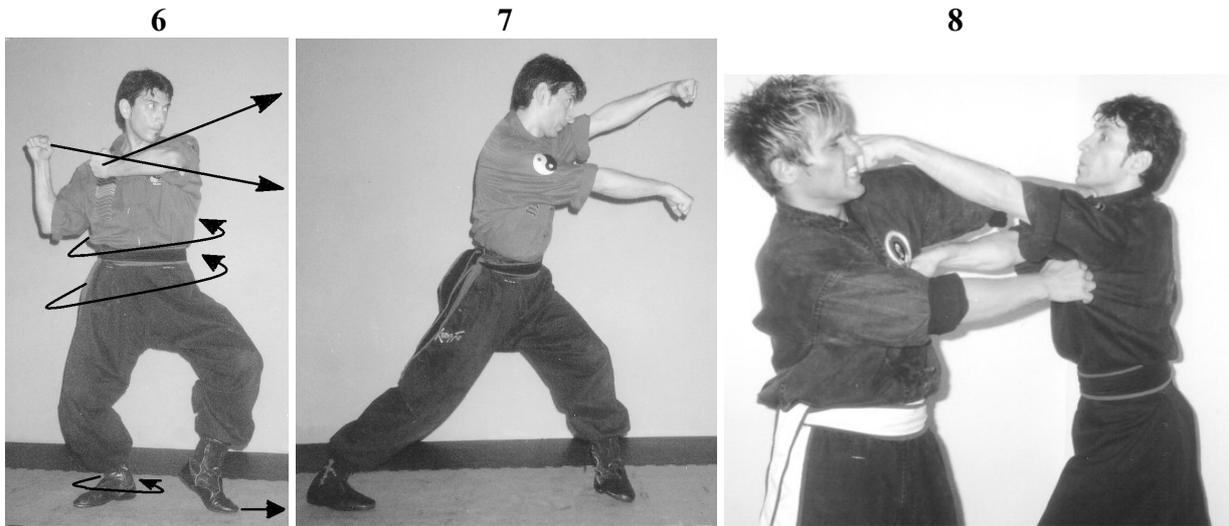


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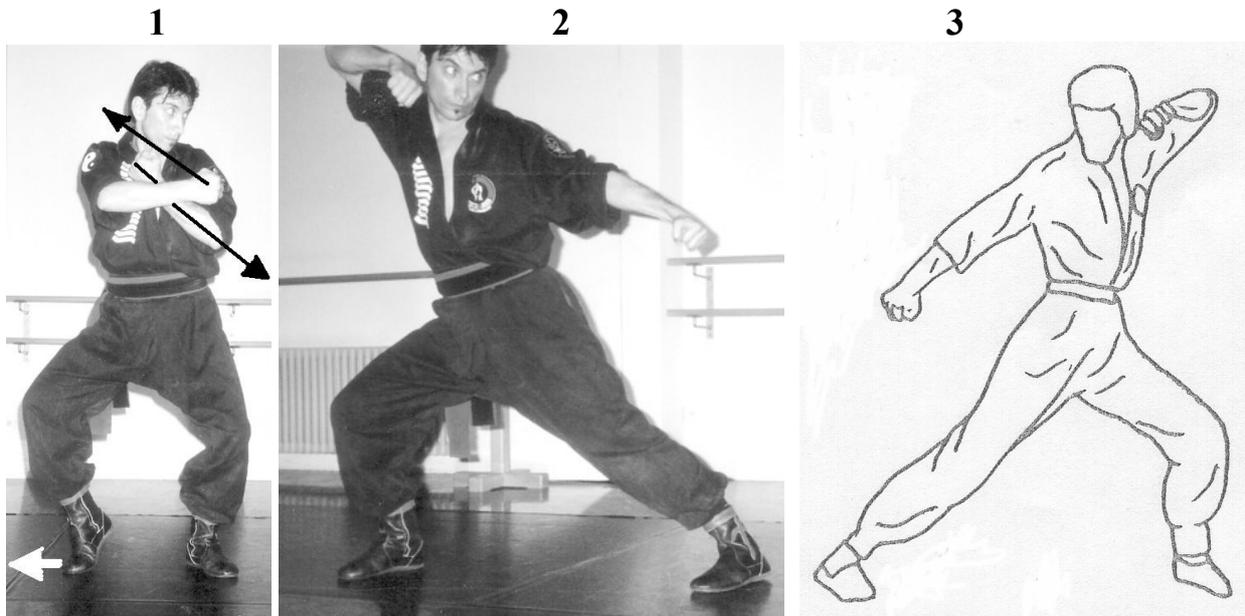




8. Attacking technique of “Taysabaki”:

The word “Taysabaki” is rooted in Japan and in martial art it means to dodge in fights. This technique in TOA martial art is performed by mixing the strikes of “Matto” or “Vayma-Doma” in the body direction and simultaneously with dodging, the body weight on feet opposed to the strikes of “Matto” or “Vayma-Doma” changes. And is used as a defense or strike opposed to the opponent’s kick. (Pictures 1 to 4)

Note: This technique is known as the defense technique (defense with the outer part of forearm and fist) and usually is done in the two standing types of “Yette-Rato” (e.g. Ata-Do the second form) or “Rato” (e.g. koana in the sixth form).



4



The 1 and 2 pictures show another state of “Taysabaki” technique with lower reaction (the reaction to the side).

1



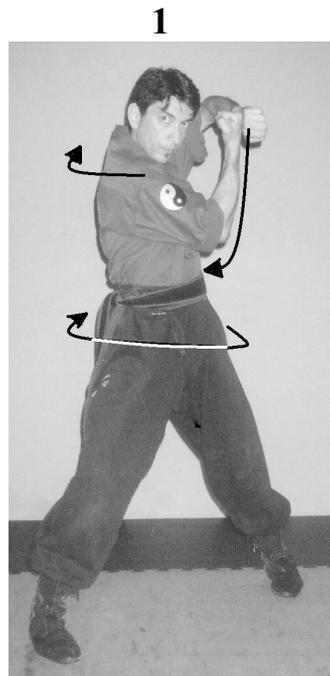
2



9. The attacking technique of “Doma-Matto”:

This technique is done with the outer part of fist (fist side) and one will attack the opponent from outward to inward directing toward the temple or lower jaw. The power gaining of this technique is done via the quick rotation of body around its axis and getting use of the power of the hip. (pics 1 to 4)

Note: This technique is used as a defense. As an example one can refer to the simultaneous performance of two “Doma-Matto” in the first form (Vaysa Part).

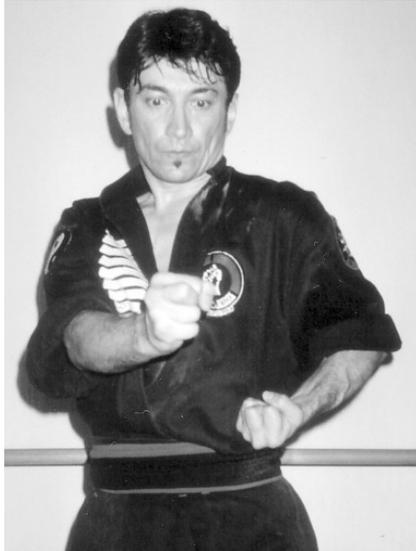


10. The attacking technique of “Vietnamese Matto”:

In case of the opponent’s closeness from the front, one hits the opponent’s stomach with tight and usual fist or another type of fist like dragon ones (pics 1 & 2). Note that in performance of right “Vietnamese Matto”, the body will rotate to the right around its axis and the left shoulder will be at front. The story of the closeness of the attacking hand and that of the reaction in this technique is that the Vietnamese POWs to practice during their imprisonment were not able to move their hands more than a short distance. (pics 3 & 4)



