

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

(Fifth Chapter)

Explanation of defensive and attack techniques of Foot



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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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

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Chapter Five

The defensive and attacking techniques of Foot in TOA martial art

In TOA martial art, the application of different foot techniques like hand techniques matter a lot. The higher and more powerful foot strikes against the hand strikes cause the TOA practitioners to be able to attack the opponent from the far distance and perform the foot strikes more useful. Note that foot strikes should be done with more speed and accuracy when hitting the target. On the other hand, while doing the foot technique, the whole body weight will stand on one leg which is so sensitive and dangerous balance wise. That's why, the constant practice is necessary to get mastery on the correct performance of the foot strikes.

Here, the most important classic and non-classic foot strikes are shown via pictures and depicting various lines to determine the direction and movements. The practitioners are to practice constantly and in an order the foot techniques so as to learn them and use them when the necessities come up. Note that the exercise for both right and left legs should be done. On the other hand, each and every practitioner after a while would come to know his foot speed and power and would discover the techniques specific to his body and then he would develop them.

As we put it earlier, concentration and accuracy for a TOA practitioner during the physical exercise is one of the training points which must be taken into account. So, after warming up and exercise especial to TOA, sitting on Zen to rest and set mind at peace is useful. In order not to hurt the most important parts of the leg such as knees, and thighs, all foot techniques first we do them slowly and then one after the other one, since the progress in TOA martial art is possible only by constant exercise.

The most important defensive techniques of foot

Generally speaking, there exist three major principles in the performance of defensive and striking foot movements which are as follows:

1. Concentration and accuracy in the correct performance of foot techniques,
2. The accurate performance of defensive and attacking strikes with high speed and more power,
3. The quick collecting of feet after the technique performance,

Besides, foot strikes not only is done with the help of thigh and the back of leg muscles but the correct use of the power of hip, waist and abdominal muscles and the rotation of the upper part of the body, play an important role in the better performance of foot techniques.

The below picture shows the main four parts of the foot sole:

- 1. Foot heel:** it is the hardest part of the foot and is usually used as the attacking point of the foot.
- 2. Ball of the foot:** The Ball of the foot is after “Foot heel” the strongest part of the foot but it should be noted when one is attacking the opponent with the ball of the foot, the foot toe (the most sensitive part of the foot) is pulled back otherwise it would be hurt.
- 3. The outer edge of the foot:** this part of the foot is used for the attack and defense.
- 4. The curve part of the foot:** this part of the foot is used for the attack and defense.



1. The defense techniques of the “Heel Block”: Prior to the opponents’ initiation of the foot technique, one places his heel in front of the opponent, and then he will block it and keep the opponent’s kick from reaching himself. The best standing position for this technique is the “Cat Style Standing” due to the fact that this style will make it for the person to perform the technique quicker both from the front and side. (The below pictures)



2. The defensive technique of “Knee Block”: The bent knee is the most powerful part of the foot and is able to break the opponent’s leg with one defense. Here, I would refer to two most important techniques of “knee block”.

The first type: one makes one knee closer to the other one so that stop the opponent’s attack to the sensitive part of lower stomach. (The below pictures)

Note: This technique is performed in the first form of “Ana-Toa”.



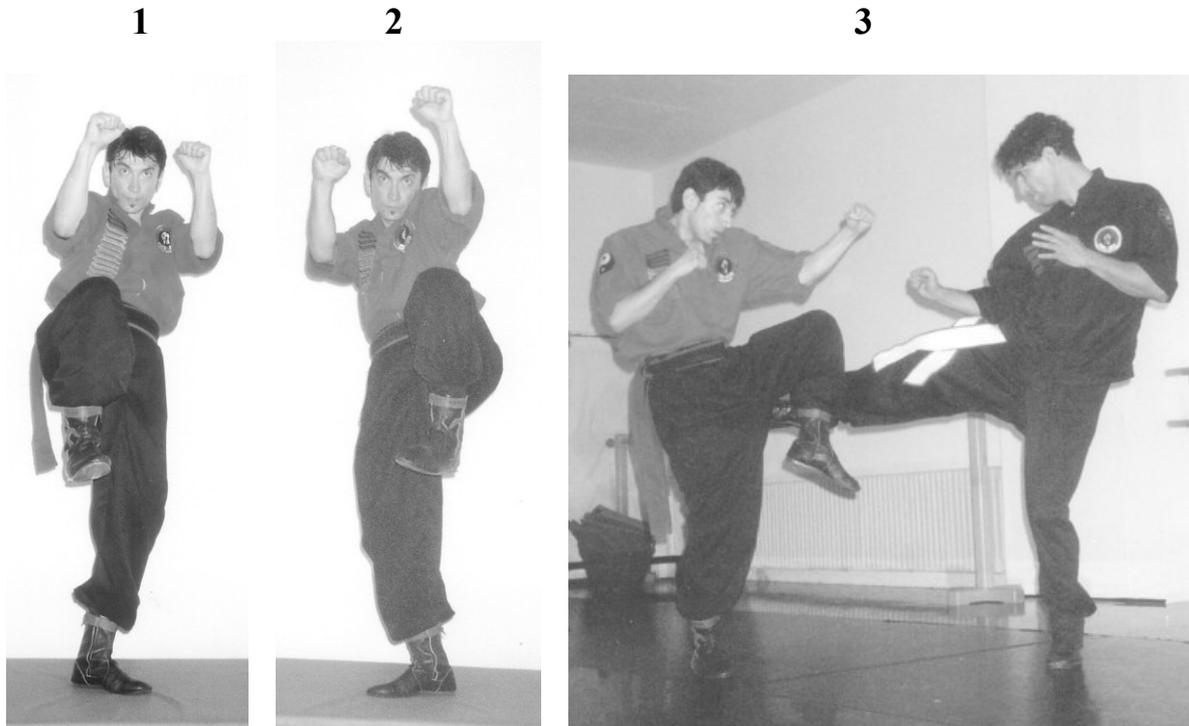
The second type: Here, the knee is placed in front of the opponent’s foot attack as a defense for parts such as shin, thigh, stomach, and lower stomach parts. (the below pictures)



3. The defensive technique of “Shin Block”: This technique is mostly explained as opposed to the attacking technique of “Heyma Keyetto” (it will be elaborated in the attacking technique of Foot section) to support the opponent’s attack to the leg and thigh. (Pictures from 1 to 3)

The left-handed people, 99% use their right shin as the defense (Pic 1)

The right-handed people, 99% use their left shin as the defense (Pic 2)



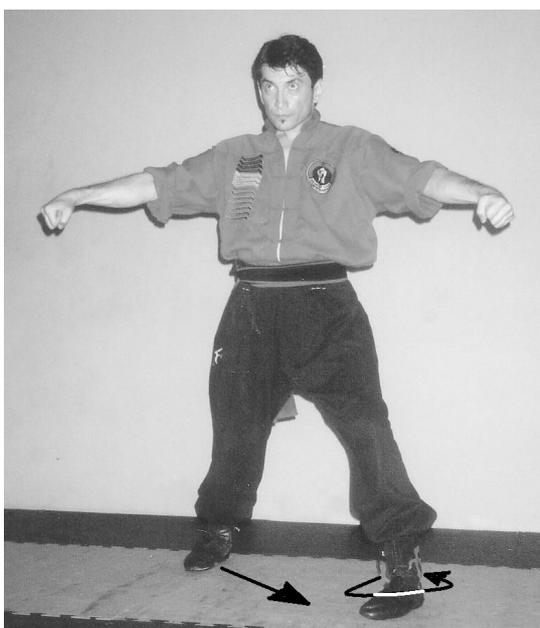
4. The defensive technique of “Toranma”: All the jumping movements and their combinations with hand or foot strikes in TOA martial art are called “Toranma”. The defense “Toranma” is done as against the "Long Stick", Sword “Ri-Kayma” attacks, and foot techniques of “Oft Mayana” (it will be elaborated in the attacking technique of Foot section).



Note: The term “Keyetto” exists in almost all foot strikes in TOA martial art. In fact, it means “who are you?” which implies more thinking and self-recognition.

5. The defensive technique of “Horayma Keyetto”: This technique is used both for defense and attack. It is done in the both standing and laying down position, by the inner edge of the foot. (Pictures 1 to 9)

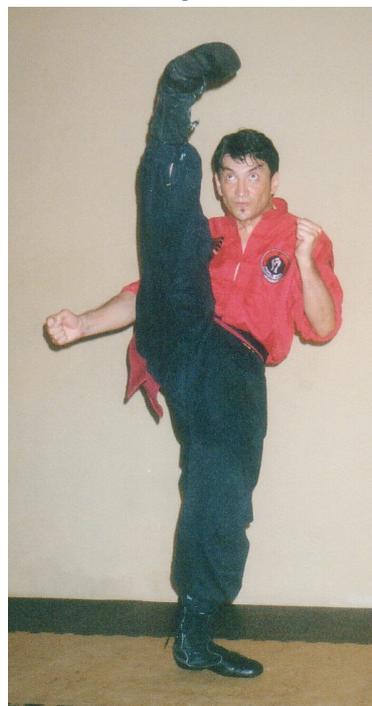
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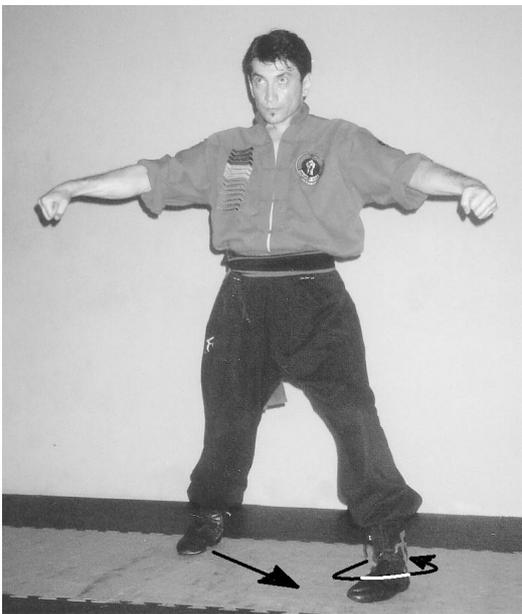
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6. The defensive technique of “Sima Keyetto”:

This technique like the foot technique of “Horayma Keyetto” is used both for defense and attack. It is done in the both standing and laying down position, by the outer edge of the foot. (Pictures 1 to 9)

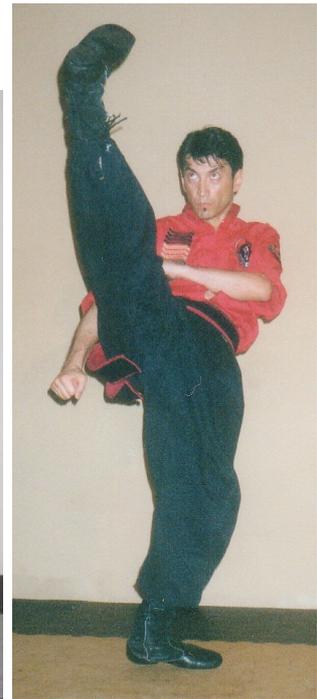
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7. The defensive technique of “Osaya Keyetto”: These techniques like those of “Horayma Keyetto” and “Sima Keyetto” is used both for defense and attack. Besides, it is done in the both standing and laying down position, by the outer edge of the foot. (Below Pictures)



The most important attacking techniques of foot

As we put it earlier in the hand technique section regarding “shock” technique, the term “Shock” or “Locked the Technique” means pressing the attacking or defensive techniques whether with hand or foot to a favourite point in the air which this action is not only for the beauty, power, and the speed of certain strikes, but speaking of experience, they keep the joints from getting hurt during the shadow technique performance and make practitioners in older age to keep practicing as well.

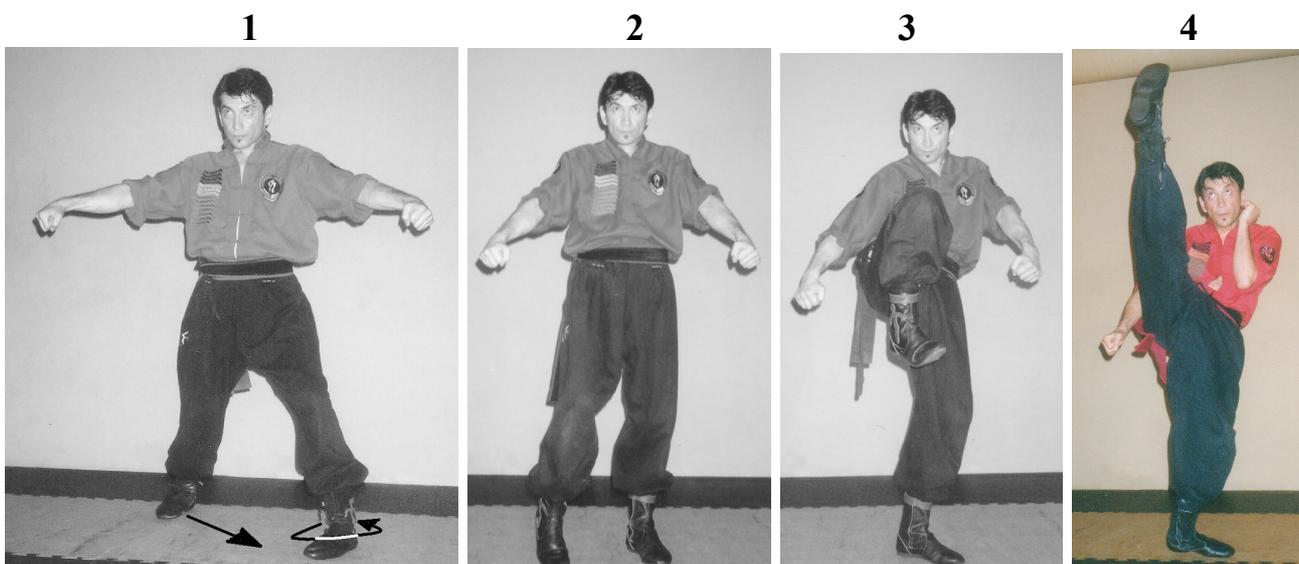
The experience has shown that the performance of “snap kicks” in the air (without Shock) would hurt the knee ligament which leads to water on the knee.

To strengthen the muscles and leg joints, it is recommended to wear shoes or heavy boots like those of soldiers’ instead of hanging heavy weights on the ankles which add pressure to the knees. Note that in the performance of intense strikes of the foot techniques with the opponent or other martial art equipment like punch bag, exercise board, kick pad, focus Mitt etc. we don’t need “shock”.

Note: the term “Keyetto” which almost exists in the names of all foot strikes in TOA martial art, in fact means “who are you?” which makes the practitioners to think deeply so as to know themselves.

1. Attacking technique of “Keyetto”: This technique is done through different standing positions. For example, in the standing position of “Rato” we drag the behind leg toward the front leg and without any pause the ball of the foot would move toward the front and in the target point it would be kicked. Instantly after the performance of the foot techniques it would get back to its “Rato” position. For a better balance of the body on one foot, the knee of the below leg would bend. The strength gaining of this strike is from the muscles of hip, stomach, and body rotation.

The most important attacking points of the “Keyetto” strike are in the stomach or chest centre or the face of the opponent vary. (Pictures from 1 to 16)



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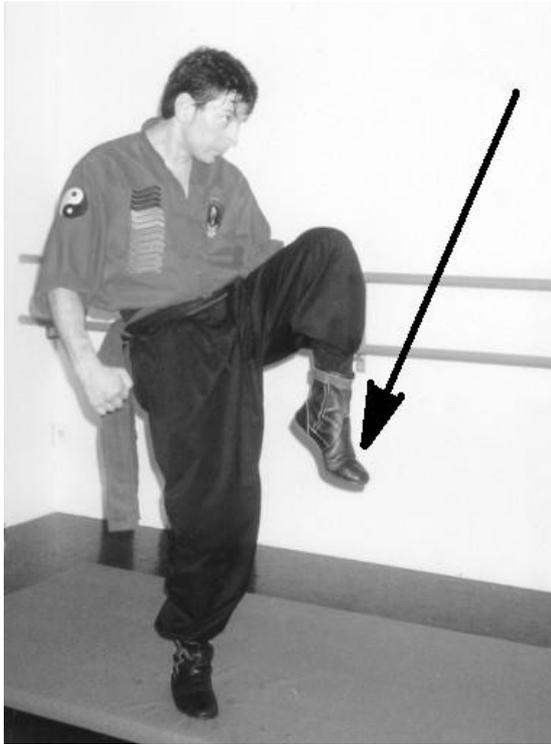


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The striking point is "Ball of the Foot"