3



4



11. Attacking technique of “Non-Classic Matto”:

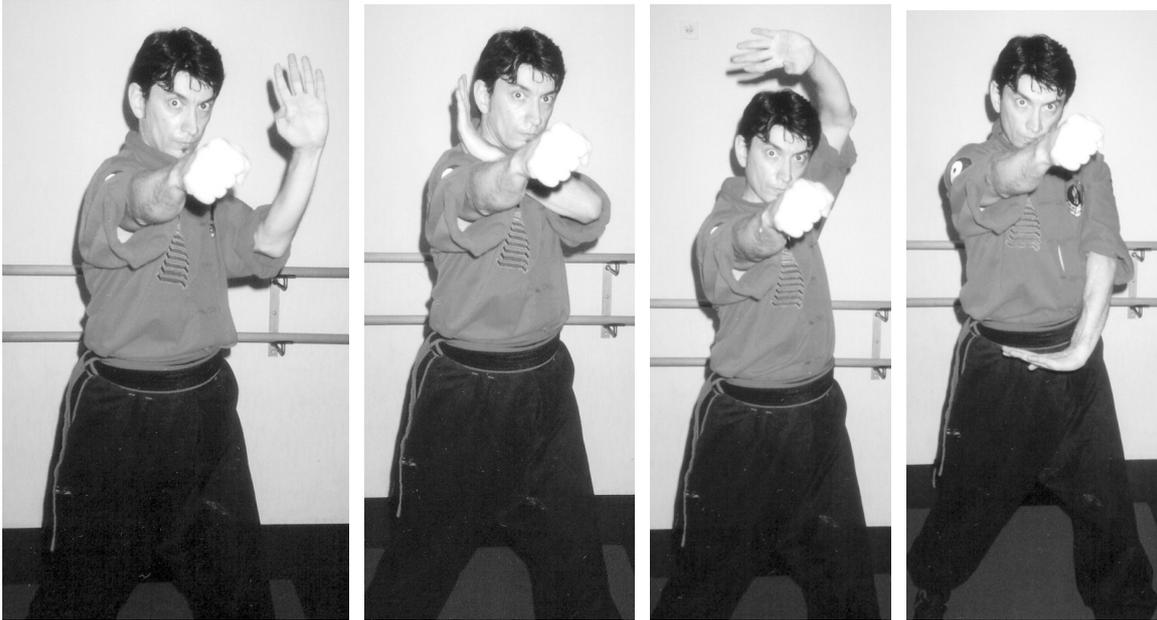
One of the simplest and most useful strikes in open fights is “Non-Classic Matto” which is hit to the opponent’s throat, chin, and nose. The reaction hand of this type of Matto is in the body and head sides and protects the lower jaw and the ribs. (the below pic)



The below picture shows the meeting point of the Non-Classic Matto to the target.



The below pictures shows the four defensive reactions which are done simultaneously with “Non-Classic Matto”.



The pictures from 1 to 7 show another type of “Non-Classic Matto”.

1



2



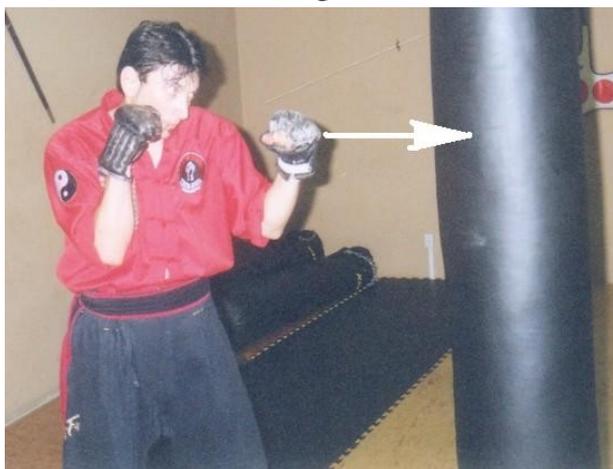
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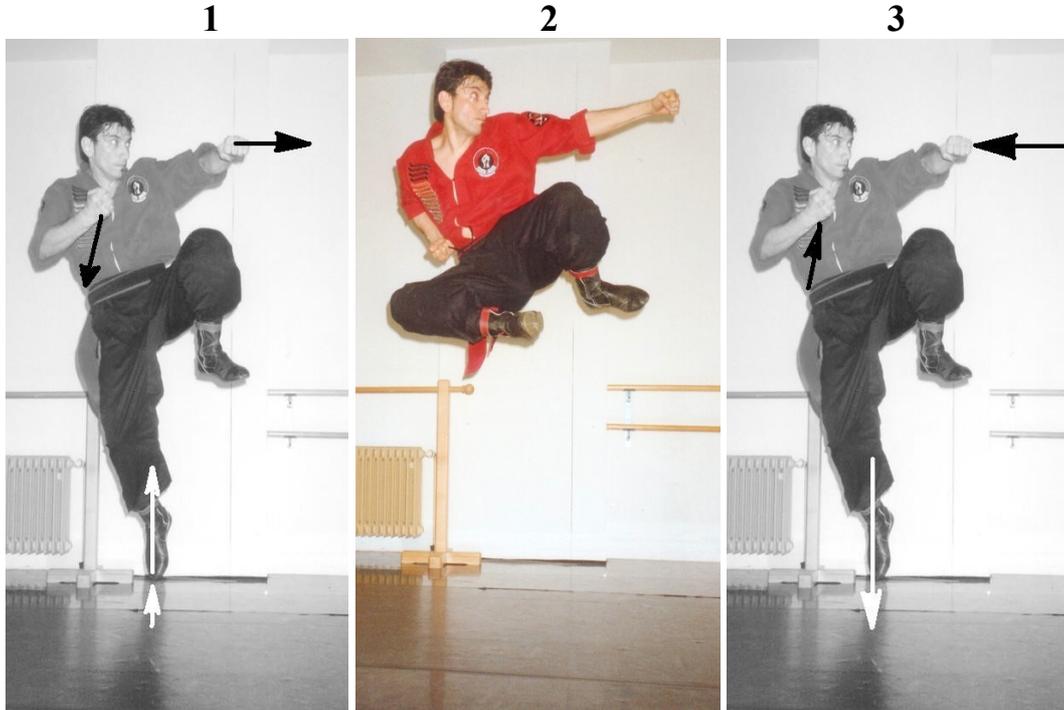
7



12. Attacking technique of “Toranma Matto”:

Generally speaking, we call all the jumping movements and their combination with hand or foot strikes in TOA martial art are called “Toranma”.

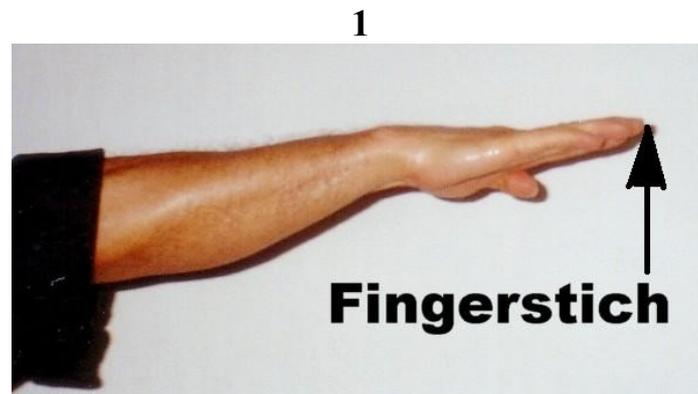
The simultaneous combination of jumping technique “Toranma” and “Matto” strike in the air is called “Toranma Matto”. And they are used in the fourth form “Sam-Sama-E” and the third Part of “Dam”. (Pictures 1 to 3)



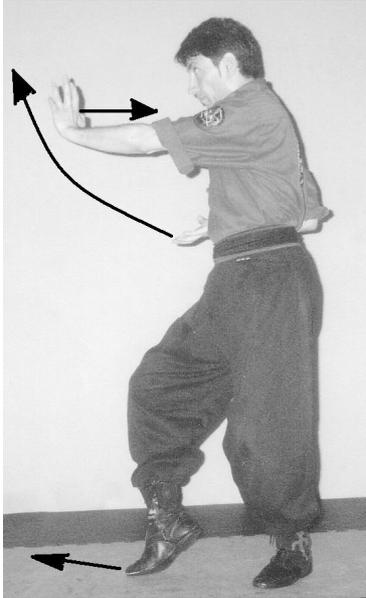
13. Attacking technique of “Finger Jab”:

Since in this technique, the fingers are straight so they are longer than the fist strikes and will hit the target faster. Because fingers are sensitive and they will be hurt due to their bump into the tough parts of the opponent’s body, therefore it is necessary to make the fingers strong and quicker. Using these techniques in man-to-man fights especially for women in specific and for physically smaller figures as opposed to bigger figures in general is useful. The main targets of the “Finger Jab” techniques are eyes and throat and that’s why they are forbidden in the Free Fights. (pics 1 to 10)

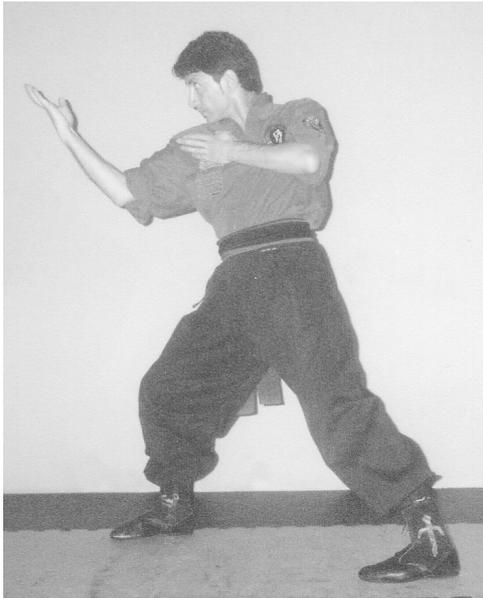
Picture 1 shows the toughest point of fingers which hit the target.



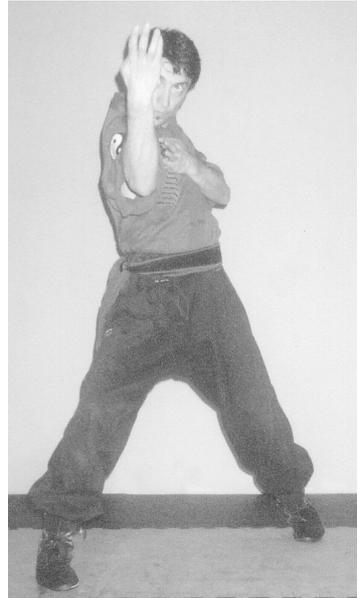
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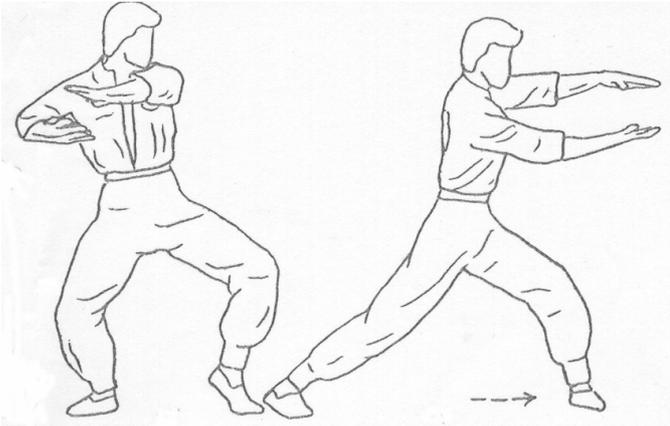
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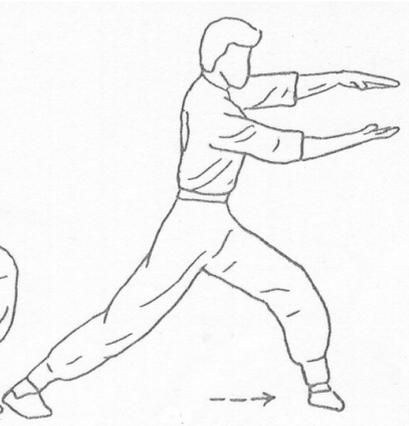
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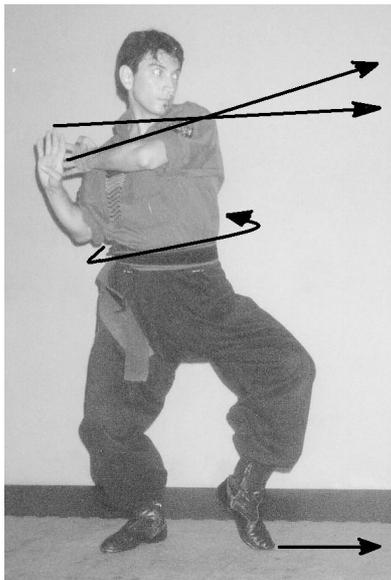
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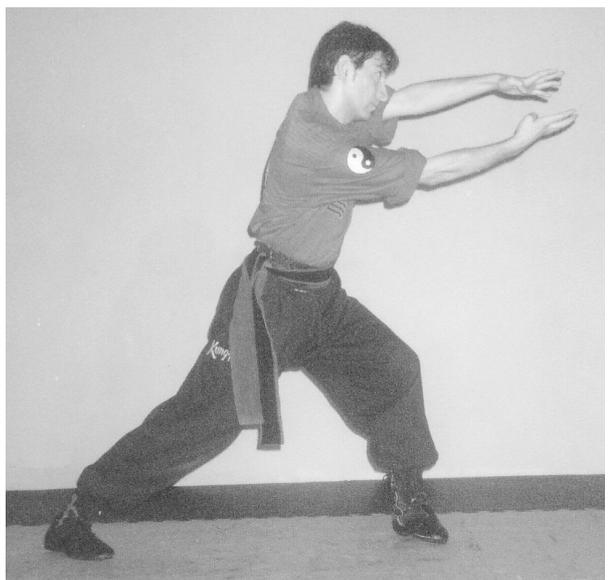
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14. Attacking technique of “Tiger Claw”: pictures from 1 to 14 shows the correct state of hand or hands in the performance of this beautiful technique and at the same time dangerous one confronting the practice opponent with complete control.