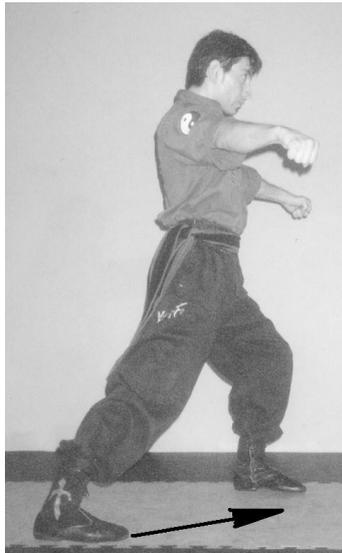
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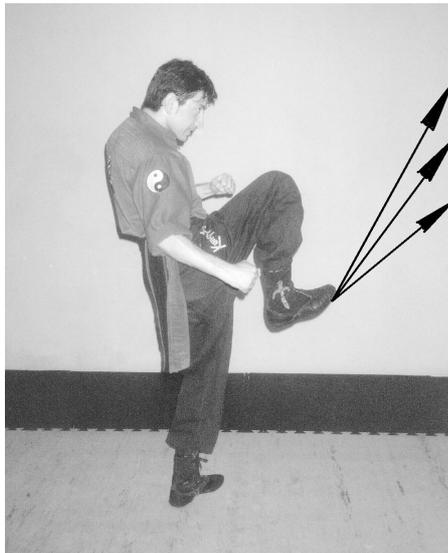
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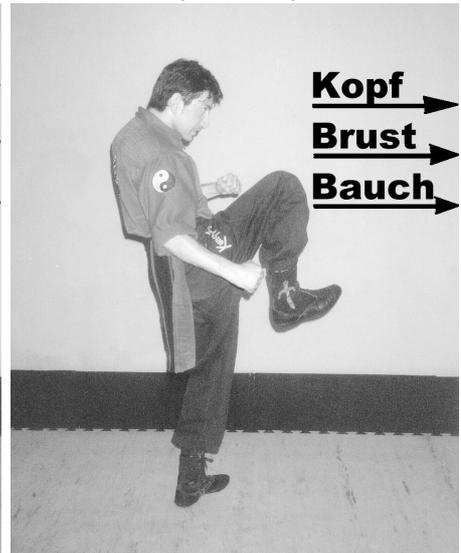
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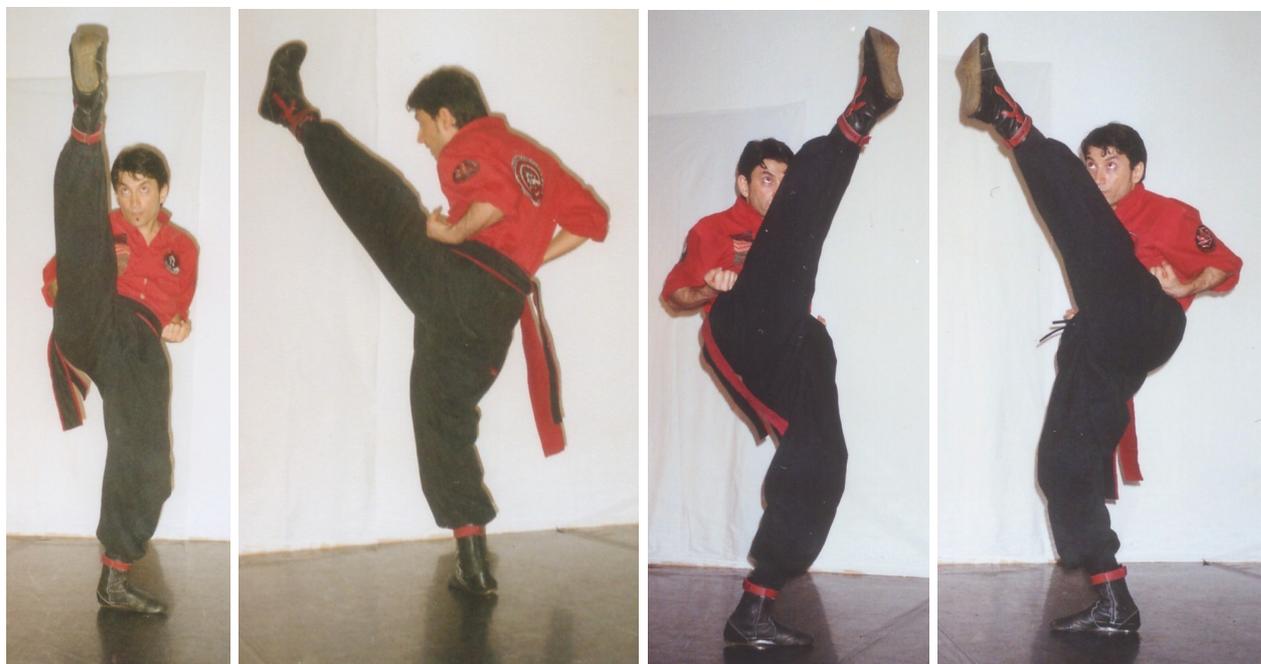
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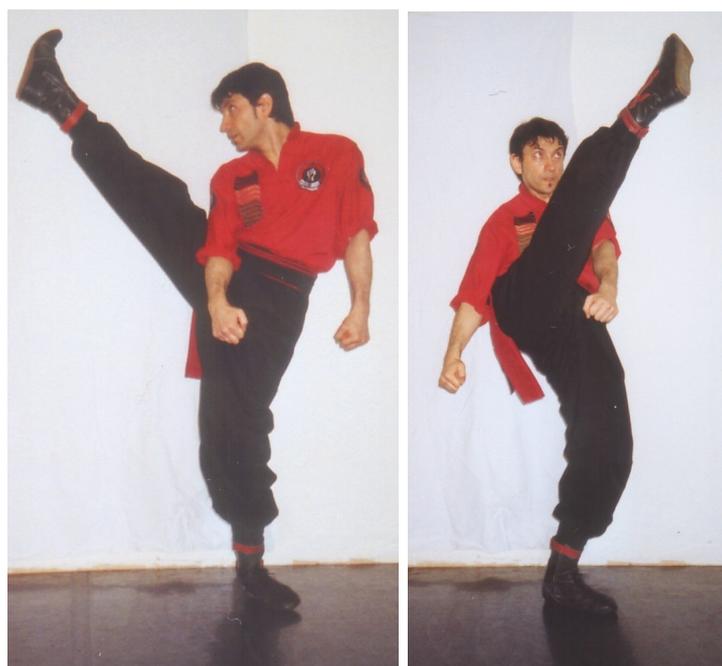
16 Face, Chest, Stomach



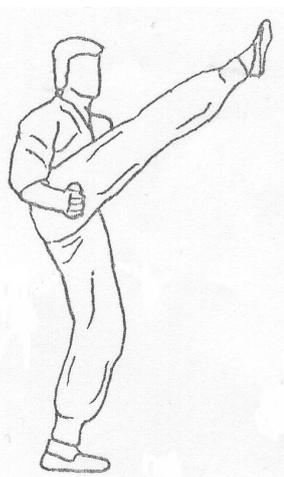
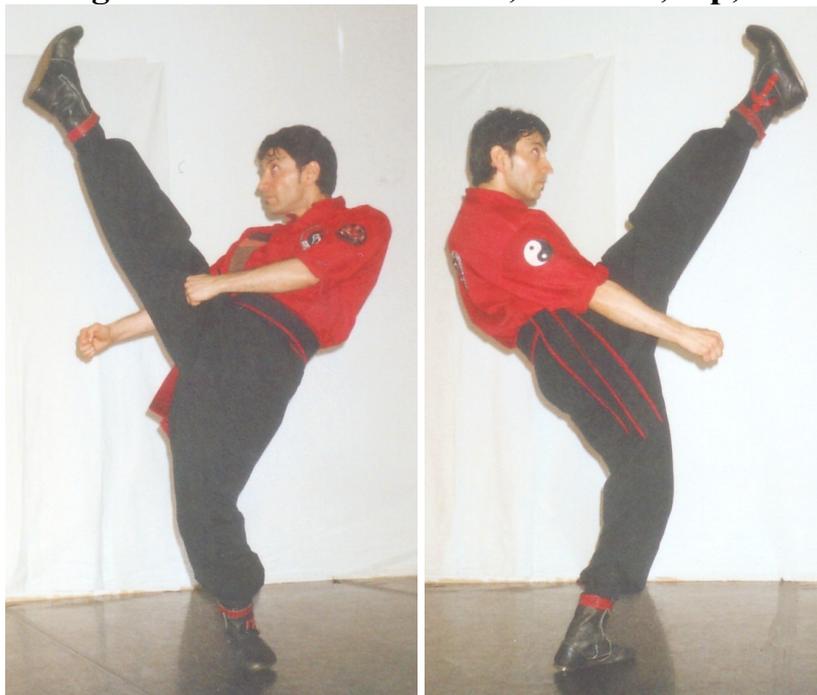
“Keyetto Ana-Toa”: This foot technique is performed in the first form of “Ana-Toa” and “Ana-Toa Sabz”. And its reaction is with dragging of hands from the “Sen-Se-Sero” to the body sides. Not only does “Keyetto Ana-Toa” fortify the accuracy and the influence of the “Keyetto” strike in the central point (the target point) of the front part of the body, but it strengthens the body muscles at the same time during the performance of this technique.



“Keyetto Sefr” or “Zero Keyetto” in the third form “Su-To”: The performance of the “Zero Keyetto” technique is done on the right and left direction of the body. In the performance of the “Zero Keyetto” the body front or “chest” is posed to the front and the body does not rotate in the direction of the strike (the direction of right and left side).

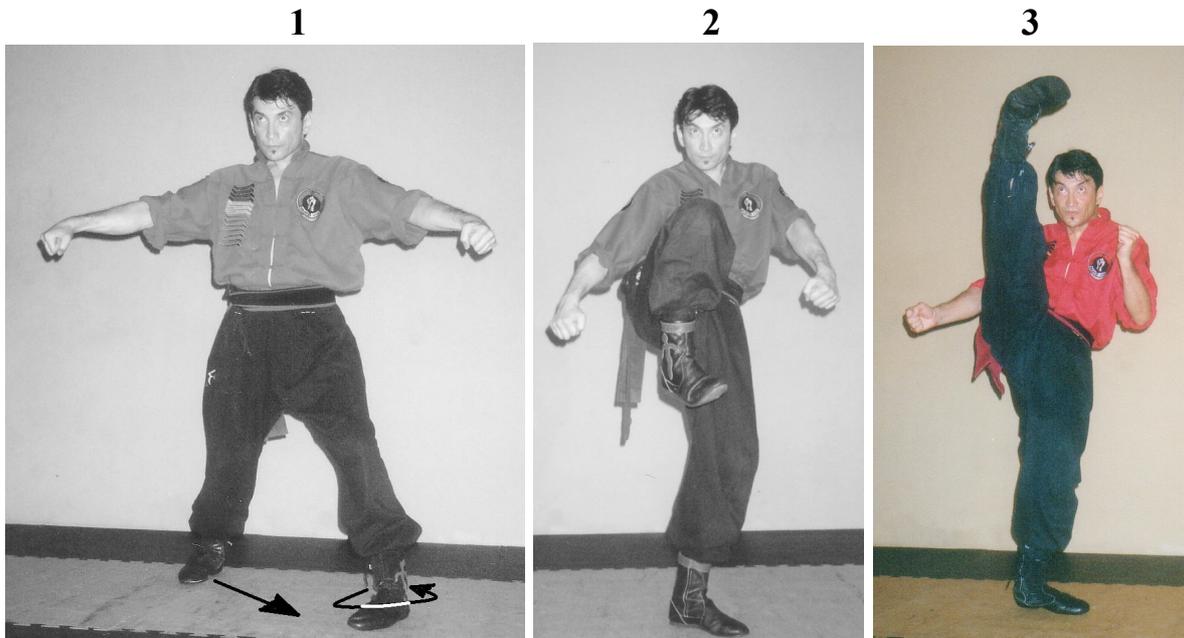


Note: Moving the upper body to the back in the practice performance of both feet in “Keyetto” would strengthen the muscles of waist, stomach, hip, and feet.





2. The attacking technique of “Horayma Keyetto”: This technique like “Keyetto” strike is done through different standing positions. For example, in standing position of “Rato”, the behind foot is dragged toward the front leg and without pause moves with the inner curve of the foot toward the front (a little from outside to the inside) and would be kicked in the favoured point. Instantly after performing the technique, the leg will get back to the “Rato” position in the same direction. The below knee is bent a little to keep the balance of the body on one leg. The strength gaining of this strike like “Keyetto” strike is from the muscles of hip, stomach, and body rotation. The most important attacking targets of “Horayma Keyetto” are in the head and the upper body of the opponent. (Pictures 1 to 13)



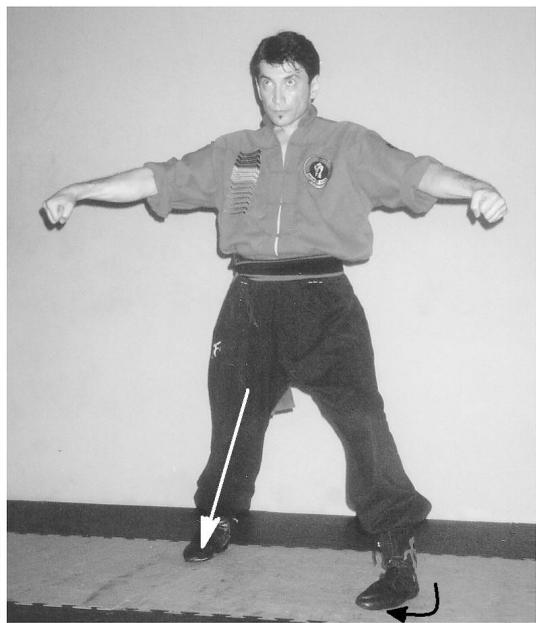
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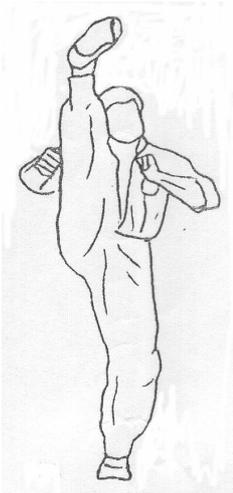
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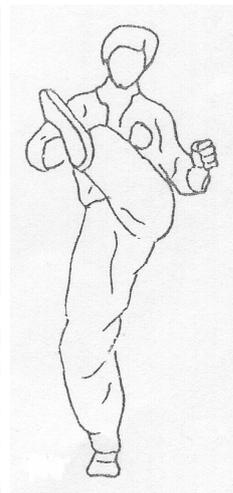
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“Horayma Keyetto” in the second form of “Ata-Do” is done in the following order:
The fist is placed under the thigh of the striking leg which covers lower stomach parts and the other hand will perform the defensive technique of “Orato”.

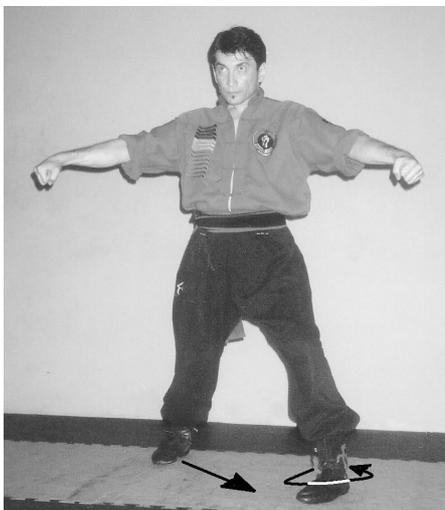
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3. The attacking technique of “Sima Keyetto”: This technique like “Keyetto” strike is done through various standing positions. For example, in the “Rato” standing position, the behind leg is dragged toward the front leg and without any pause moves with the foot outer edge to the body front and is pressed in the favoured point. The best striking state of “Classic Sima Keyetto” is with the right leg which moves from the inner body direction to the right shoulder or with the left foot from the inner body to the left shoulder. Instantly, after the performance of the technique, foot would get back to the “Rato” standing position. To keep balance of the body on one leg, the below leg knee is bent. The strength gaining of this strike is from the muscles of hip, stomach, and body rotation.

The most significant attacking strikes of “Sima Keyetto” are heads and the upper body. (Pictures 1 to 6)

1



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5



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4. The attacking technique of “Horayad Keyetto”: This technique like former strikes is done through various standing positions. In “Rato” standing position, the behind leg moves toward the front leg and without any pause with the ball of the foot moves ahead (from outside to the inside) and is kicked in the favoured point. Instantly, after performing the technique, the foot gets back and then again to the “Rato” standing. In this technique the hip is out and the body stands vertically. To keep the balance on one foot, the knee of the below leg is straight.

The strength gaining of this strike like the former strikes are from the muscles of hip, stomach, and body rotation. The attacking targets of “Horayad Keyetto” are head and the opponents’ upper body parts. (Pictures from 1 to 5)

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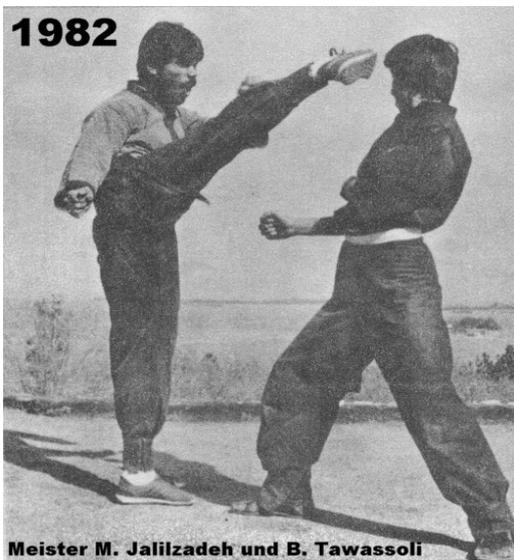
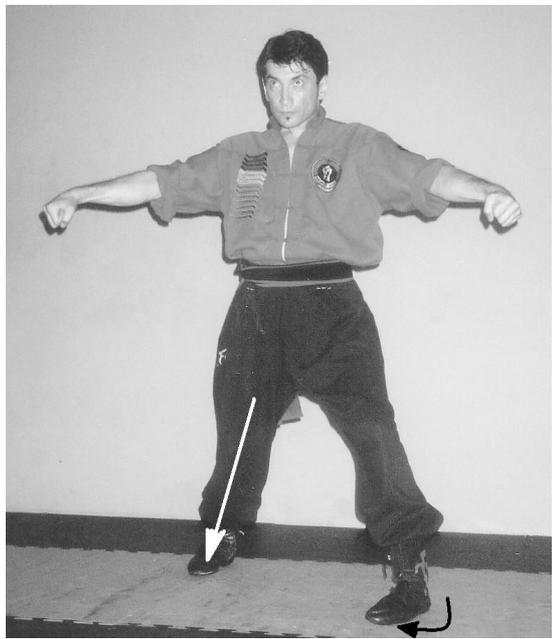
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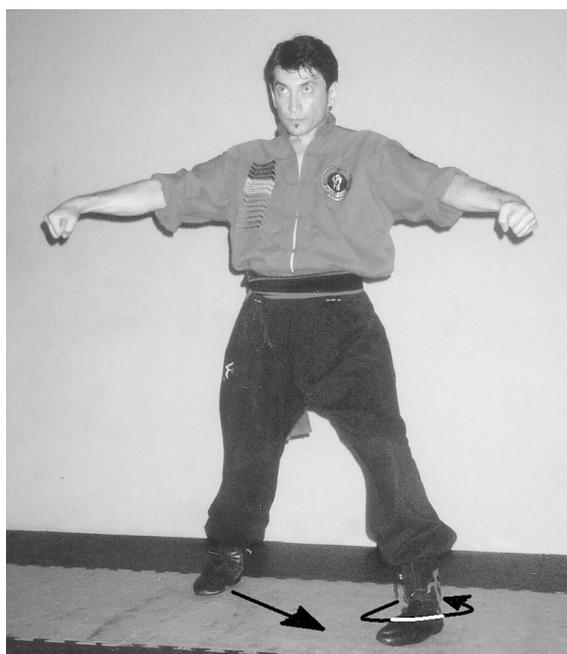


Meister M. Jalilzadeh und B. Tawassoli

5. The attacking technique of “Hammer Kick”: This technique like other strikes is done through various standing positions. For Example in “Rato” standing position, the behind leg moves towards the front leg and without any pause the heel moves to the head and gets kicked in the favoured point. And then the striking leg moves from top to bottom with power like hammering and again gets back to the “Rato” standing position. To keep the balance on one foot, the knee of the below leg is bent. The power gaining of this strike like former strikes is from the muscles of hip, stomach, and body rotation. The targeted areas for this strike are head top, face, chest, and thigh. (Pictures 1 to 9)

Note: the attacking technique of “Hammer Kick” is performed towards the front with “Ball of the Foot” too, and in this state the strike is hit the opponent from a further distance.

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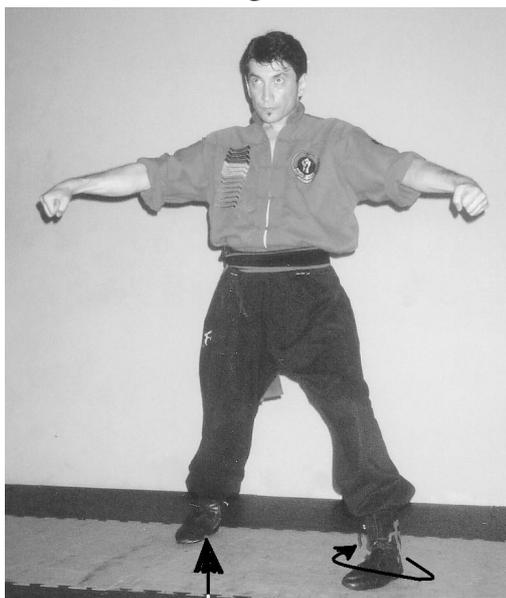
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6. The attacking technique of “Yette Keyetto”: This technique is performed much easier in the standing positions like “Horayma-Rato” or “Yette-Rato”. For example, in standing position of “Yette-Rato”, the closer leg to the target is dragged towards the other leg and without any pause, the heel moves to the body side and is kicked in the favoured point. At the same time, the body moves against the direction of the strike. Instantly, after the technique is performed, the foot moves backward (the knee is upward) and again gets to the standing position of “Yette-Rato”. To keep the balance on one foot, the knee of the below leg is straight. The power gain of this strike is from the muscles of hip, stomach and body rotation. The targeted areas of this strike are stomach, chest, body sides, neck, and the opponent’s head. (Pictures of 1 to 6)

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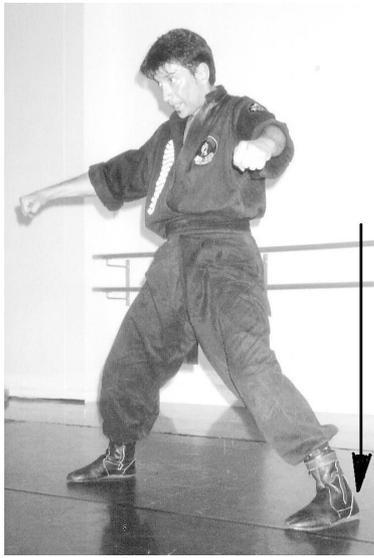
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**1984 Tehran
at home**



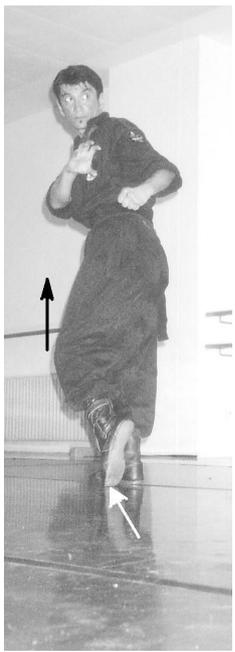


7. The attacking technique of “Osaya Keyetto”: this technique is performed in standing positions like “Rato” or “Non-Classic Rato”. For example, in standing position of “Rato”, the head moves back and observes the back direction. And then, the closest foot to the target (the behind leg) moves towards the other one (the front leg) and without any pause will hit the back of the body with the heel and is kicked in the favoured point. At the same time, the body moves against the strike (front). Instantly, after the technique performance, the foot moves backward (the knee is upward) and again gets to the standing position of “Rato”. To keep the balance on one foot, the knee of the below leg is straight. The power gain of the strike is from the muscles of hip, stomach and body rotation. The targeted striking areas of “Osaya Keyetto” are opponent’s stomach, chest, body sides, neck, and head. (Pictures of 1 to 6)

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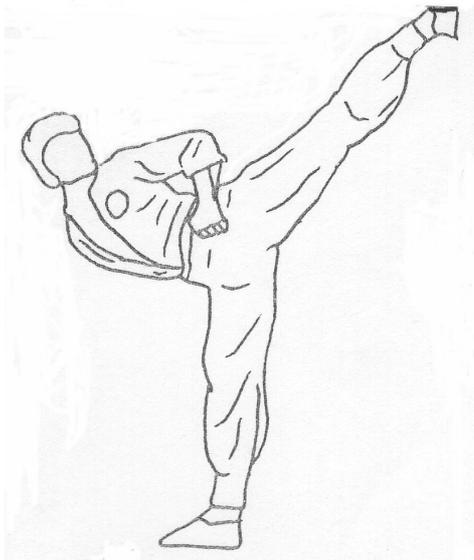


6



1981 Tehran





8. The attacking technique of “Yad Keyetto”:

This technique is performed in standing positions like “Horayma-Rato” or “Yette-Rato”. For example, in the standing position of “Yette-Rato”, the closer foot to the target moves towards the other leg and without any pause goes to the body side (from outer direction to the inner one) and is kicked in the favoured point. At the same time, body moves against the direction of the body. Instantly, after technique performance, the foot moves backward and again gets to the standing position of “Yette-Rato”. To keep the balance of body on one foot, the knee of the below leg is straight. The power gain of this strike is from the muscles of hip, stomach and body rotation. The targeted areas of this strike are opponent’s head, neck and body side. (Pictures of 1 to 8)

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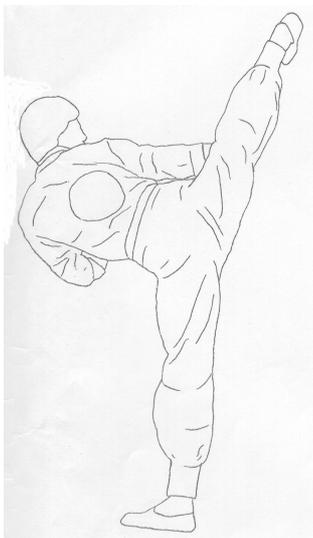
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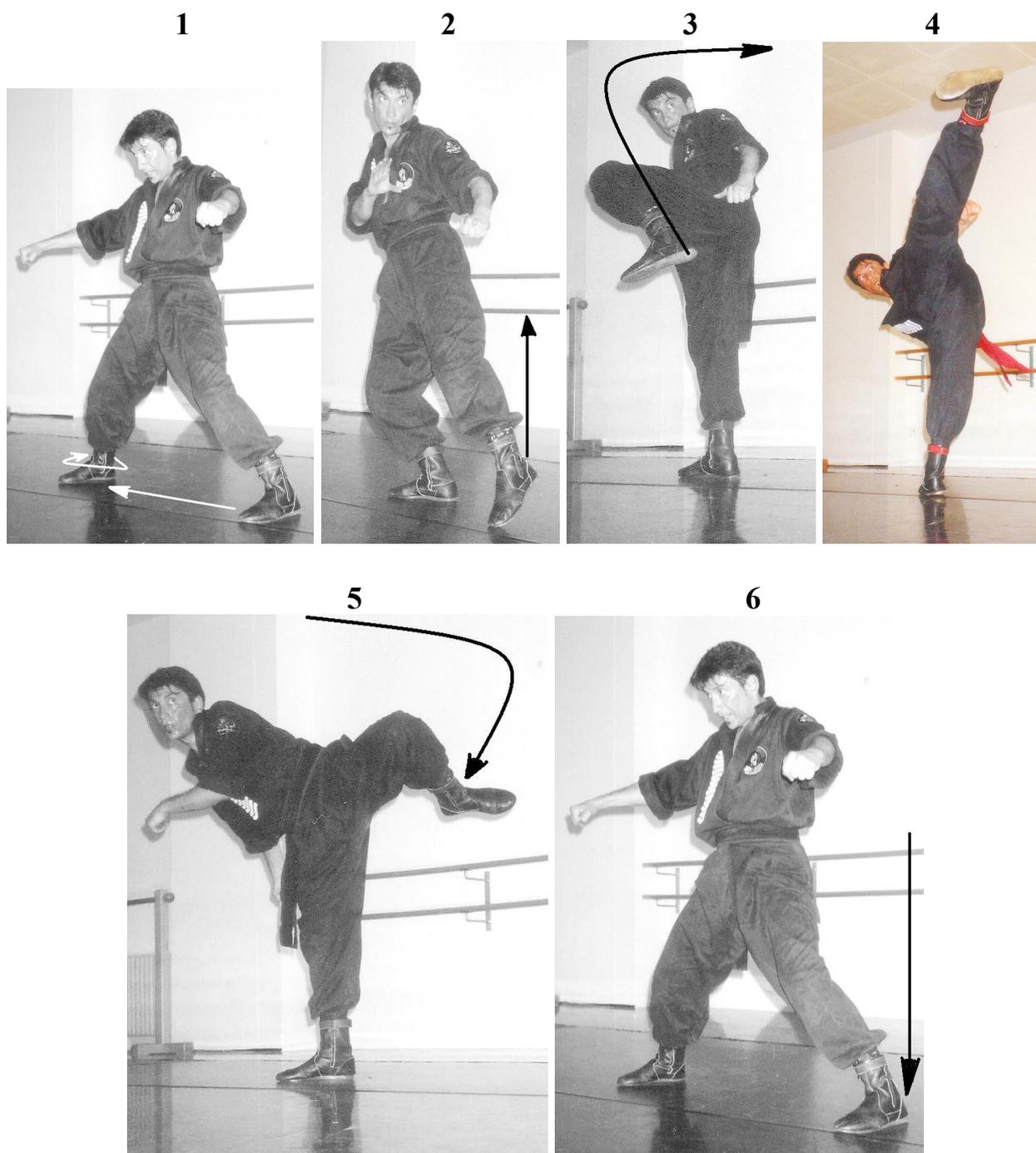
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9. The attacking technique of “Yette Boreshi” or “Hook Yette Keyetto”: This technique is performed in the standing positions like “Horayma-Rato” and “Yette-Rato”. For example, in “Yette-Rato” standing position, the closer foot to the target, moves towards the other leg and without any pause it moves towards body side (from outward to inward) and is kicked in the favoured point. At the same time, the body moves against the direction of the strike. Instantly after the performance of the technique the foot moves backward and again gets to the standing position of “Yette-Rato”. To keep the balance of the body on one foot, the knee of the below leg is straight. The power gain of this strike is from the muscles of hip, stomach, and body rotation. The targeted areas of this strike are opponent’s head, neck and body side. (Pictures of 1 to 8)



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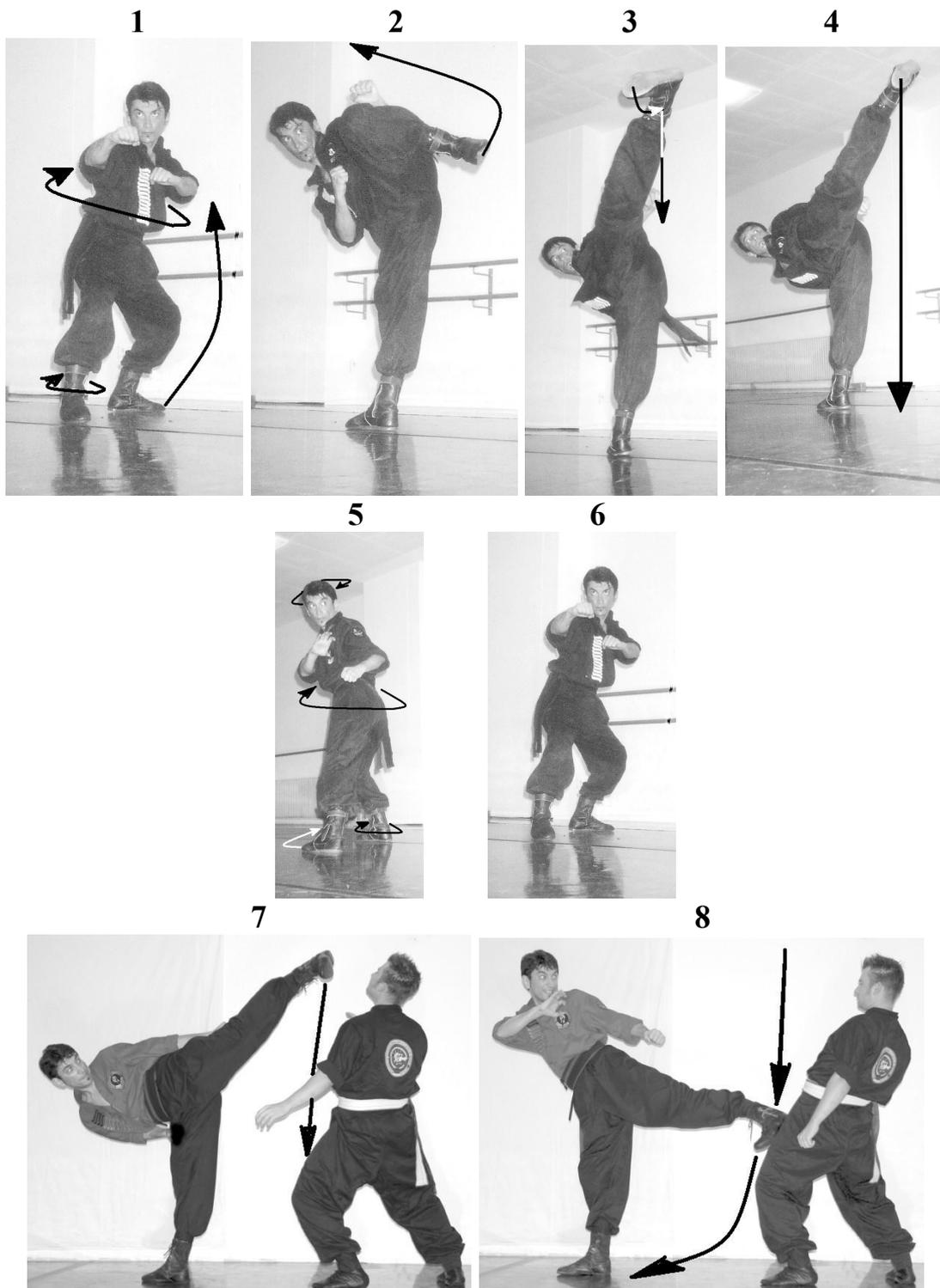
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**1984 Tehran
at home**

10. The attacking technique of “Hammer Yad Keyetto”: This technique is performed in the standing positions like “Horayma-Rato” or “Cat style standing”. For example in “Horayma Rato” standing position, the behind leg moves to the front and perform the “Yad Keyetto” technique in front of the body. And then, with the help of the upper body (the body rotates from the waist) the “Yad Keyetto” strike is hit from top to bottom (with power like hammering) and again gets back to the “Horayma Rato” position.

To keep the balance on one foot, the knee of the behind leg is straight. The power gain of this strike is from the muscles of hip, stomach, and body rotation. The targeted areas of this strike are head, upper body, and the opponent’s upper part of thigh. (Pictures of 1 to 8)



11. The attacking technique of “Osaya Yad Keyetto”: This technique is performed in the standing positions like “Horayma-Rato” or “cat style standing”. For example, in “Horayma-Rato” standing position, the front leg rotates on the ball of the foot and the heel is placed in the direction of the strike. The behind leg without any pause after the rotation of the front leg with the heel like “Hook Yette Keyetto” technique moves from outside to inside and is kicked in the favoured point in front of the body. Simultaneously after the technique performance, foot continues its direction and moves backward and gets back again to “Horayma-Rato” standing position. To keep balance on one foot, the knee of the behind leg is completely straight. The power gain of this strike is from the muscles of hip, stomach, and quick body rotation. The targeted areas of this technique are the opponent’s head, neck and body sides. (Pictures of 1 to 9)



8



9



12. The attacking technique of “Osaya Sima Keyetto”: This technique is performed in standing positions like “Horayma-Rato” or “Cat style standing”. For example, in “Horayma-Rato” standing position, the front leg rotates on the ball of the foot and the heel is placed in the direction of the strike. The behind leg without any pause after the body rotation on the front leg would move with the outer edge of the foot and heel from outside to inside and is kicked in the favoured point in front of the body. Instantly after the technique performance, the foot pursues its direction and moves backward and gets back again to “Horayma-Rato” standing position. To keep balance on one foot, the knee of the behind leg is bent a little. The power gain of this strike is from the muscles of hip, stomach, and body rotation. The targeted areas of this technique are the opponent’s head, neck and body sides. (Pictures of 1 to 6)

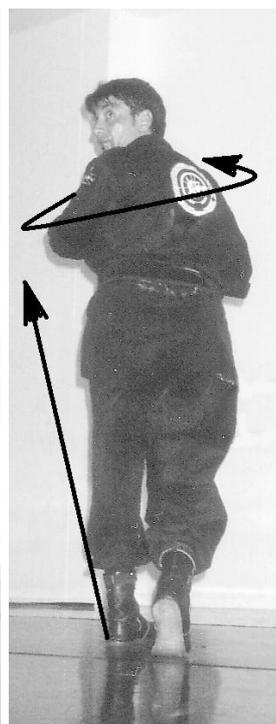
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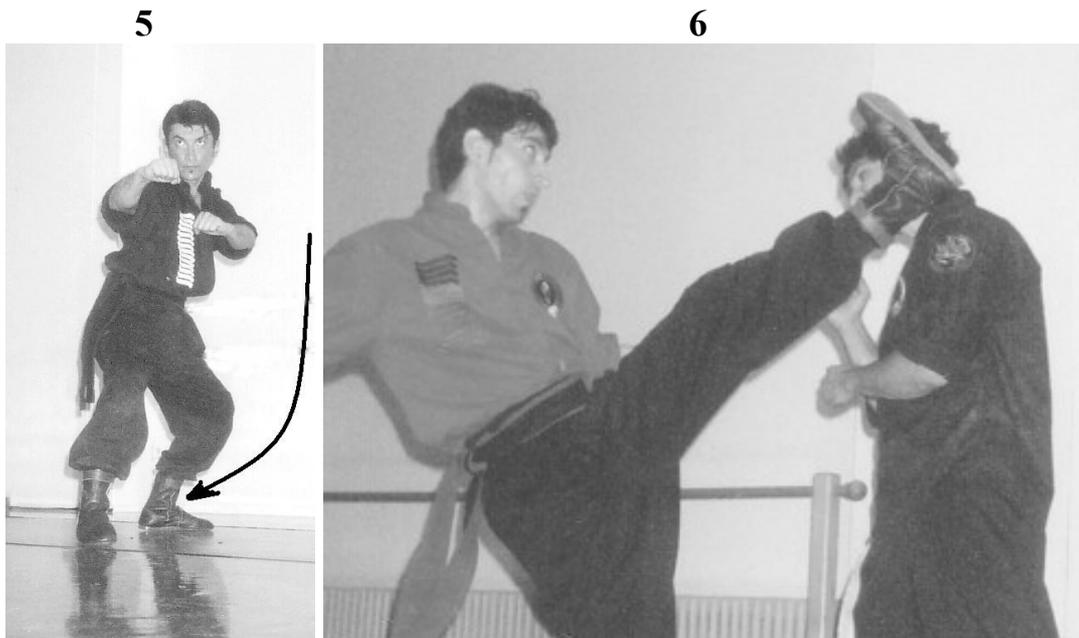