1



2



3



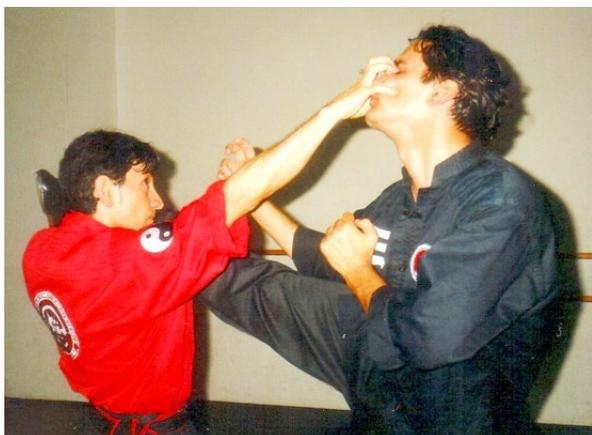
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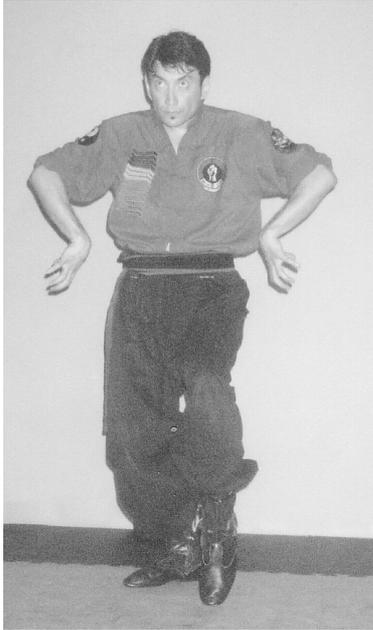
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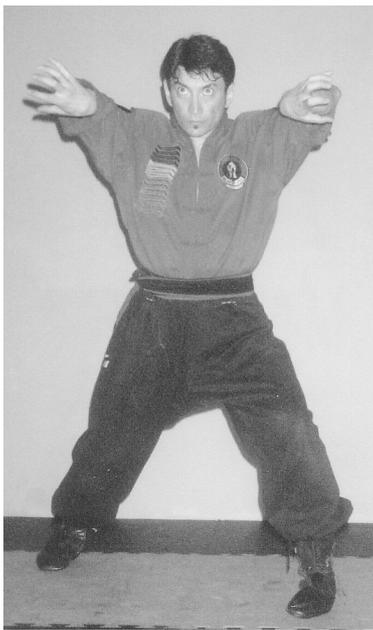
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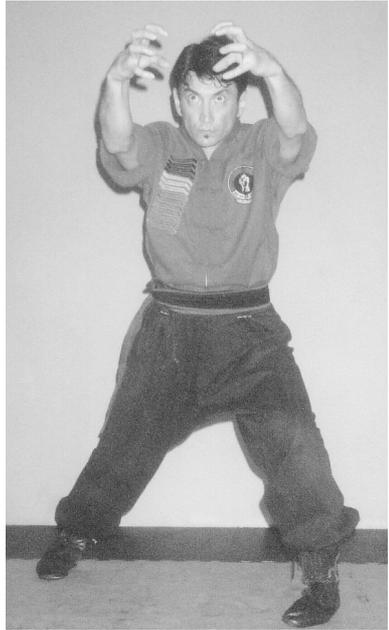
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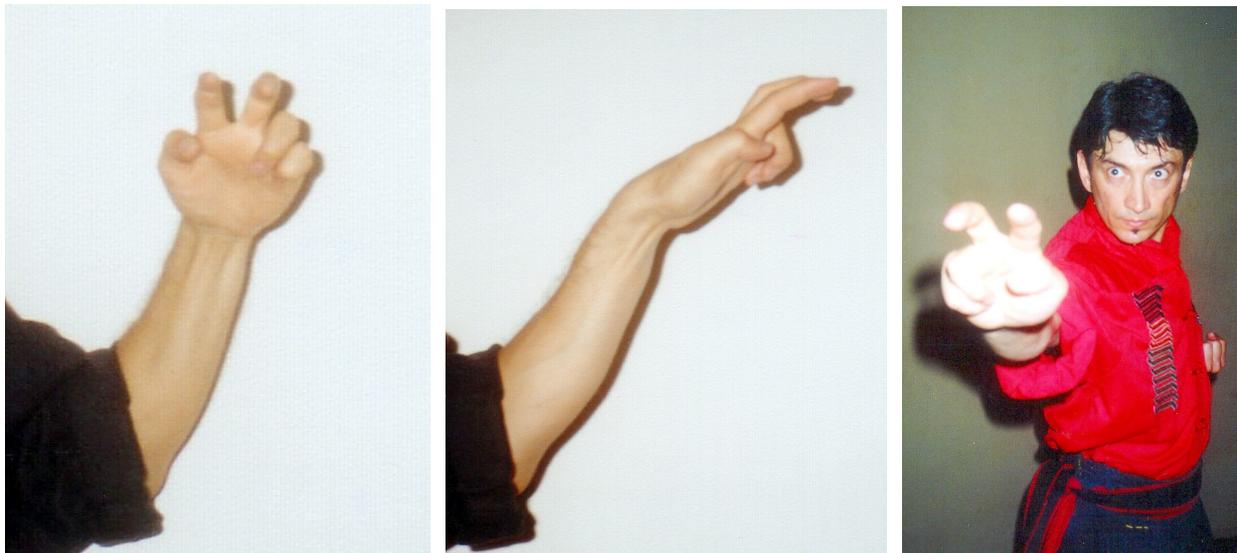


14



15. Attacking technique of “Two Fingers”:

This technique suits the attack to the eyes, breaking the nose and ripping the opponent’s lips in the fourth, fifth, and seventh forms. (below pics)



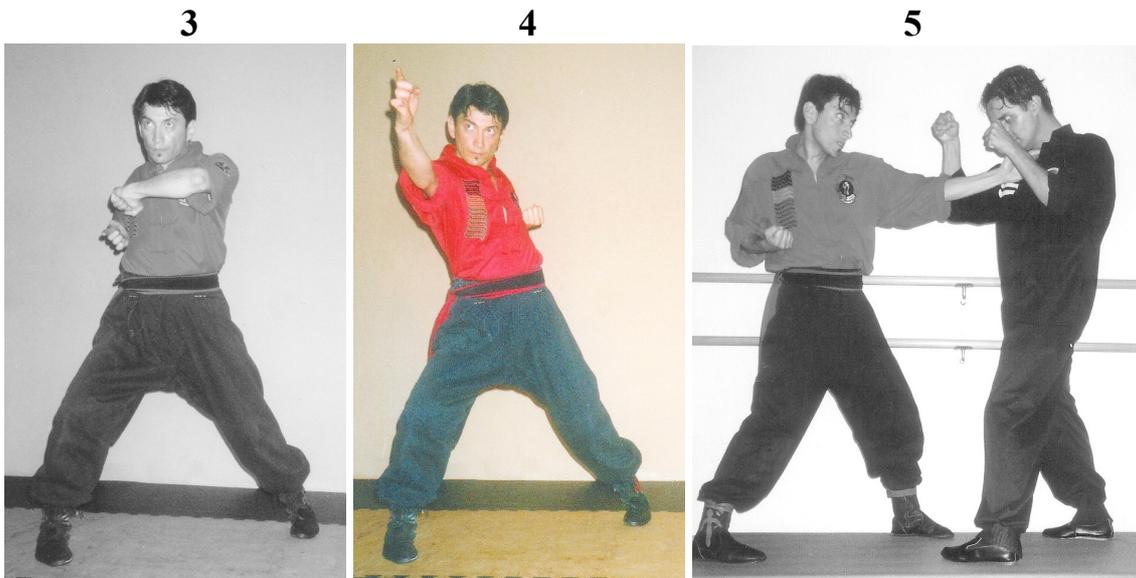
16. The attacking technique of “Scorpion” or “One finger”:

This technique is used to attack eyes, throat, lips, and nose and also it is used in the fourth and fifth forms. (pics 1 to 5)

1

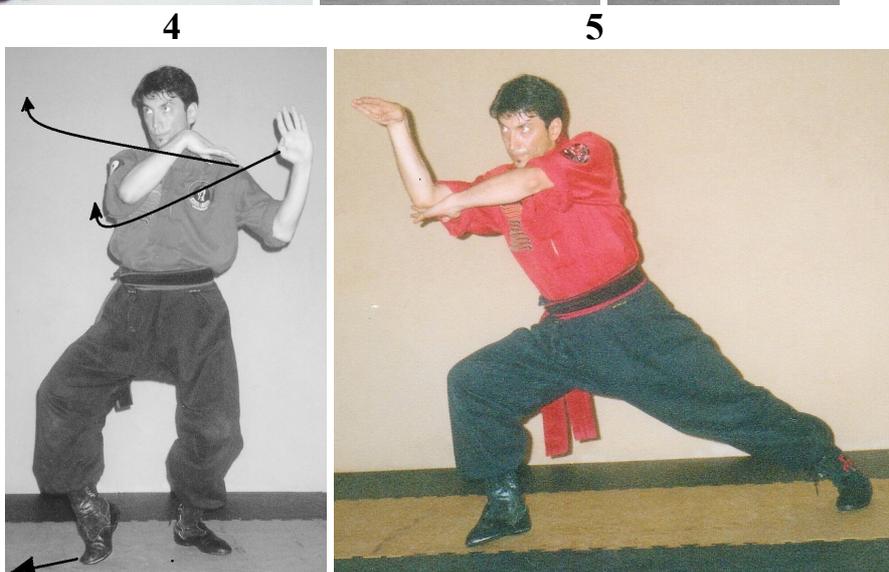
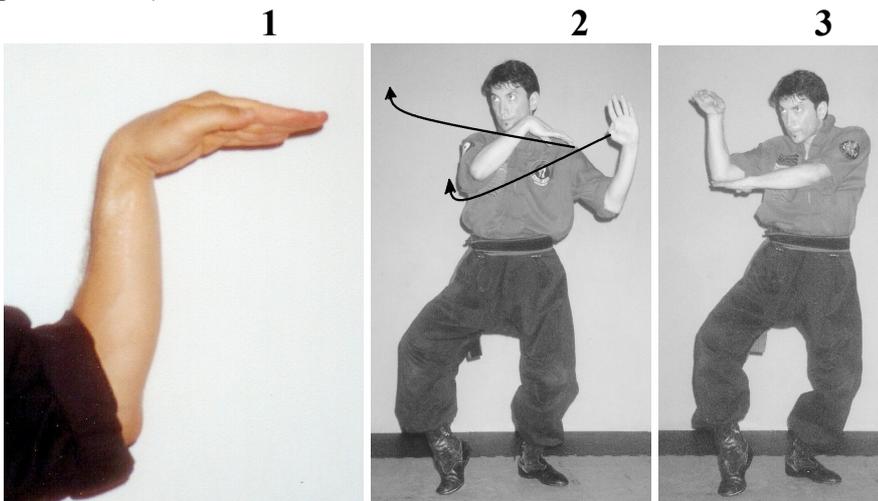
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17. Attacking technique of "Snake":