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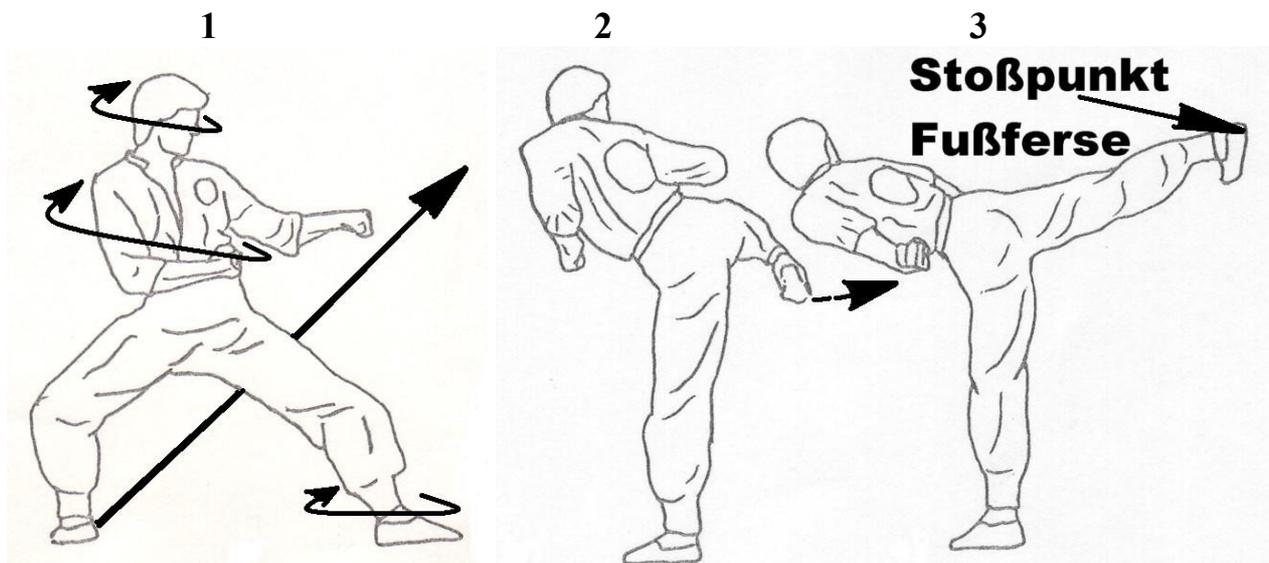


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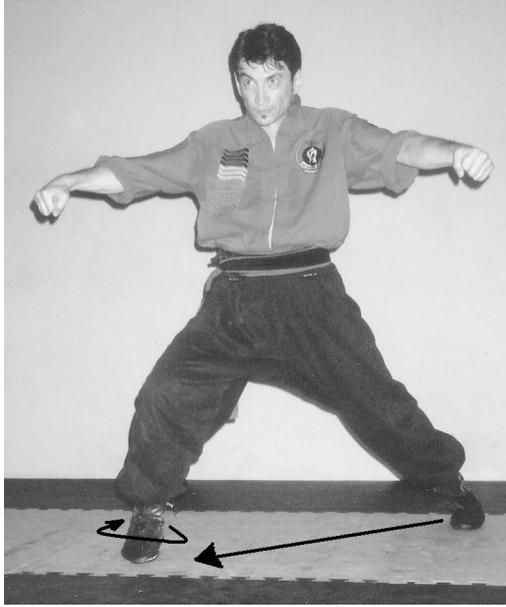
13. The attacking technique of “Osaya Osaya Yad Keyetto”: Like other rotational techniques, the body would rotate from the “Horayma-Rato” standing position on the front leg and with the behind heel the “Osaya” strike is performed. The targeted areas are the opponent’s head and stomach. (Pictures 1 to 3)



14. The attacking technique of “Haney Keyetto”: All the strikes which are done directly to the knee and thigh with the outer edge of the foot are called “Haney Keyetto”. And it is performed in three directions, i.e. front, side, and back. For example, in “Rato” standing position, the behind leg moves towards the front leg, and without any pause with the outer edge of the foot moves towards the body front and is blocked in the favoured point (knee or thigh). Instantly after the performance of the technique, the foot moves back and gets to “Rato” position. To keep balance on one foot, the knee of the below leg is bent. The power gain of this strike is from the muscles of hip, stomach, and body rotation. The hands can support and escort the attacking foot during the performance of this technique.

The attack of "Haney Keyetto" from the front (Pictures of 1 to 6)

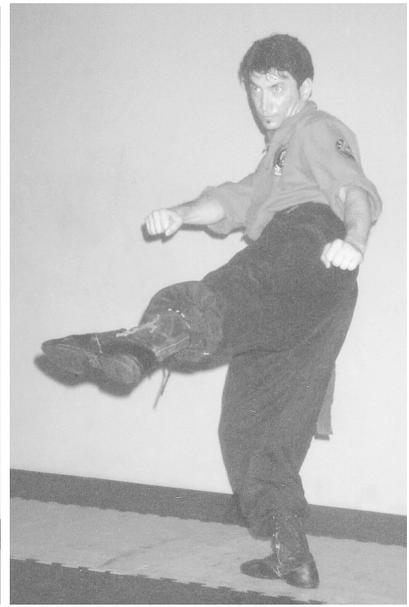
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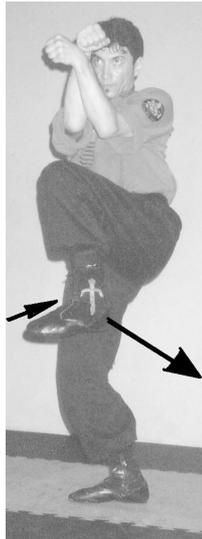
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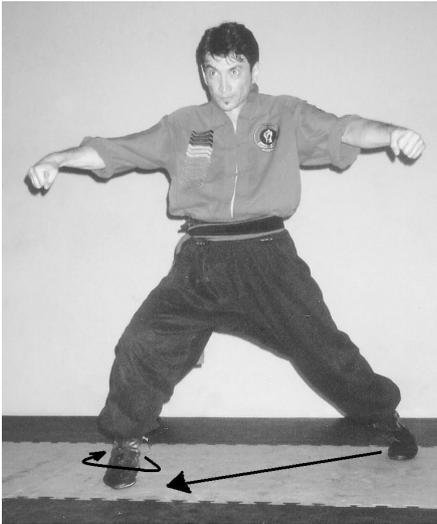


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The attack of “Haney Keyetto” from the side (Pictures of 1 to 6)

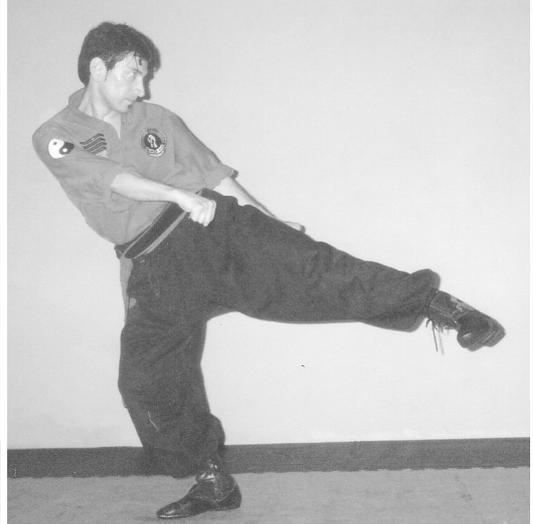
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6



The attack of “Haney Keyetto” from the back (Pictures of 1 to 8)

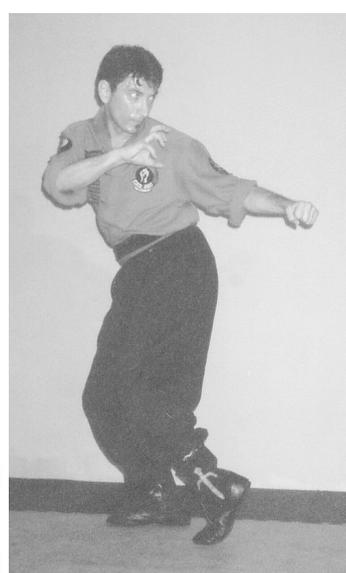
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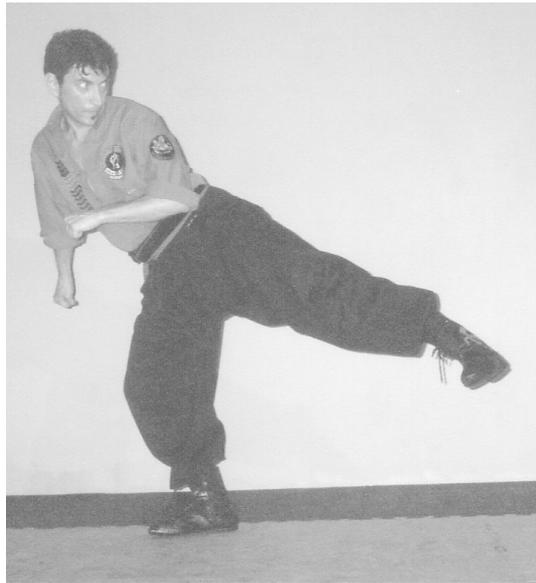
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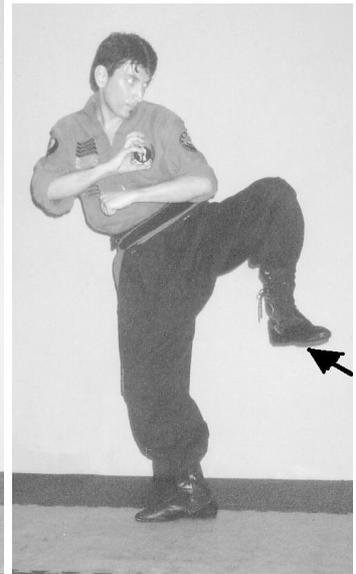
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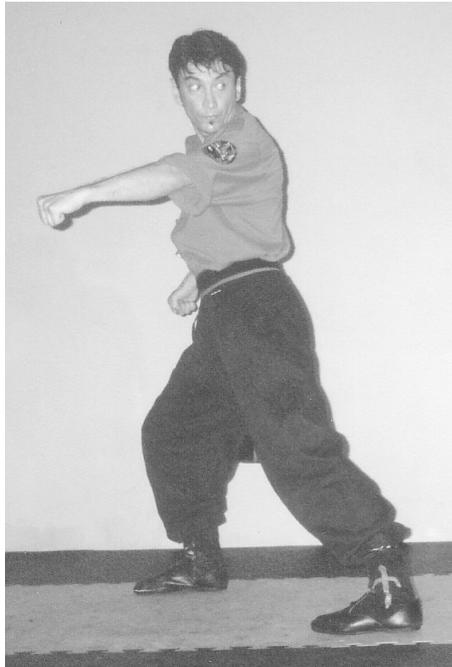
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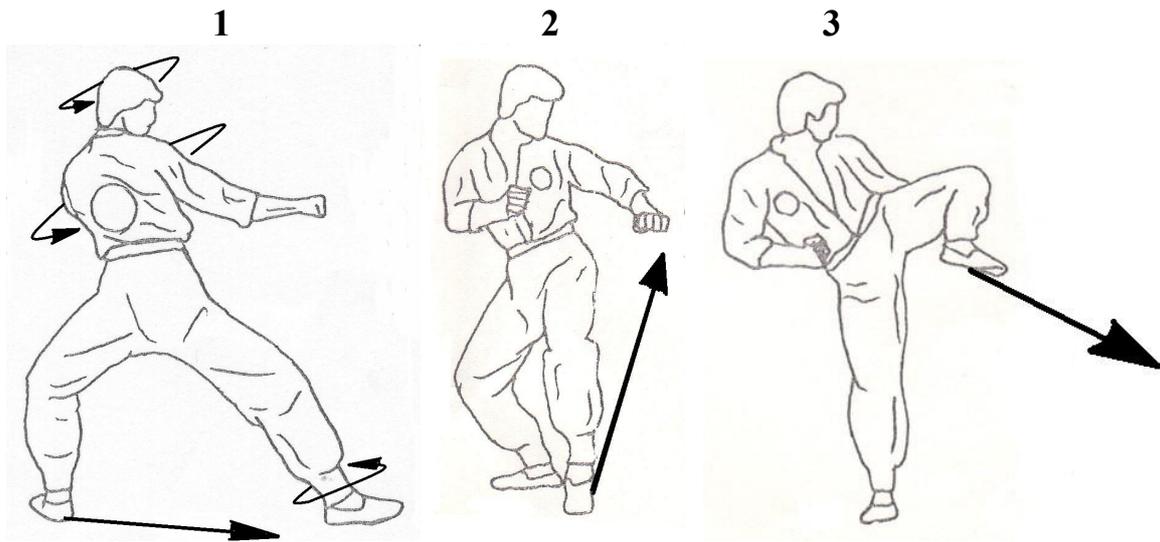
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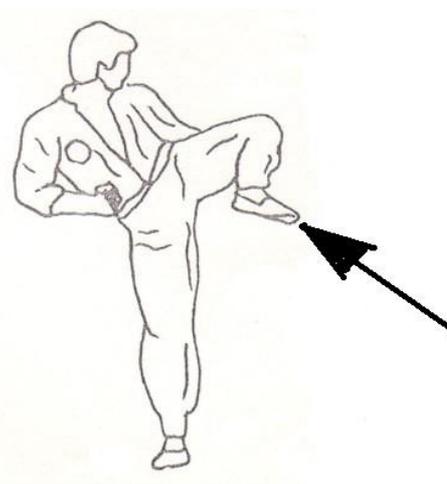
15. The attacking technique of “Haney Osaya Yad Keyetto”: in this technique like other rotating techniques, the body Rotates on the front foot from the “Horayma-Rato” standing position and with the outer edge of the behind foot we would perform a direct “Haney Keyetto” strike on the opponent’s knee and thigh. (Pictures 1 to 8)



4 outer edge of the foot



5



6

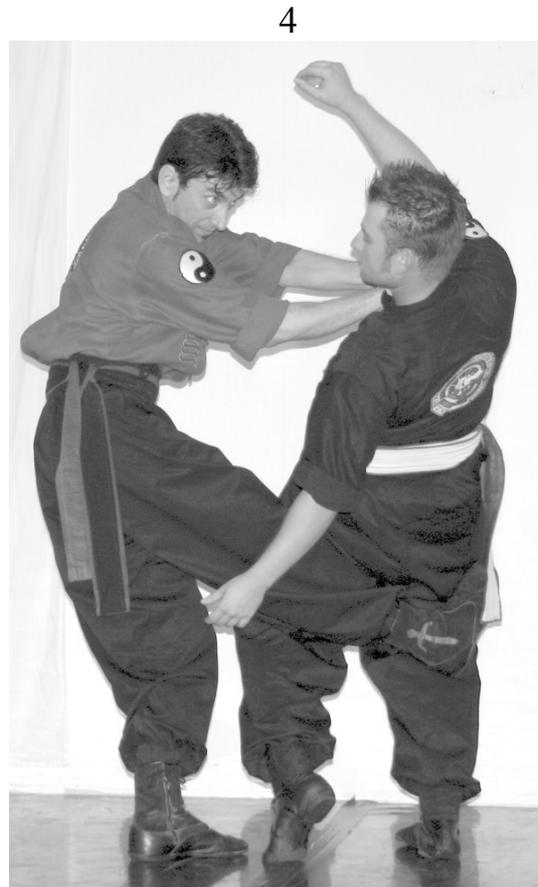
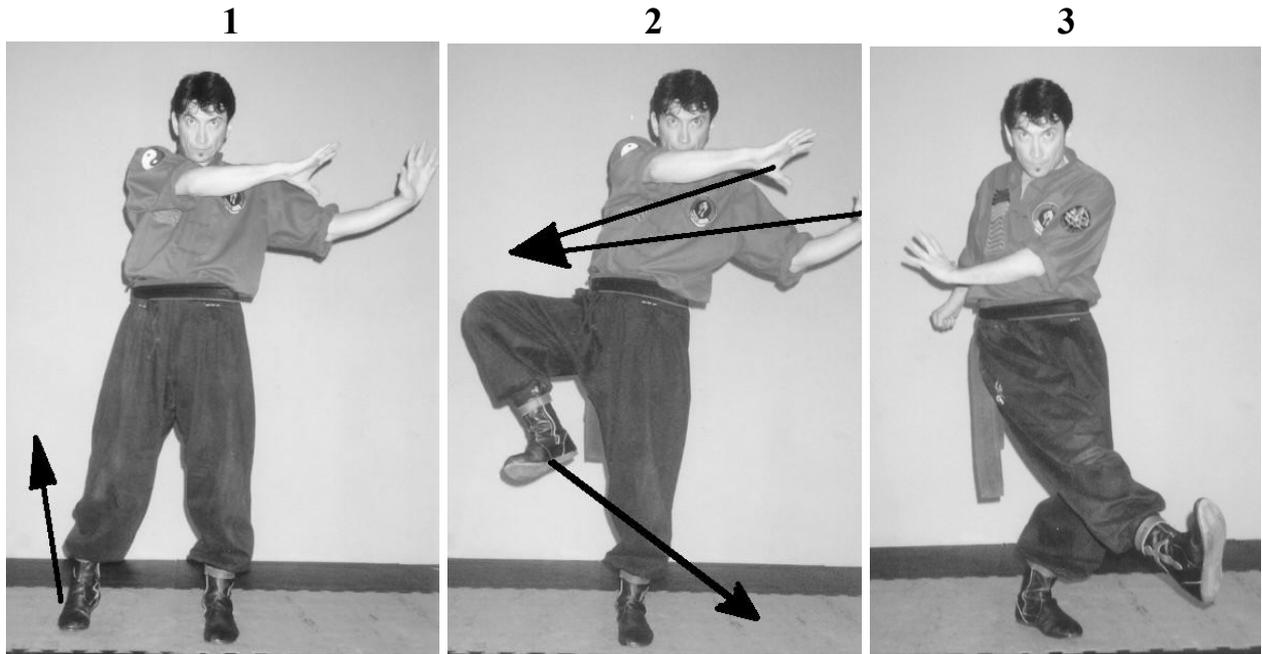
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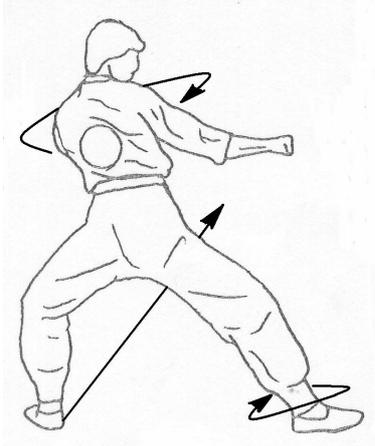
16. The attacking technique of “Heyma Keyetto”: All the attacking strikes which are performed as the hitting and sweeping (sweeping the opponent’s foot on the ankle, thigh side, and knee) are called “Heyma Keyetto” and are performed in three states.