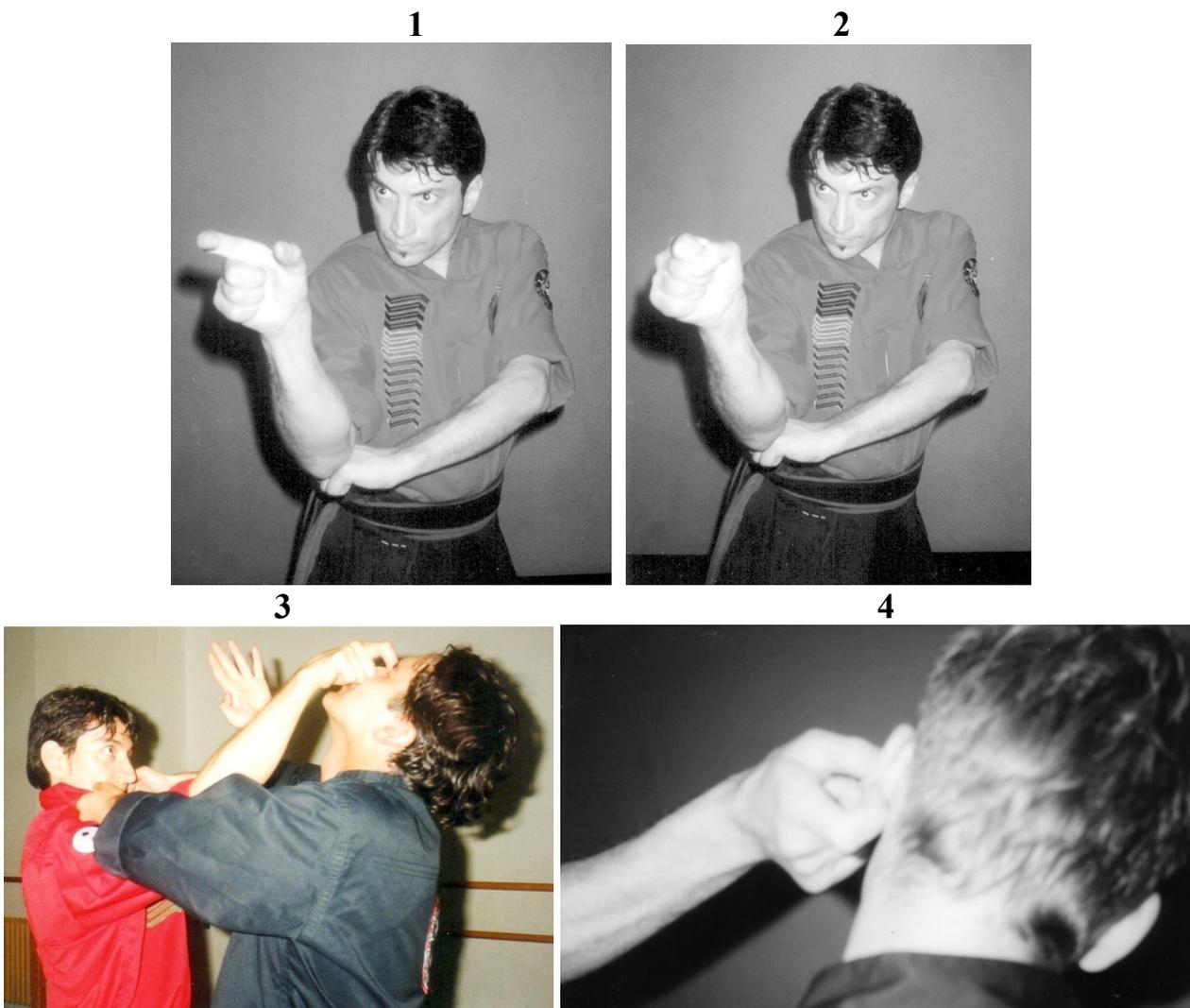
This technique does not enforce much power but doing it quickly can cause damage to the face and creates stronger and more useful strikes. "Snake" technique is used in "Dam" technique. (pics 1 to 5)



18. Attacking technique of “Snake Fist”:

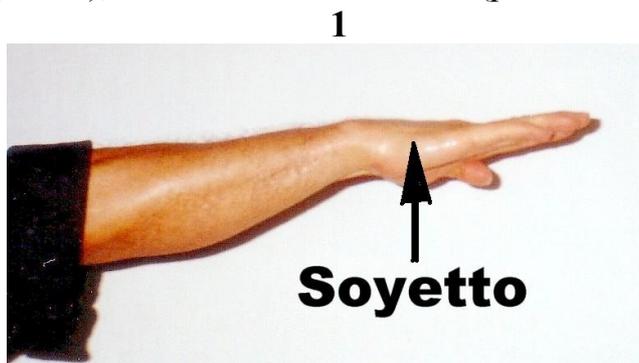
This technique works like a pinching and cause wounds which hurt the soft parts of the opponent’s body like ear, eye, nose, lips, throat, fingers, and lower stomach.

“Snake Fist“ is used in „Dam“ technique. (pics 1 to 4)



19. Attacking technique of “Outside of Soyetto”:

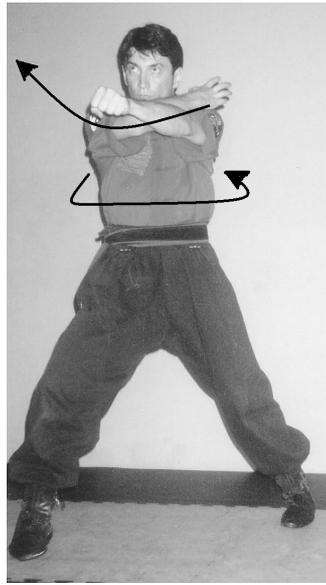
Generally speaking, all the attacking or defensive techniques which are done with the inner or outer part of one or two hands are called “Soyetto”. And they are used to attack the temple, nose, neck (throat), and under the stomach. (pics from 1 to 13)



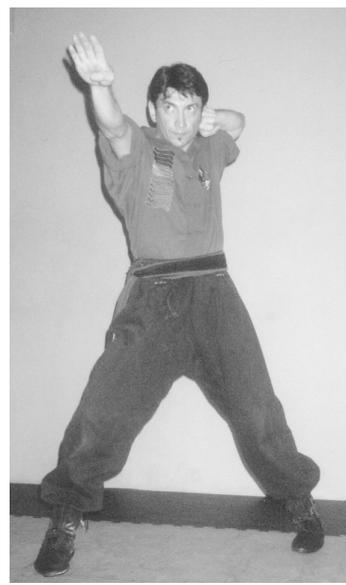
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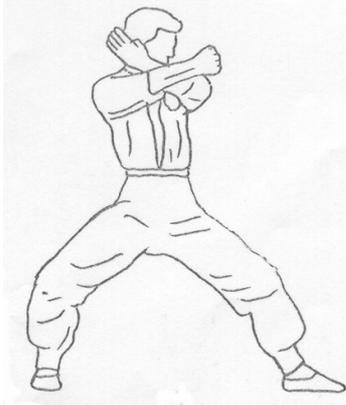
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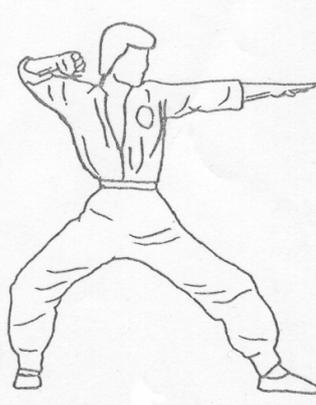
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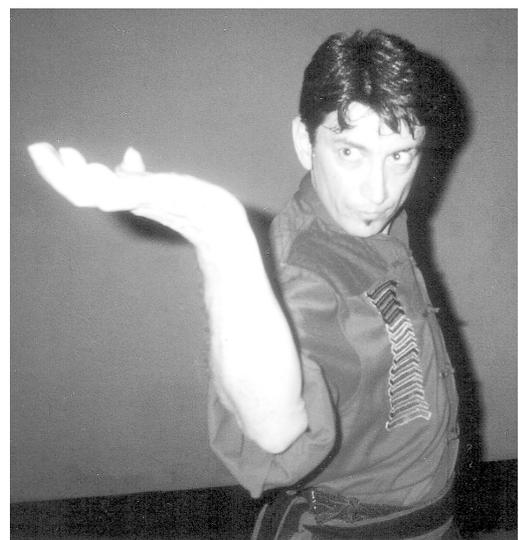
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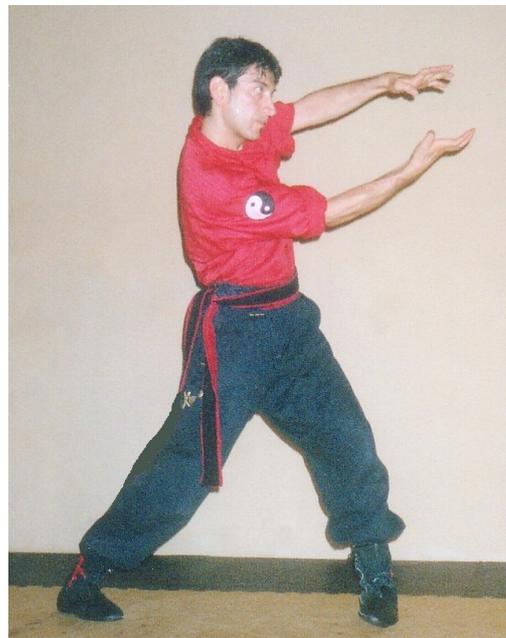
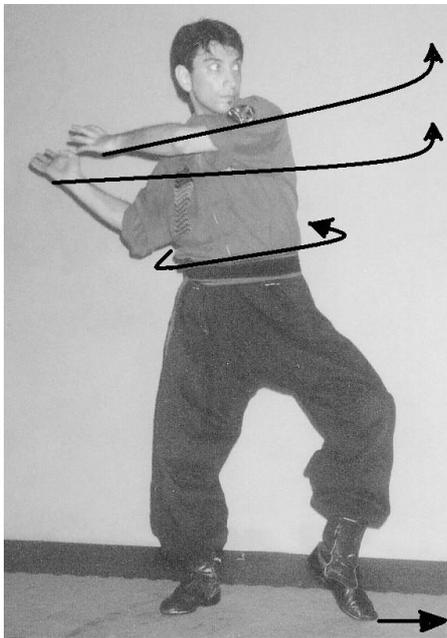


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20. Attacking technique of “Crossed Soyetto”:

Performance of this strike directly to the throat is so dangerous



21. Attacking technique of “Inside of Soyetto”:

Pictures from 1 to 5 show the performance soyetto technique with the inner side of the hand.

1



2



3



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5



22. Attacking technique of “Flat Fist” or “Half Clenched Fingers”:

As the name speaks for itself, the fist is not clenched completely but is used to attack the head and neck of the opponent.

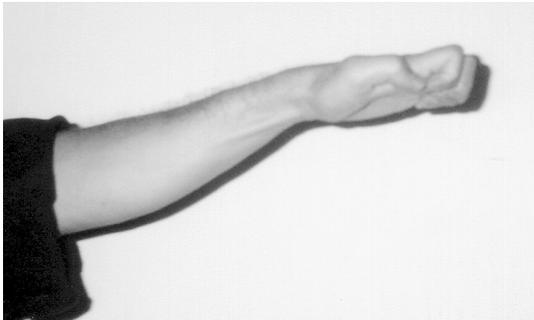
Note: This technique is used for the defense too. As an example, we can use this technique of “Flat Fist” in the second form “Ata-Do”.



The first type: pictures from 1 to 5 shows attacking technique of “Flat Fist” with the edge.

1

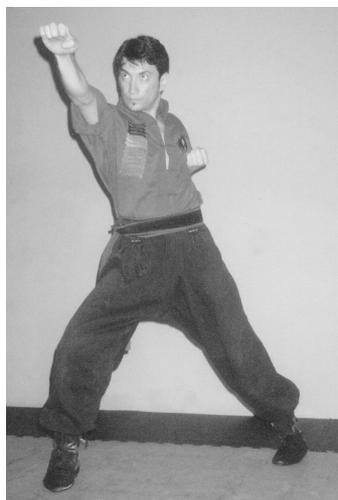
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The second type: pictures 6 and 7 show the attacking technique of “Flat Fist” with hand palm.

6



7



The third type: pictures 8 and 9 show the attacking technique of “Flat Fist” with hand back.

8



9



The fourth type: pictures 10 and 11 show attacking technique of “Flat Fist” with hand edge of both hands.

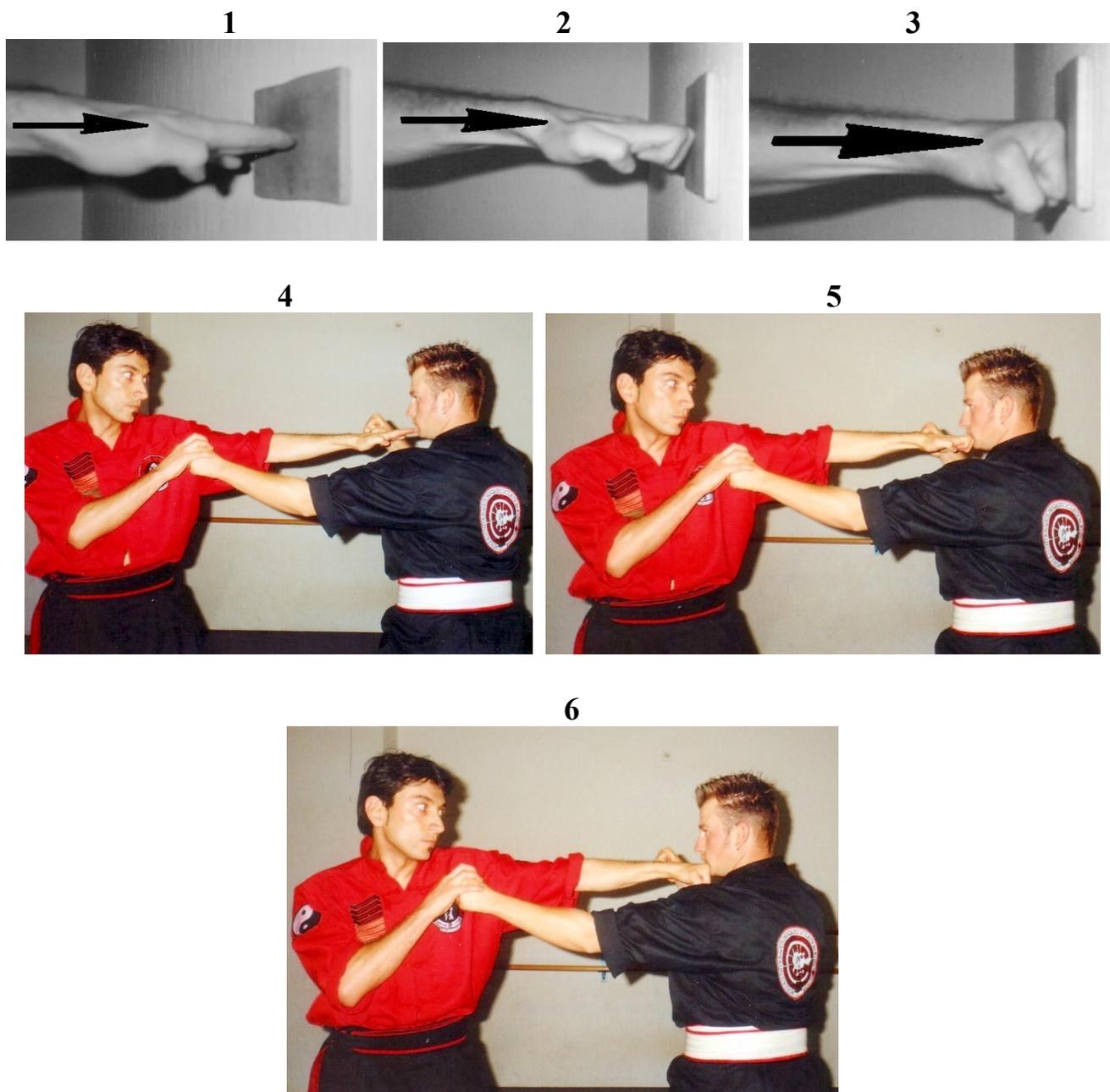
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11