The first type ”Heyma Keyetto”: from the front body with curve side of foot attack and sweep the opponent’s foot and at the same time, we will drag the opponent against the direction of the “Heyma Keyetto” and sweep him as low as possible. In order to keep balance on the ground the foot on the ground is bent a little. (Pictures of 1 to 4)

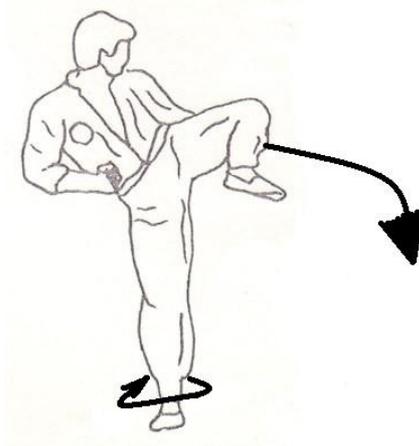


The second type of “Heyma Keyetto”: The below Pictures show that this kick is Performed with the help of the behind leg and the rotation on the front leg. The opponent’s leg from sides is swept with shin and top of the foot. In order to keep balance, we bent the knee a little. (Pictures 5 to 10)

5



6



7 Shin and top of the foot



8



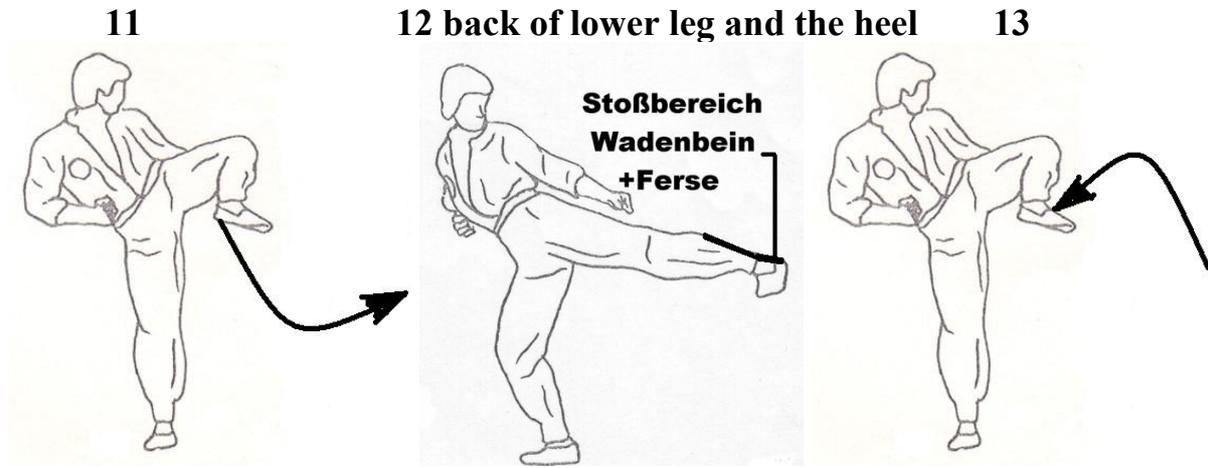
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The third type of “Heyma Keyetto”: With the use of the front leg, with the back of lower leg and Achilles’ heel, one will sweep the opponent’s foot as low as possible. To keep the balance, one has to bend the knee a little. (Pictures 11 to 14)

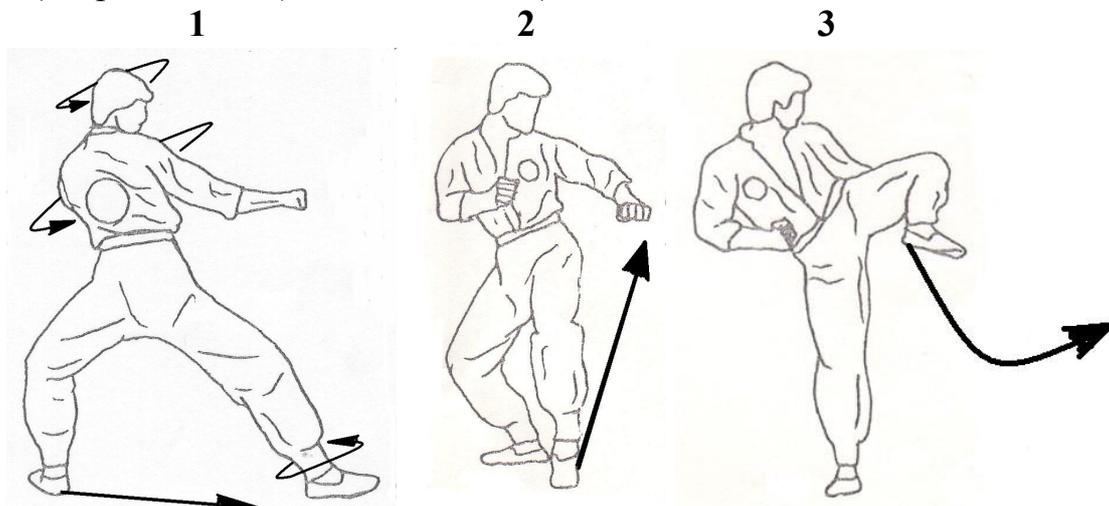


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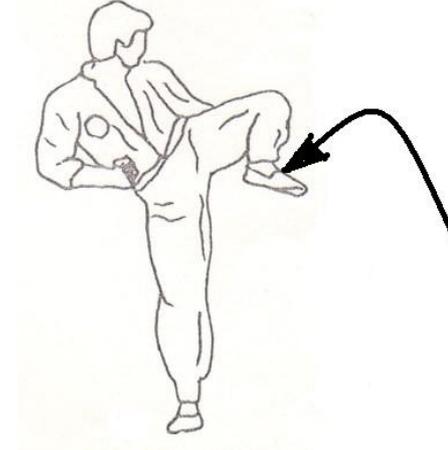
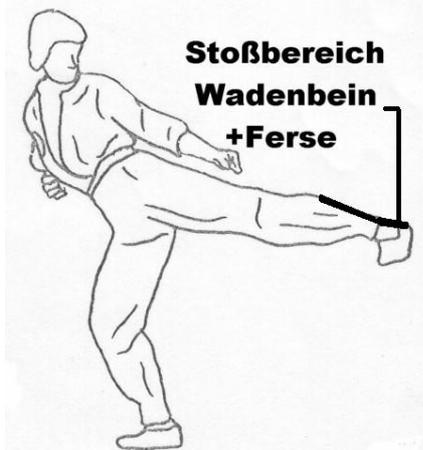
17. The attacking technique of “Heyma Osaya Yad Keyetto”:

like other rotating technique, in “Horayma-Rato” standing position rotating on the front leg and with the back of lower leg and Achilles’ heel of the behind foot, “Heyma Keyetto” (type three) is performed. (Pictures of 1 to 7)



4 back of lower leg and the heel

5



6

7



18. The attacking technique of “Nima Keyetto”: This strike is forbidden for attacking to the lower Stomach and also its usage in free fights. This strike is of two kinds:

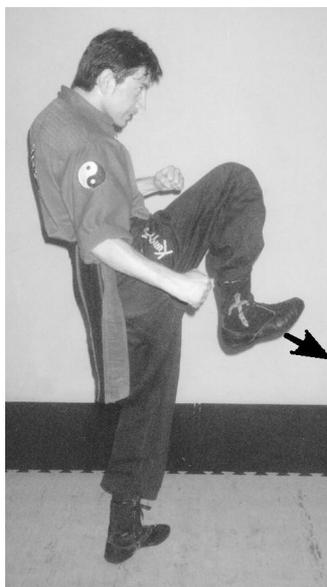
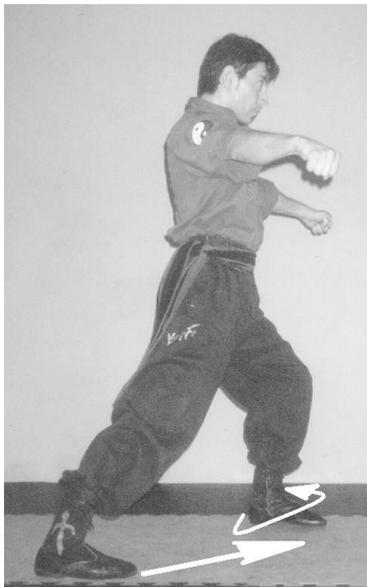
The first type “Nima Keyetto from the front”: This strike is done with the top of the foot from bottom to top and attacks between the opponent’s legs and then gets back. (Pictures 1 to 10)

Note: This technique is performed in the third form (Su-To).

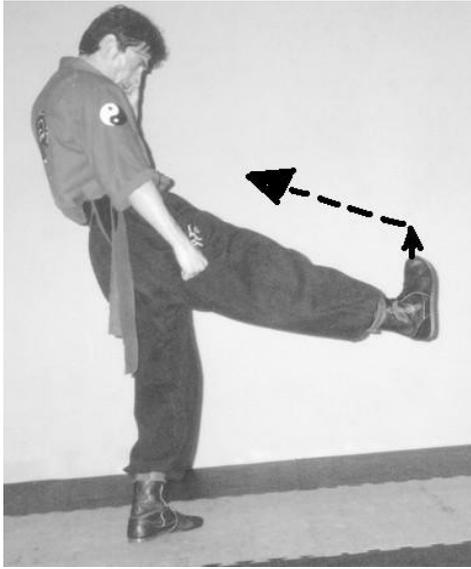
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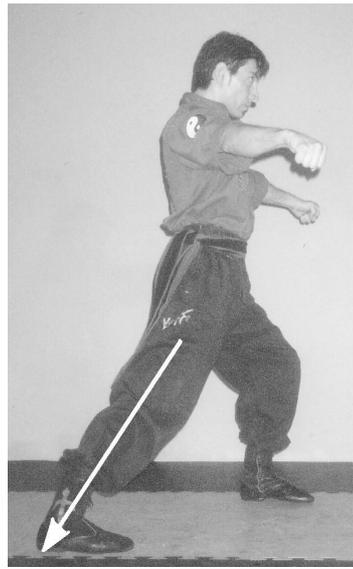
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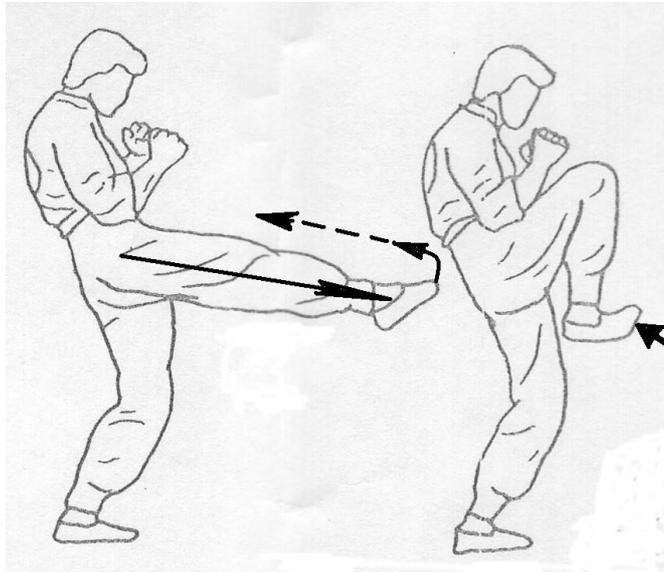
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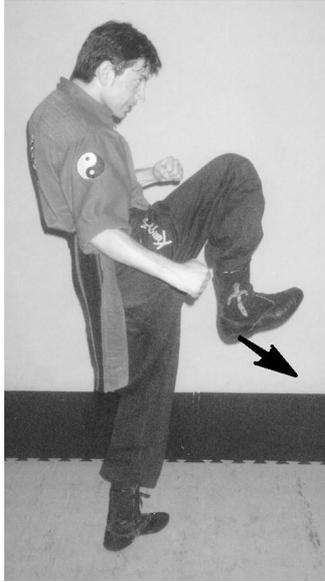
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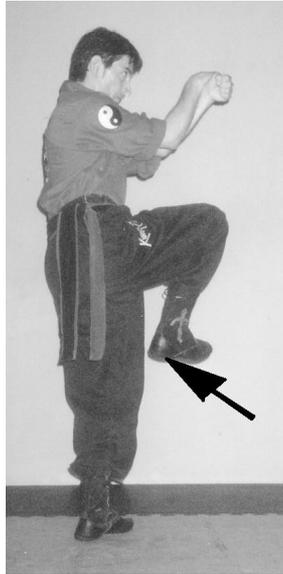
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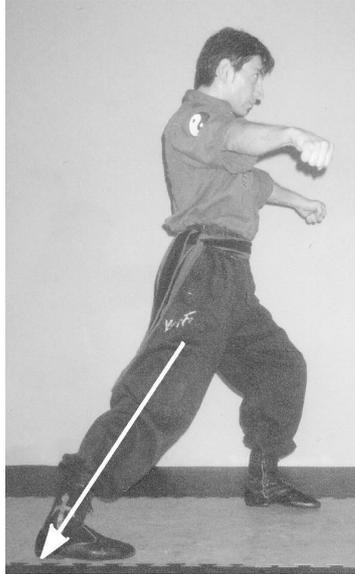
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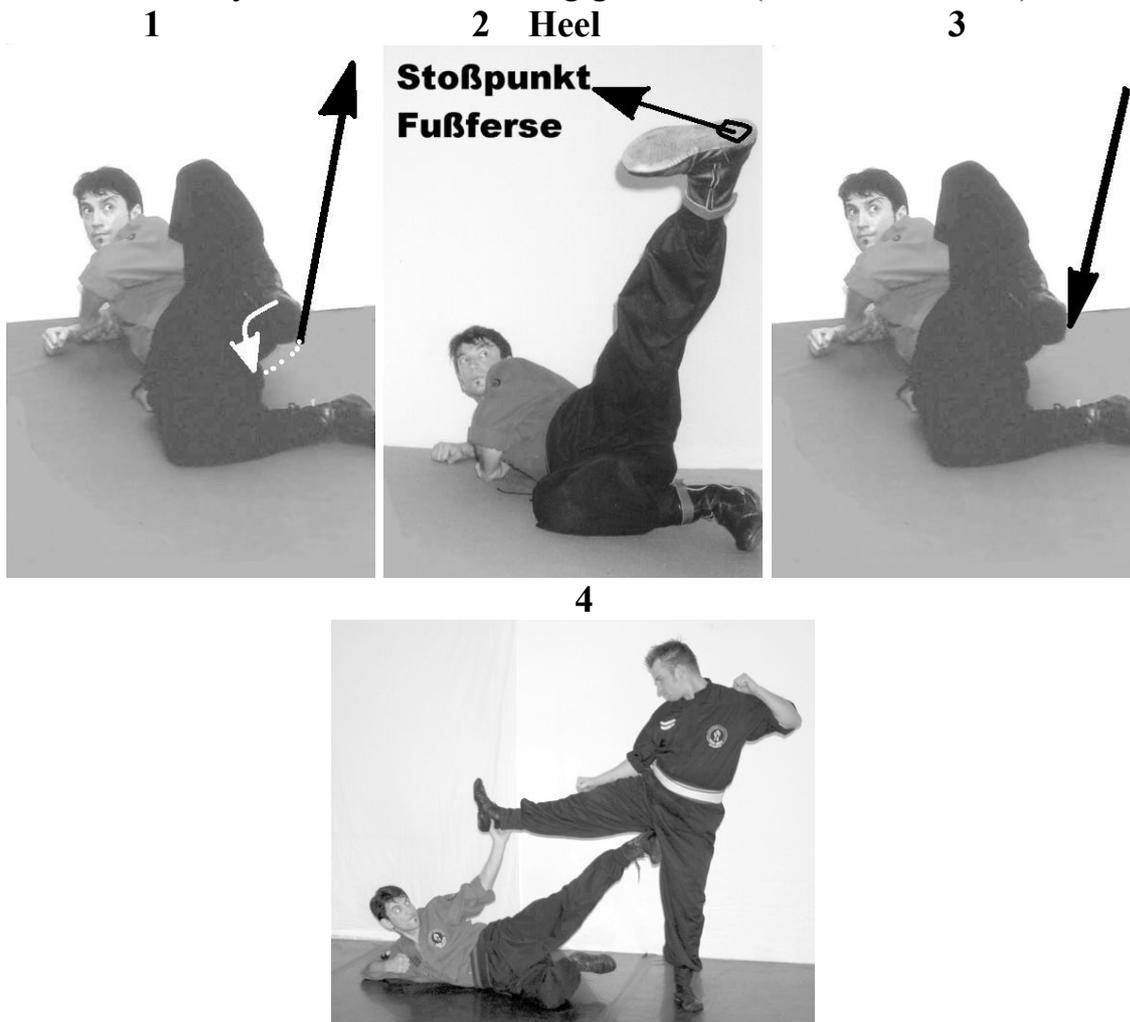
20. The attacking technique of “Oft Keyetto” or “Keyetto on the Floor”:

In case you are on the Floor, the direct strike of “Keyetto” will be performed lower stomach of the opponent and the other leg gets back. (Pictures of 1 to 3)

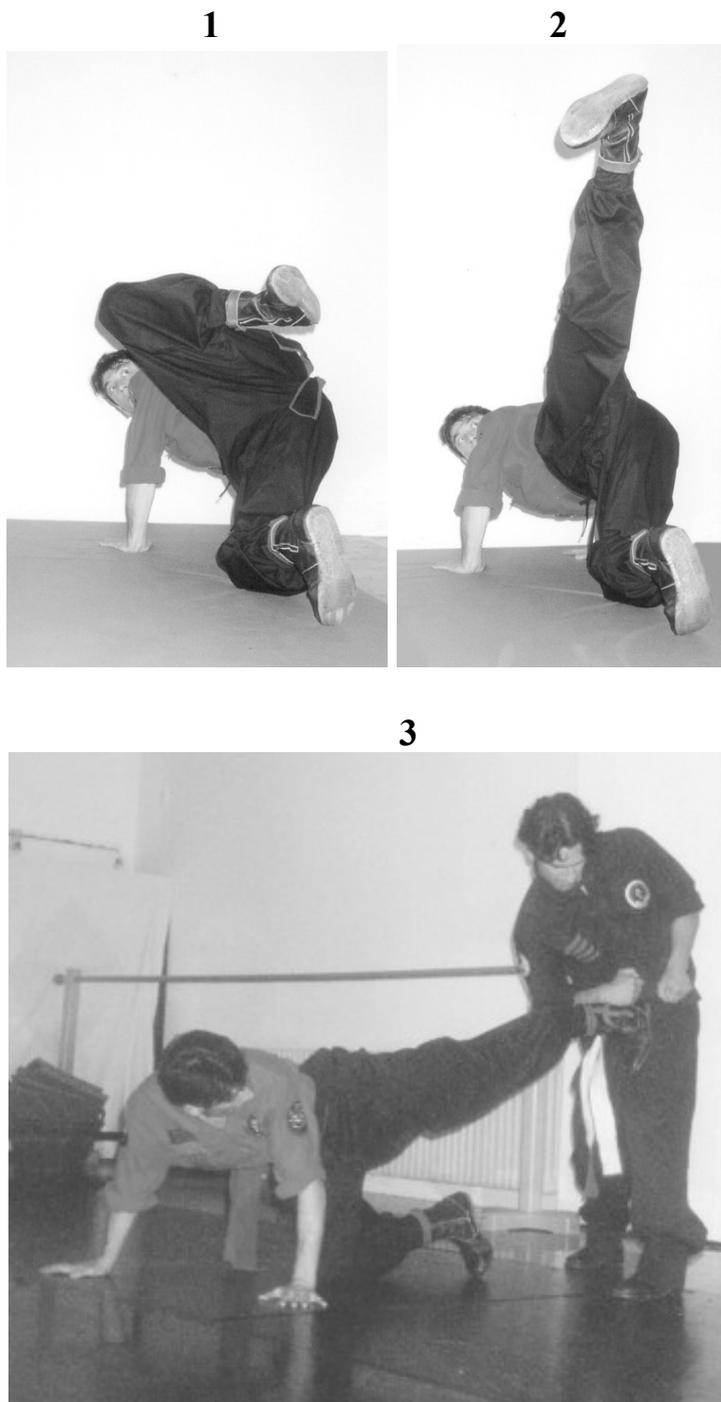


21. The attacking technique of “Oft Yette Keyetto” or “Yette Keyetto on the Floor”:

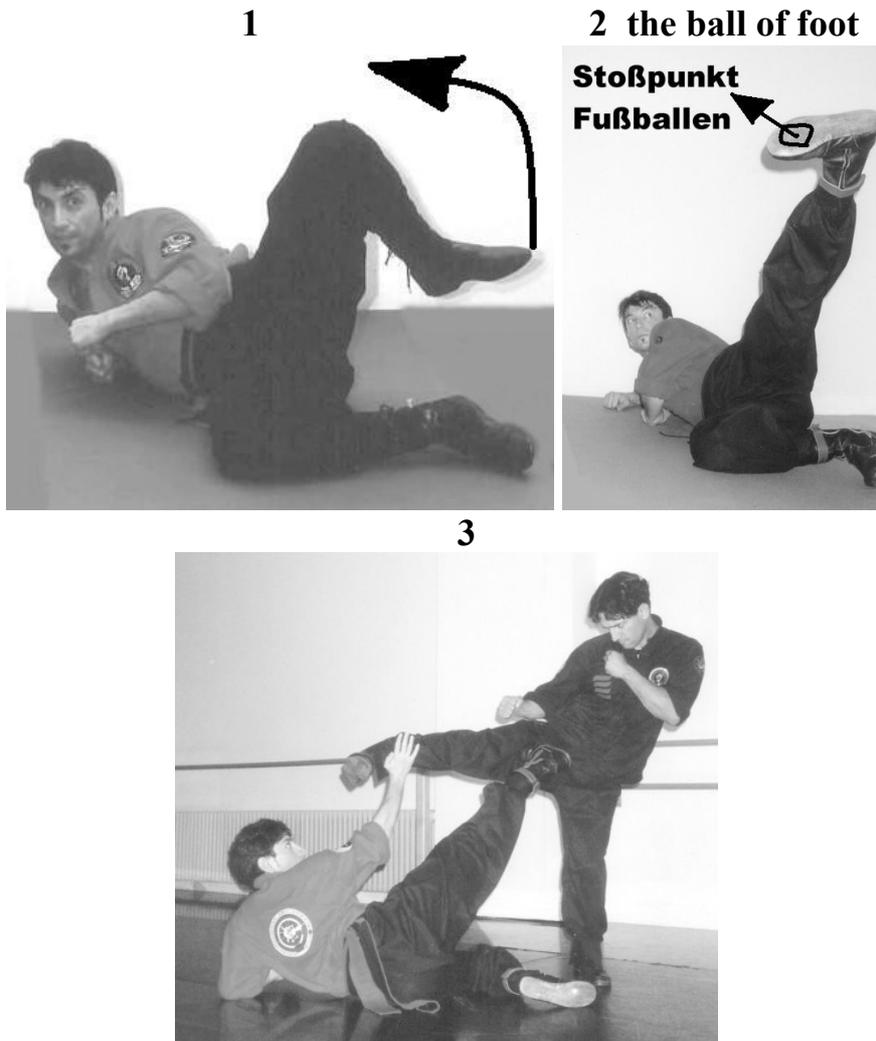
In case you are on the floor, the direct “Yette Keyetto” will hit lower stomach of the opponent from the body side and the other leg gets back. (Pictures of 1 to 4)



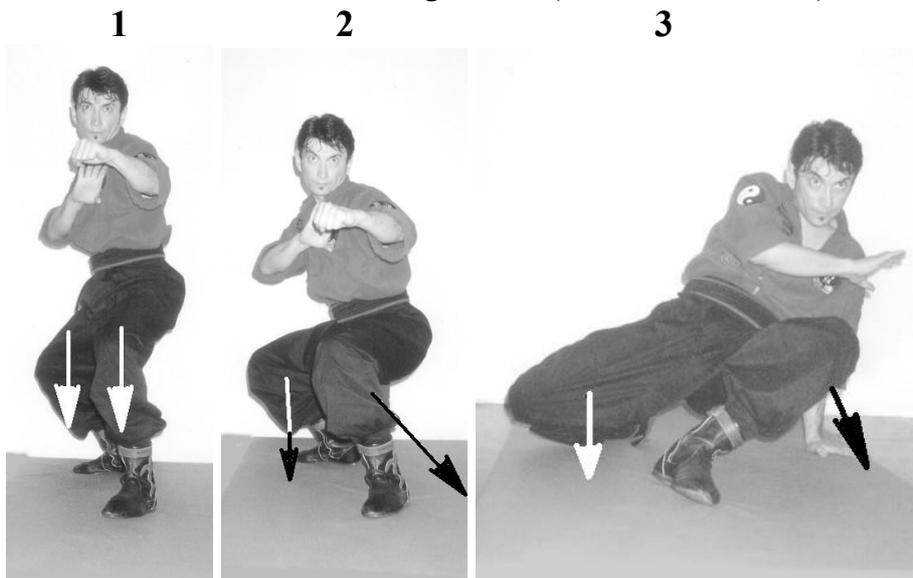
22. The attacking technique of “Oft Osaya Keyetto” or “Osaya Keyetto on the floor”: In case one is on the floor, the direct strike of “Osaya Keyetto” is performed from the back under the opponent’s stomach or lower stomach while the other knee is on the floor. (Pictures of 1 to 3)

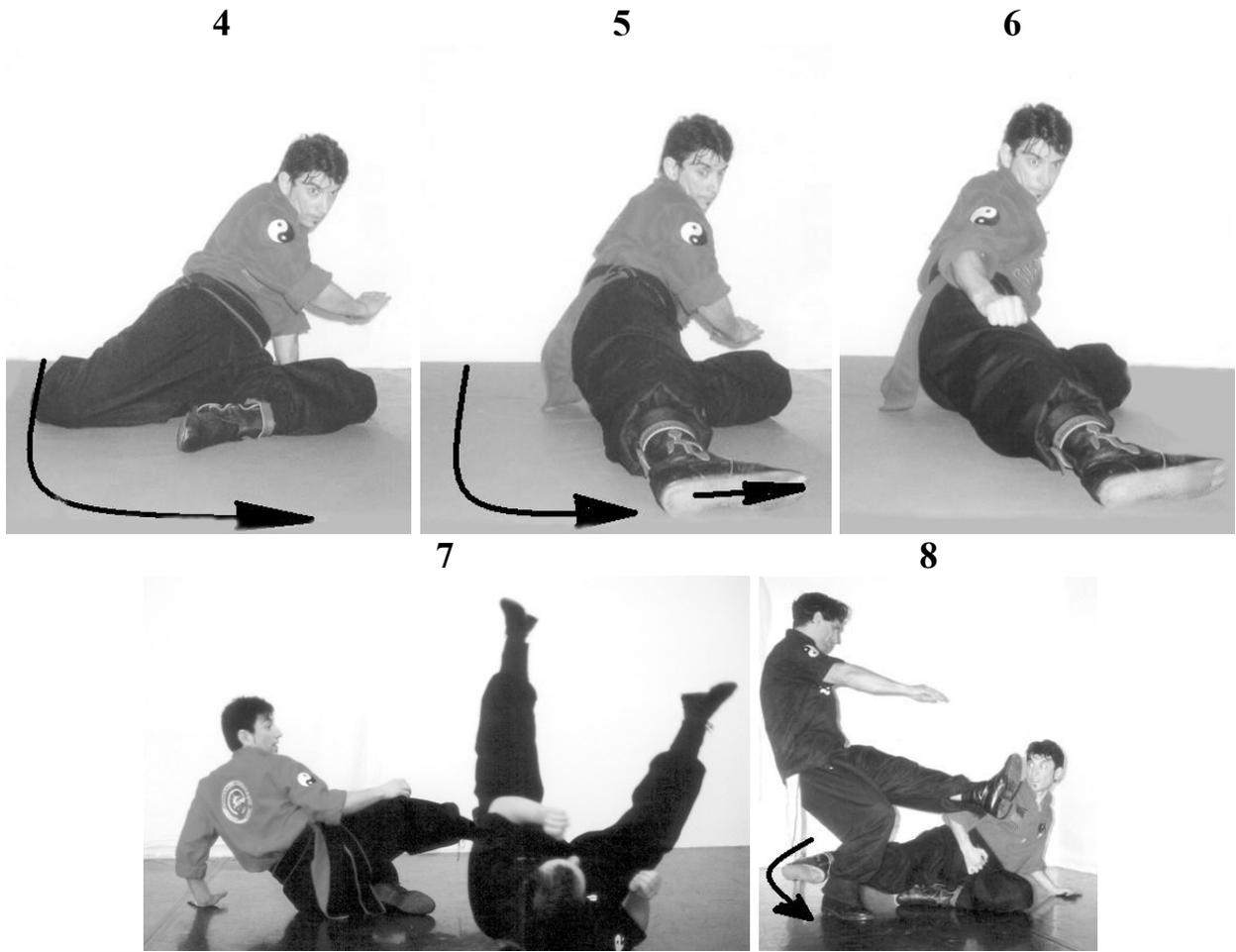


23. The attacking technique of “Oft Horayad Keyetto” or “Horayad Keyetto on the floor”: In case one is on the floor, “Horayad Keyetto” is performed from the body side (outside to inside) with ball of the foot to the opponent’s leg and the other leg gets back. (Pictures of 1 to 3)



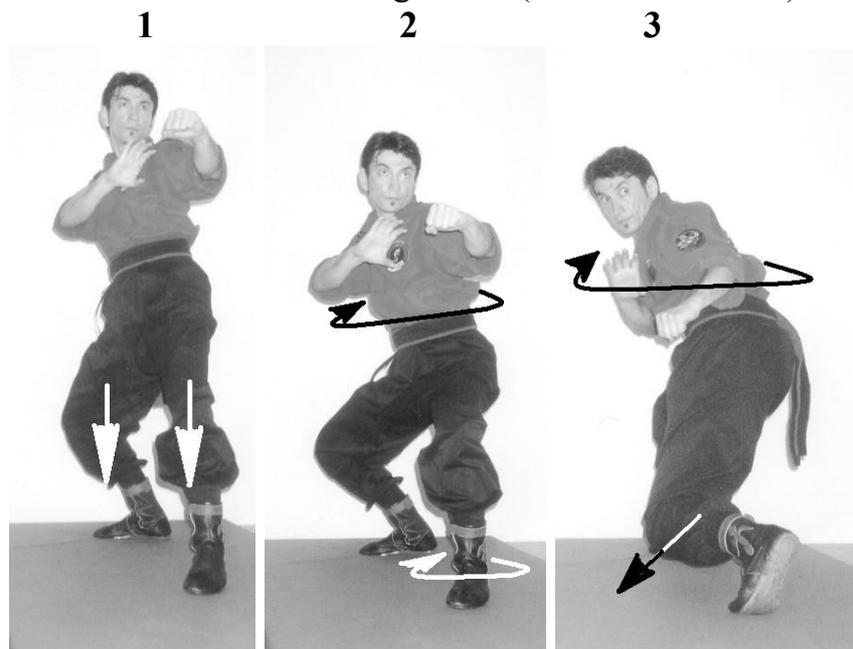
24. The attacking technique of “Oft Heyma Keyetto” or “Oft Mayana from the front”: From the position of big “Horayma-Rato” you would perform the sweeping technique of “Heyma Keyetto” with the shin and top of the foot on the floor. Note; the top of knee should not touch the ground. (Pictures of 1 to 8)





25. The attaching technique of “Oft Heyma Osaya Yad Keyetto” or “Oft Mayana from the back”: From the position of big “Horayma-Rato” you would perform with the rotating on the front leg, the sweeping technique of “Heyma Keyetto” with the back of lower leg and Achilles’ heel of the behind foot, on the floor.

Note; the top of knee should not touch the ground. (Pictures of 1 to 6)



4



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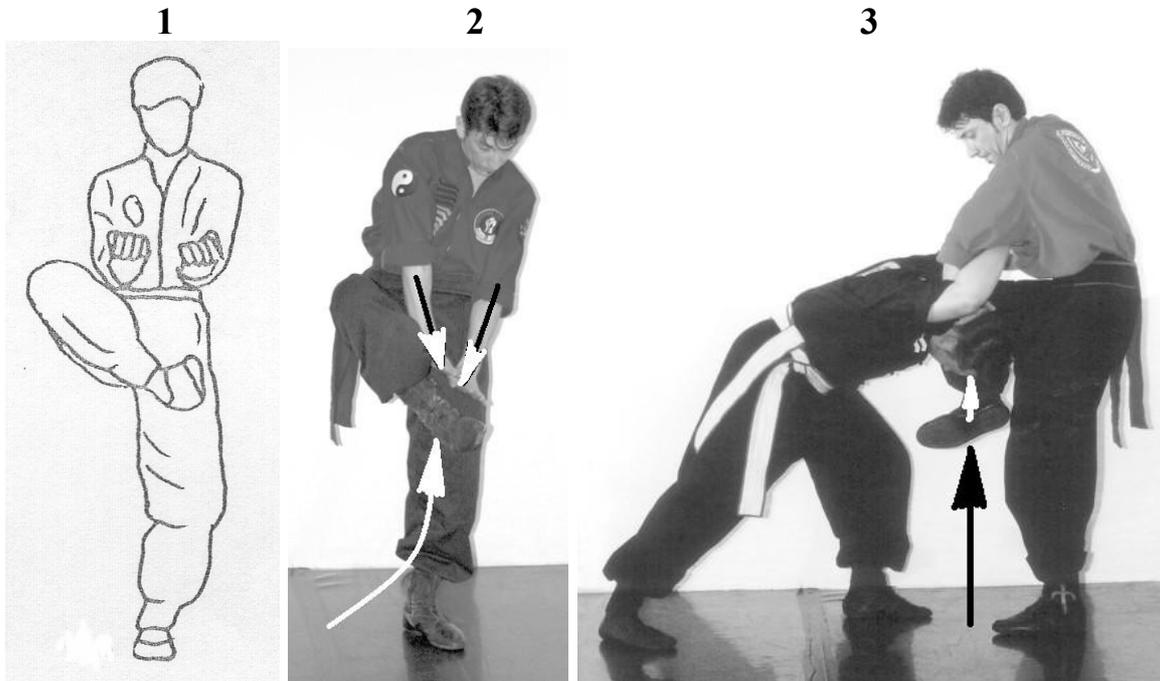
26. The attacking technique of “Lagad Roopaii” or “Tread on the Toes”:

This technique is performed with the heel from the top to bottom on the opponent’s toes from the front and back of the body. This technique is used in the 4th form (Sam-Sama-E) and it is forbidden in the Free Fights. (The below pictures)

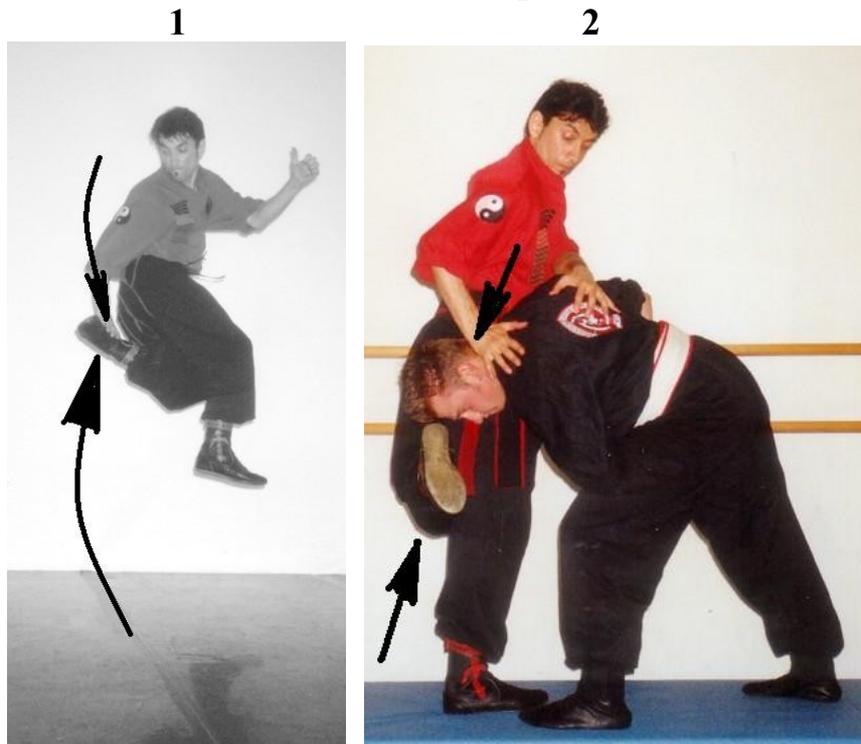


27. The attacking technique of “Low Kick to the face”: this technique is performed from bottom to top and at the same time the opponent’s head is lowered so that the strike hit his face. This technique is done in two positions and it is forbidden in the Free Fights.