24. Attacking technique of “Vayma-Bato Fist” or “Death Claw”: this beautiful technique has to be done with high speed and consist of three techniques of “Finger Jab”, “Flat Fist”, and “Matto” and is used in the seventh form “Vayma-Bato”. (pics 1 to 6)



25. Attacking technique of “Bird Beak”: One of the beautiful classic techniques is called “Bird Beak” which like “Snake” technique is used to hurt the opponent’s face and is used to get a better opportunity to present other powerful techniques. To perform this technique, we keep the five fingers in one point and usually this technique is used to attack under the chin, eyes, under the ear, and temple.

Note: this technique is used as a defence too.

Here, we refer to the most important types of this technique. (pics 1 to 9)

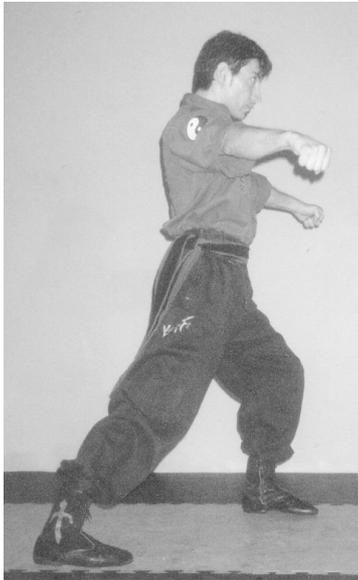
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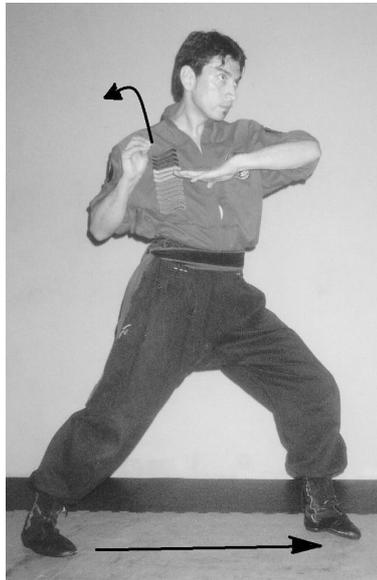
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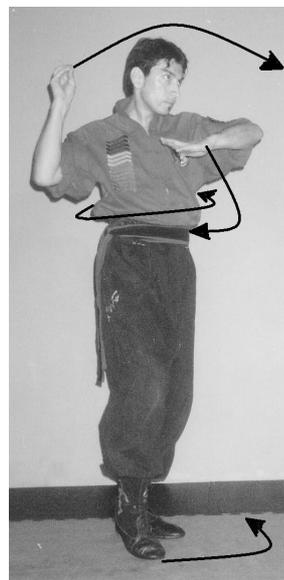
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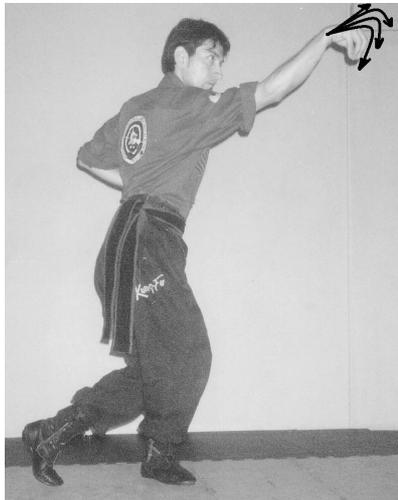
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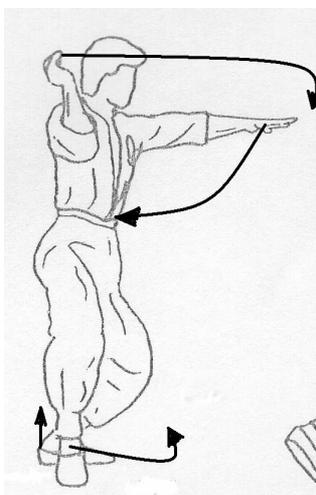
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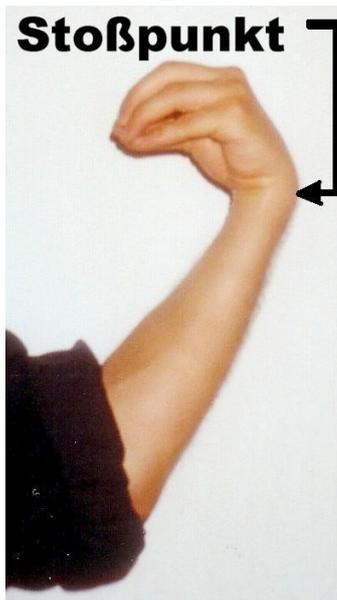


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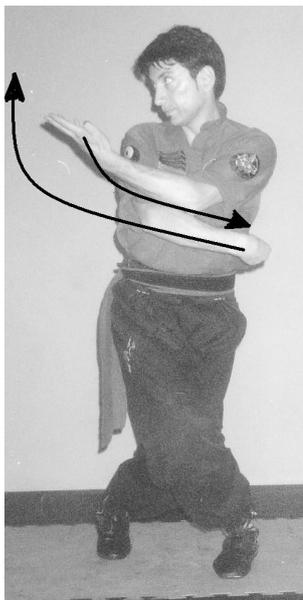


Pictures of 10 to 16 show other ways of "Bird Beak" technique.

10



11

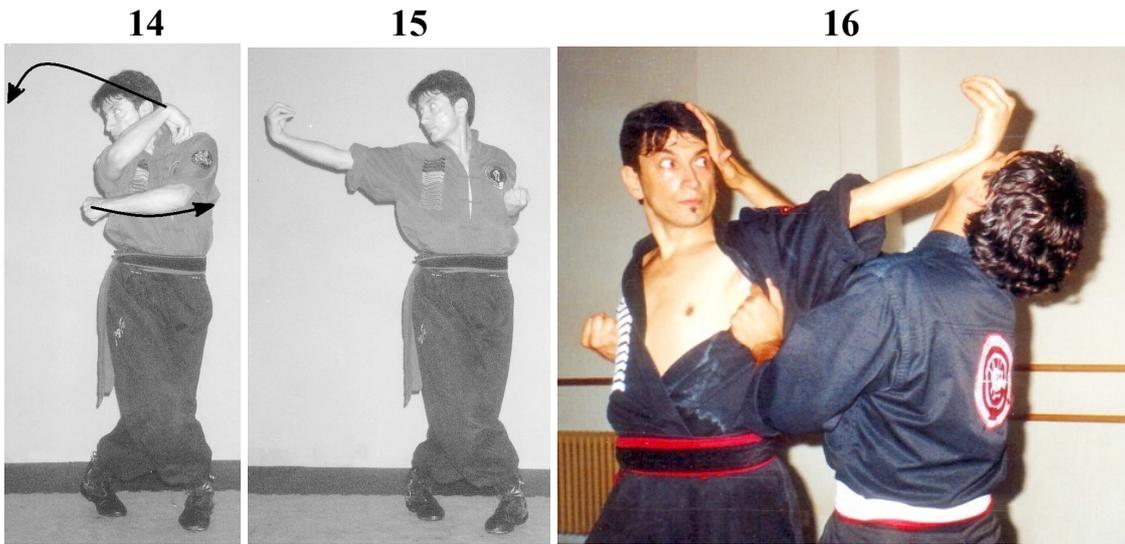


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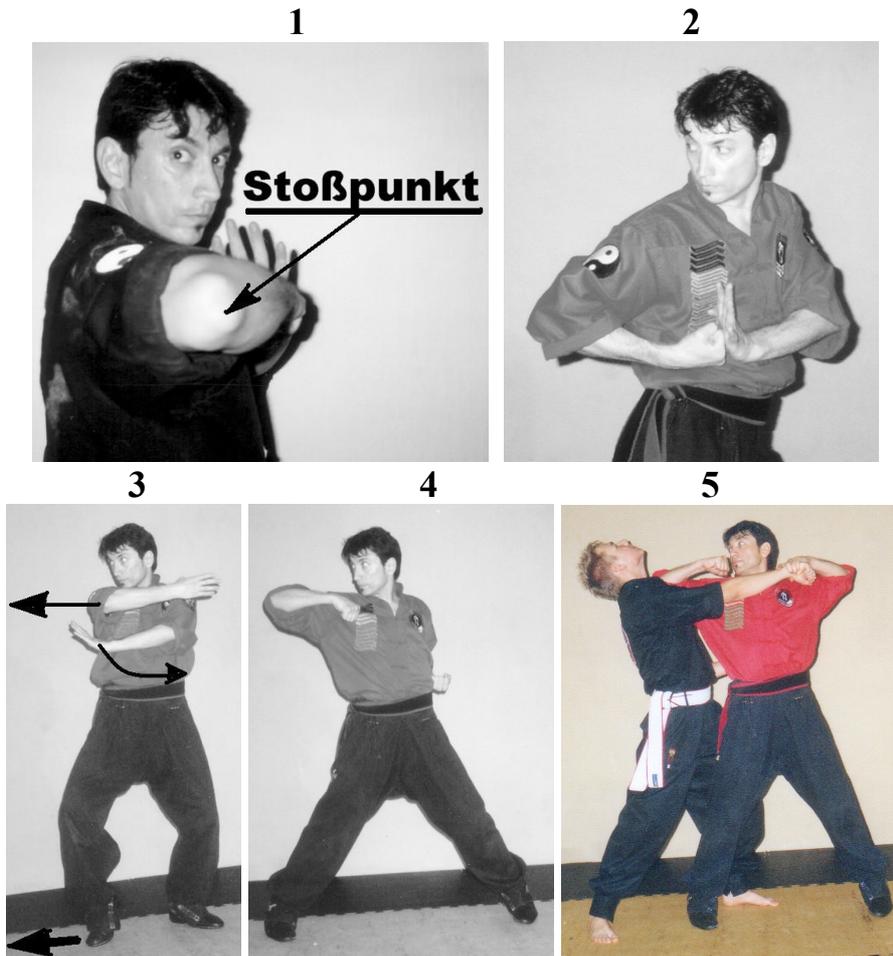
13





26. Attacking technique of “Hotto”: As we explained in the defense technique section, all the defense and striking techniques which are done with elbow are called “Hotto”. Elbow is considered the hardest and most powerful part of the arm, that’s why the defensive and attacking techniques of “Hotto” that is most useful ones. The performance of this technique like other techniques of hand is done with the power of hip, rotation of body around its axis and the rotation of the feet.

Pictures of 1 to 19 show the usage of the “Hotto” technique.



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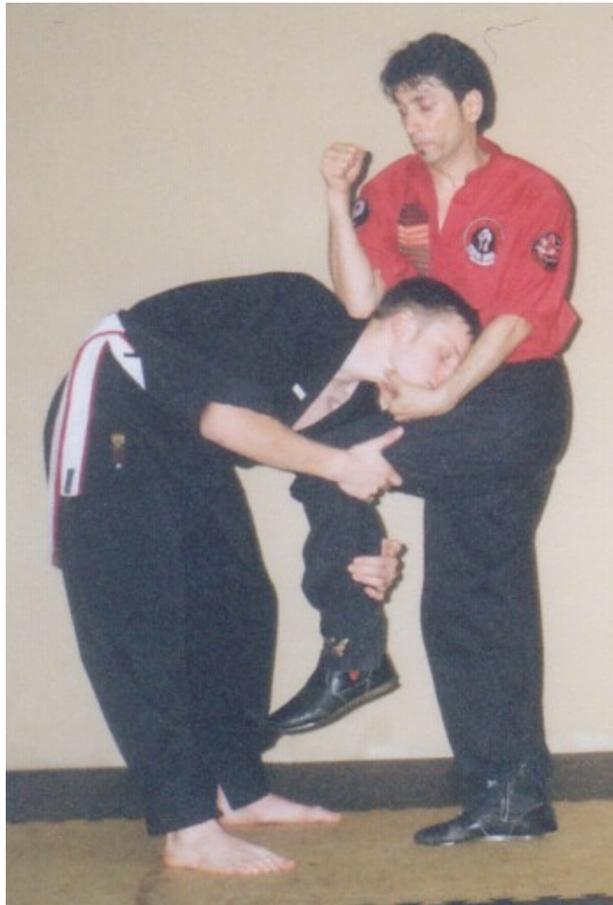
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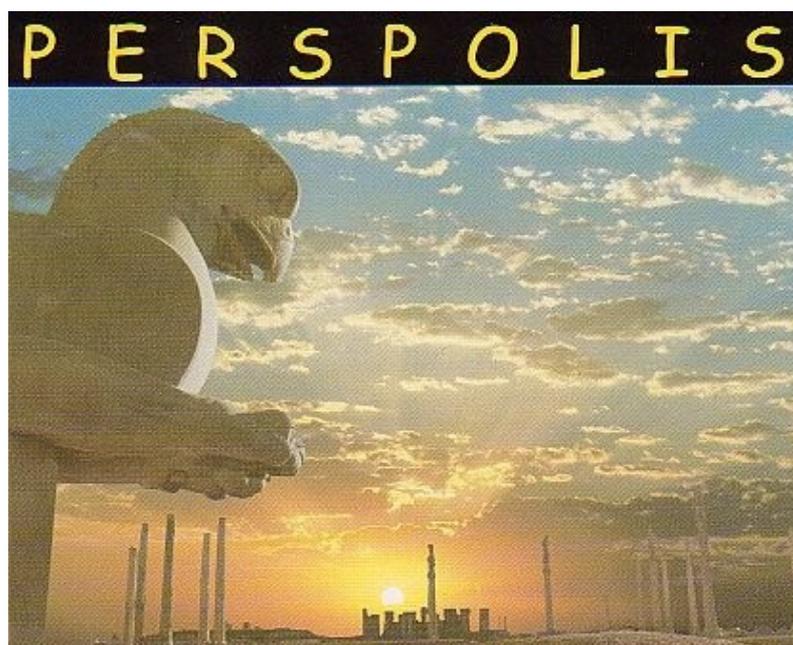
19



The combination of different hand techniques with one another

To learn various technique combinations which are explained above, one has to learn different TOA form under the supervision of masters.

In order to explain and teach TOA forms correctly in Germany we needed to prepare various books which will be accomplished in the near future.



**Once you come to know yourself
you reach a level where you may know GOD,
then “know yourself”**

(Persian Poem)

Long live peace and art in the world

TOA

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Email: babakt64@yahoo.de