The first type “low Kick to the face”: This technique is performed with the heel and the curved side of the foot in front of the body and is used in the third form “Su-To”. (Pictures 1 to 3)



The second type “low Kick to the face”: This technique is performed with the heel in the back or body side and is used in the “Dam” technique. (Pictures 1 & 2)



28. The attacking technique of “Zanoo” or “knee”: The knee is the hardest part of the foot, if it is bent completely. This technique is used for short distance to the opponent. The parts which are attacked by this technique are opponent’s head, ribs, stomach, and lower stomach. (Pictures of 1 to 6)

1



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The most important jumping techniques “Toranma”

As we put it earlier in the hand technique section, generally speaking all jumping techniques and their combinations with hand and foot strikes in TOA martial art are called “Toranma”. The power of the jumping strikes are more than the usual foot strikes.

“Toranma” technique can be performed directly or rotationally with jumping and the pressure of body weight or that in the jumping position with help of the reaction of the other foot. The last foot which is jumped and distanced from the ground is to protect lower stomach and gets as high as possible. The parts which are attacked in “Toranma” technique are opponent’s head, neck, and chest.

“Toranma” techniques are divided into two groups:

1. **“Toranma with run-up”**: In this position the jump is done with one step or more. In case, the right foot is jumping, the left foot will perform the “Toranma” strike, and in case the left foot is jumping, the right foot will perform the “Toranma” strike.
2. **“Instant Toranma”**: In this position, both feet simultaneously jump and the power gain of this strike is from the muscles of waist, hip, and body rotation.

“Instant Toranma” is divided into two groups:

1. **“Instant Toranma with the farther foot”**: In this case, both feet jump at the same time and the farther foot to target performs the kick technique with body rotation.
2. **“Instant Toranma with closer foot”**: In this case, both feet jump at the same time and the closer foot to target performs the kick technique.

29. The attacking technique of “Toranma Kootah” or “Short Toranma”:

The foot strikes which are performed with jump and sweep are called “Short Toranma”. In this strike, the closer foot to the opponent is kicked and the farther foot would jump towards the target. In this technique the behind leg will take the place of the front leg. (Pictures 1 to 6)



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The “knee strike” with another foot reaction (Pictures of 1 to 4)

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2



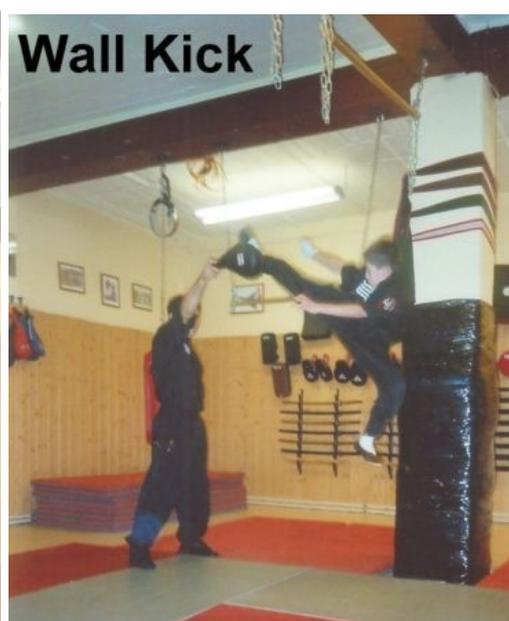
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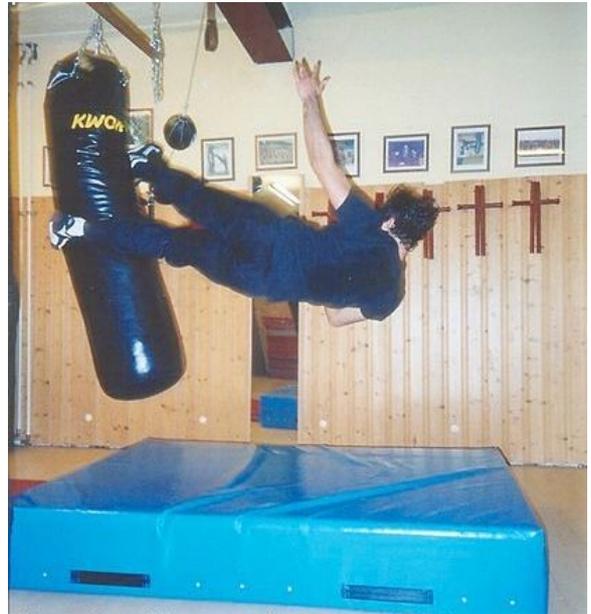
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The attacking technique of “Wall Kick”: the foot strikes which are done with jump and power gain from wall, column, or other obstacles are called “Wall Kick”.



The attacking technique of “Scissors from the side”: in this technique, one can catch with his both feet the opponent’s feet, waist or neck and with his body rotation throw him down.



31. The attaching technique of “Toranma Zanoo” or “Knee Toranma”:

The simultaneous combination of jumping technique of “Toranma” and the knee strike is called “Knee Toranma”. This technique is performed towards the head or the chest of the opponent. (Pictures of 1 to 4)

1



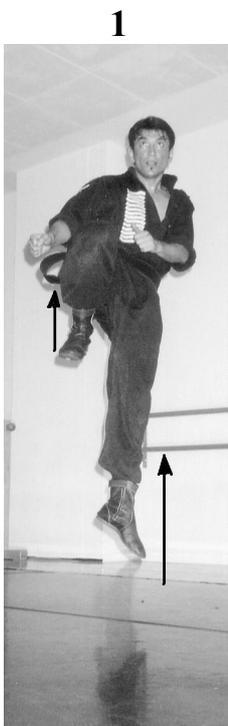
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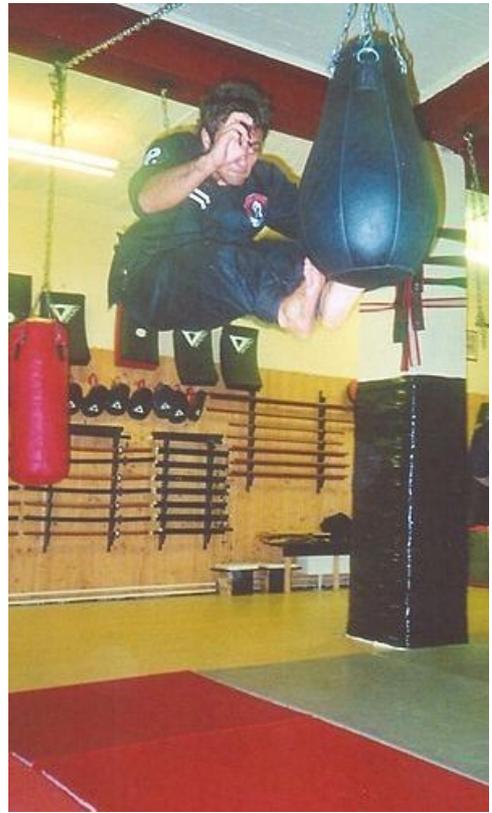


32. The attacking technique of “Toranma Keyetto”:

The simultaneous combination of jumping technique of “Toranma” and the direct “Keyetto” strike is called “Toranma Keyetto”. This technique is directed towards opponent’s head or chest. (Pictures of 1 to 4)



33. The attacking technique of “Double Toranma Keyetto”: In this technique, both feet jump and would attack the opponent’s lower stomach, stomach, chest, and head. It is used in the 4th form (Sam-Sama-E). (The below pictures)

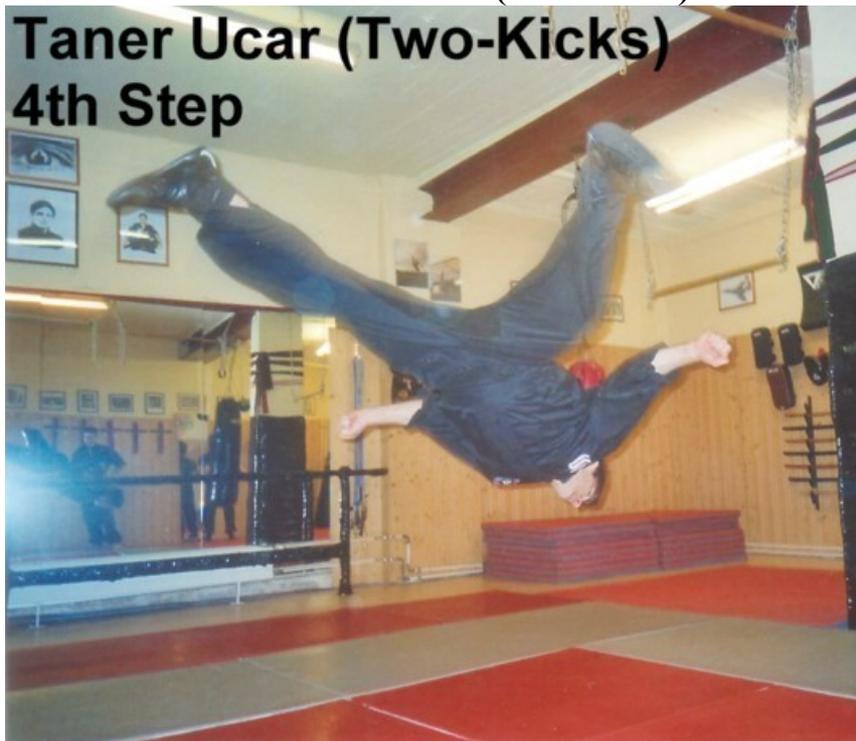


The attacking technique of “Double Toranma” or “Two kicks Toranma”:
The below pictures show the attacking strikes of “Double Toranma” in different kinds.



Tornado Kick (Tow Kicks)

Taner Ucar (Two-Kicks) 4th Step



34. The attacking technique of “Toranma Sima Keyetto”: The simultaneous combination of jumping technique of “Toranma” and “Sima Keyetto” strike with outer foot edge is called “Toranma Sima Keyetto”. This technique is performed from inward to outward directing towards the opponent’s head. (Pictures 1 to 3)

1



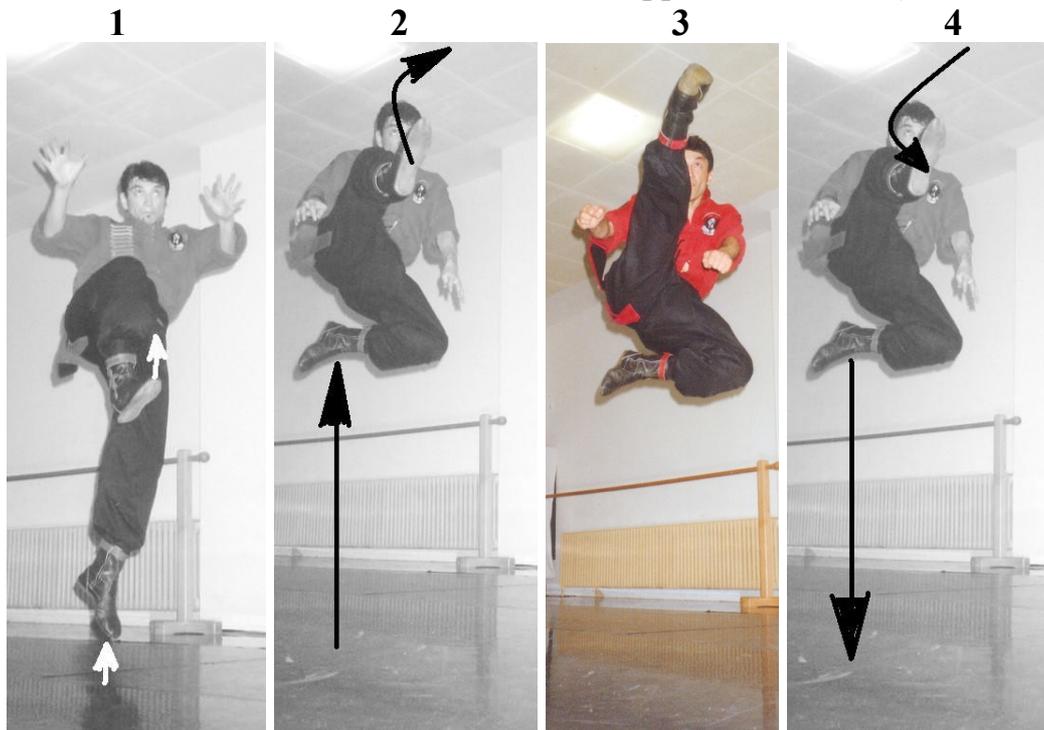
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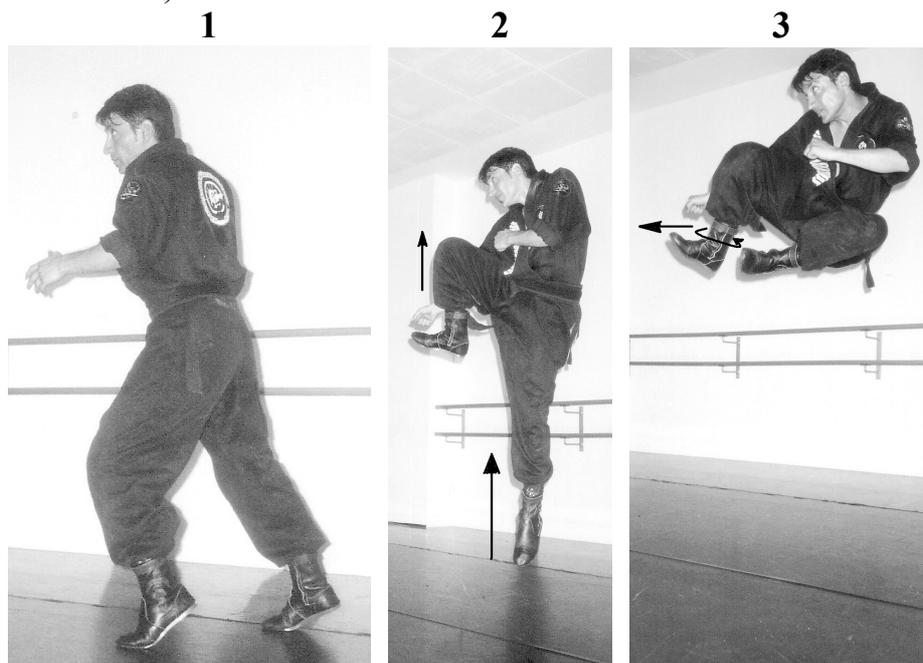
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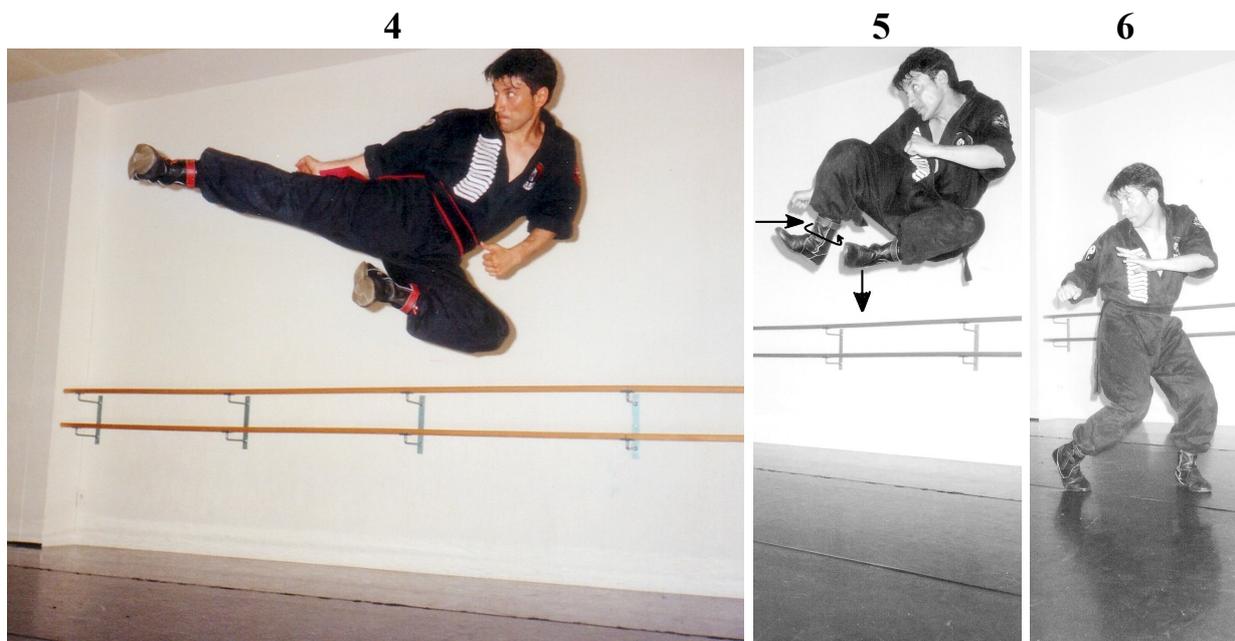


35. The attacking technique of “Toranma Horayma Keyetto”: The simultaneous combination of jumping technique of “Toranma” and “Horayma Keyetto” strike with curved part of the foot is called “Toranma Horayma Keyetto”. This technique is performed from outward to inward and is directed towards the opponent’s head. (Pictures 1 to 4)



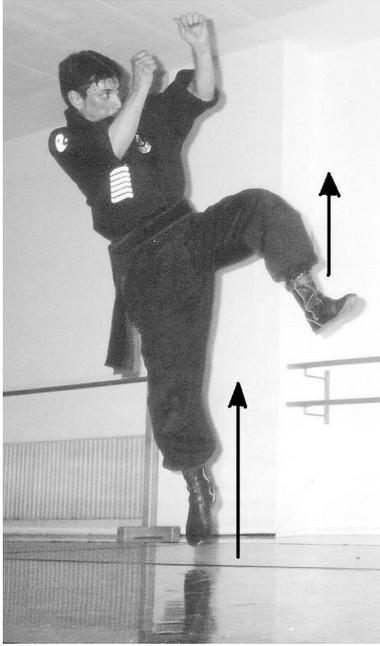
36. The attacking technique of “Toranma yette Keyetto”: the simultaneous combination of jumping technique of “Toranma” and the direct “Yette Keyetto” strike with the heel is called “Toranma Yette Keyetto”. This technique is directed towards the opponent’s head or chest. Note that in performance of this technique the hip is placed inside. (Pictures of 1 to 7)





37. The attacking technique of “Toranma Osaya Keyetto”: the simultaneous combination of jumping technique of “Toranma” and the direct “Osaya Keyetto” strike with the heel is called “Toranma Osaya Keyetto”. This technique is directed towards the opponent’s head or chest. (Pictures of 1 to 6)

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2



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4



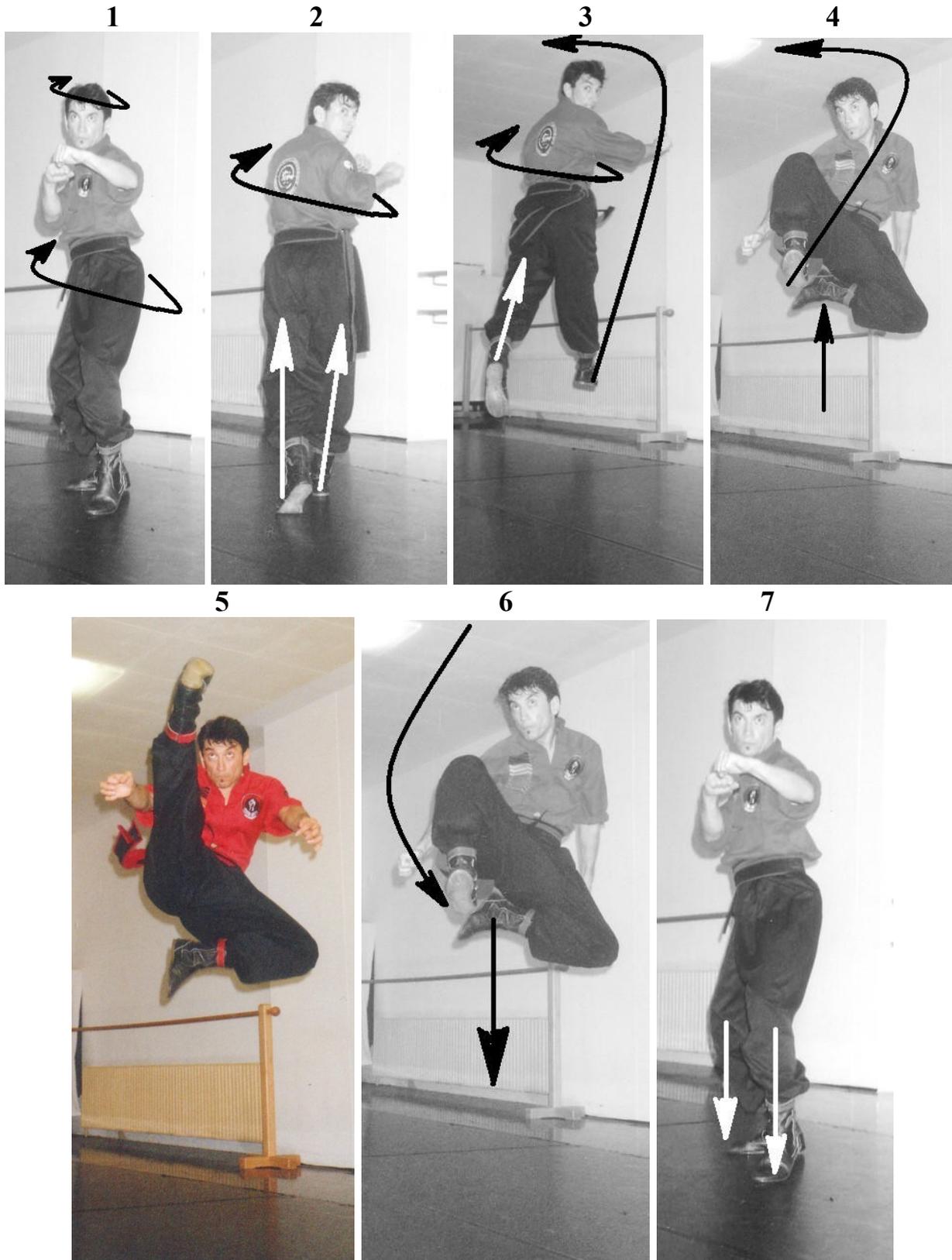
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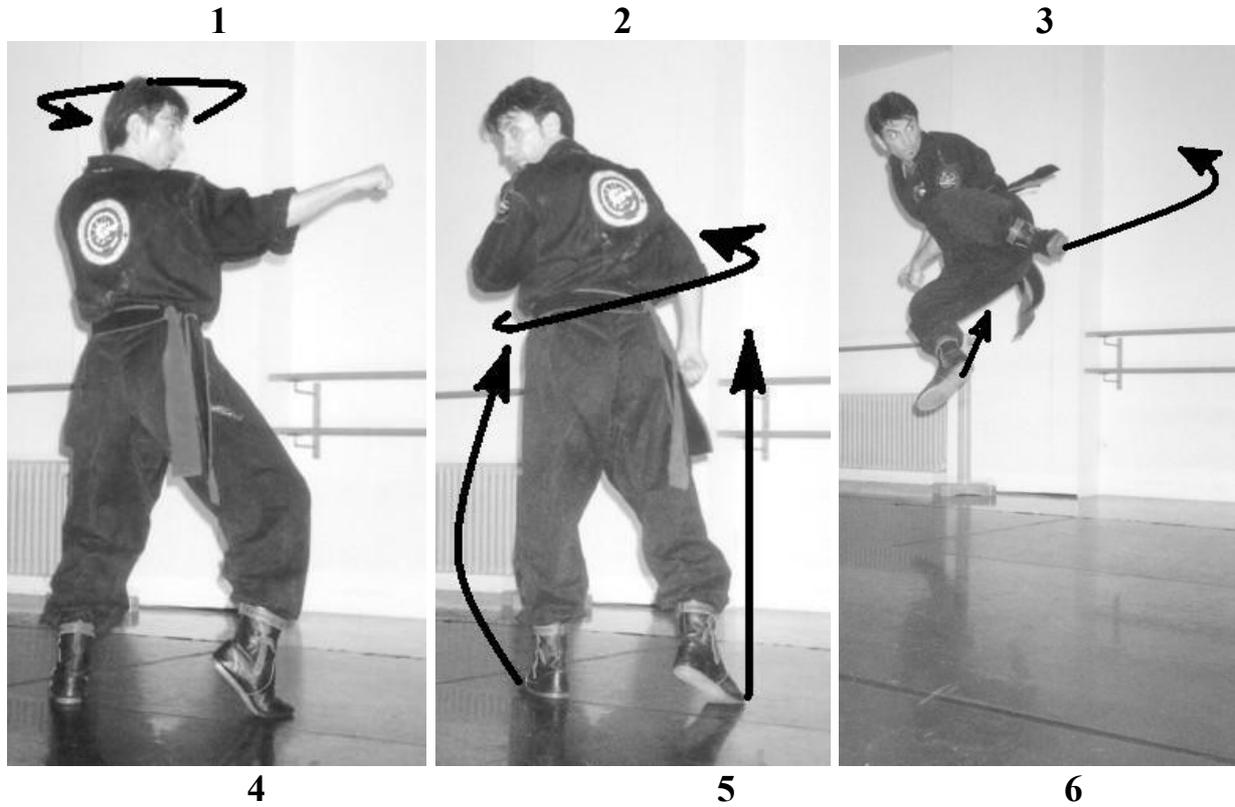
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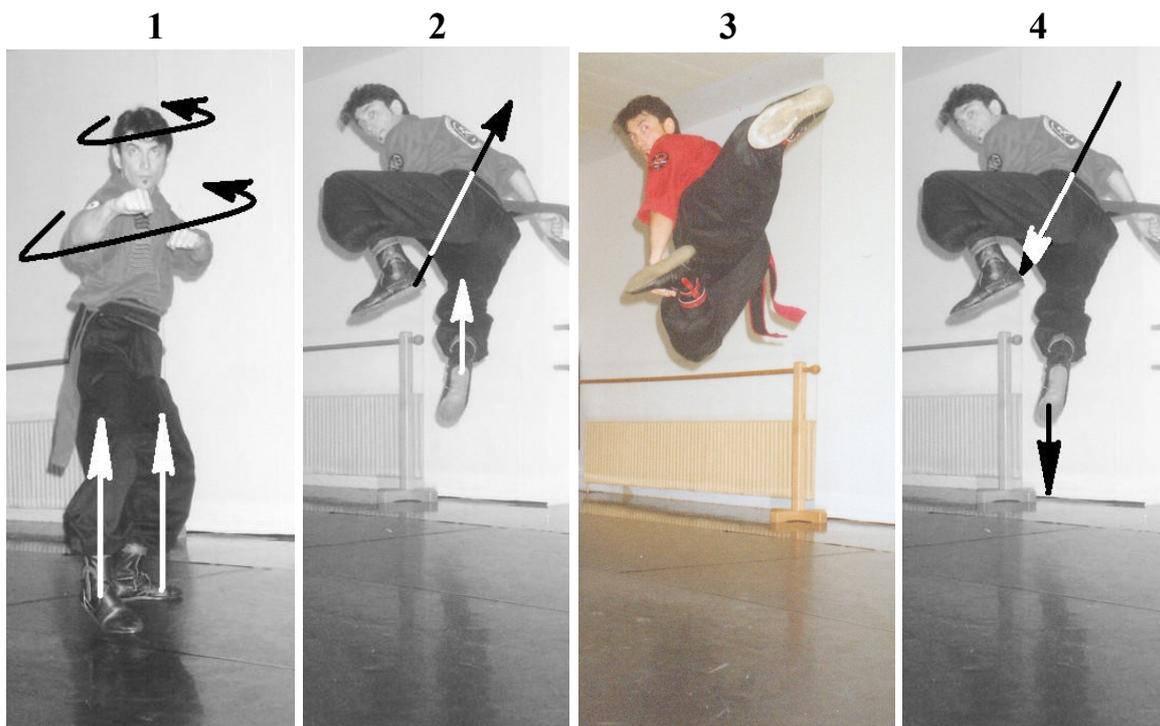
38. The attacking technique of “Toranma Osaya Sima Yad Keyetto”: The simultaneous combination of jumping technique of “Toranma” with the complete body rotation from the back and “Sima Keyetto” with the foot outer edge and heel is called “Toranma Osaya Sima Yad Keyetto”. This technique usually is directed towards the opponent’s head and face. (Pictures of 1 to 7)



39. The attacking technique of “Toranma Osaya Yad Keyetto”: The simultaneous combination of jumping technique of “Toranma” with body rotation from back and “Hook Yette Keyetto” strike is called “Toranma Osaya Yad Keyetto”. This technique is usually directed towards the opponent’s head and neck. The hip is placed inside. (Pics 1 to 6)



40. The attacking technique of “ Toranma Osaya Osaya Yad Keyetto”: The simultaneous combination of jumping technique of “Toranma” with the complete body rotation and “Osaya Keyetto” strike is called “Toranma Osaya Osaya yad Keyetto”. This technique is directed towards the opponent’s head, neck, and chest. (Pictures of 1 to 4)



The combinations of different foot techniques with each other

To learn different technique combinations of foot which was explained earlier, one has to learn different TOA forms under the supervision of the masters.

The exercise of “Beshin-Pasho” or “Sitting-Standing”

This exercise plays an important role in strengthening the foot strikes. As the name speaks for itself, prior to the strike, first we sit down vertically and then stand up and we perform the strike. In the fifth form “Mayana”, the two left and right Part are known as this. (Pictures of 1 to 6)



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6



Kicking “Pay dar Pay” or “Continual Kick Techniques”

To perform most continual strikes with one foot, one should note that all foot strikes except the last one, are dragged downwards (like Hammer Kick Technique) and it is strengthened from downwards again for the next foot strike. The feet are only collected in the last strike. With this method, the next foot strikes are exact and strong like the first one. For example, in doing double “Keyetto” by the right foot, the first “Keyetto” is dragged downwards (like Hammer Kick Technique) and the second “Keyetto” is collected. (Pictures of 1 to 3)

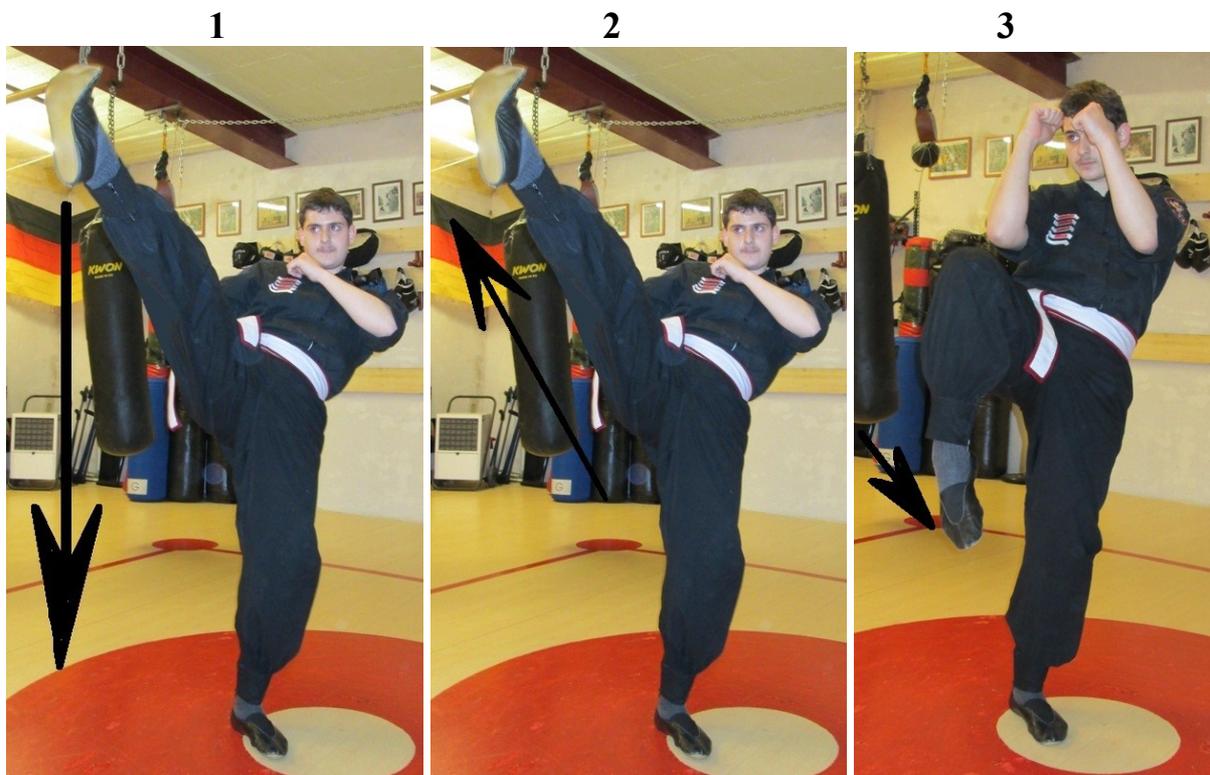
Note: two different power gain of foot from down:

1. After moving the foot downward, the heel without touching the ground will perform the next strike with power gain of waist, hip, stomach, and leg.
2. After moving the foot downward, the heel can touch the ground for a short time and gains power from the ground. And then, foot with the help of the muscles of waist, hip, stomach, and leg will perform the next strike.

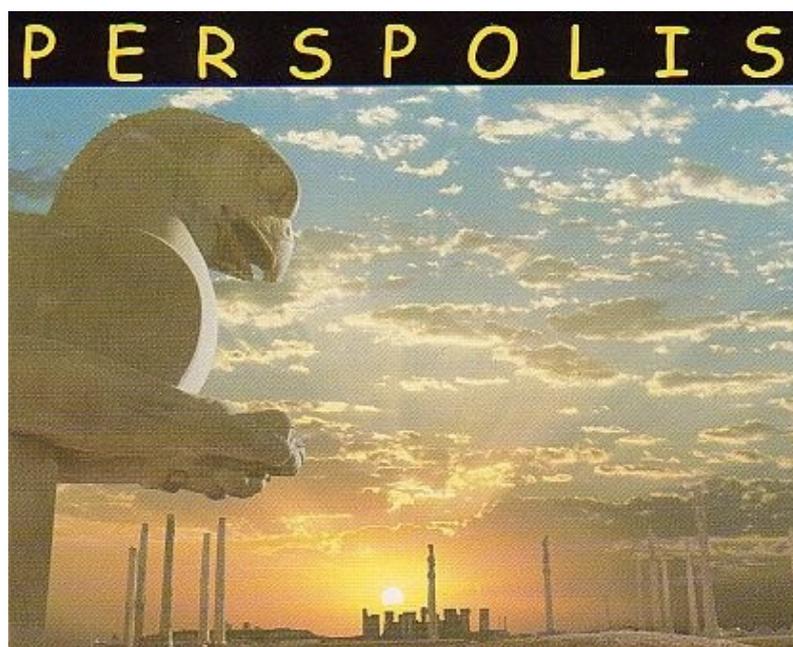
Pic 1. The first strike is dragged downward directly,

Pic 2. The second strike,

Pic 3. The second strike collected,



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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