

## KNUTSFORD COURSE WITH PHIL MEAD 8TH DAN

Phil started the course with what's known as Silk Brocade exercises which are designed to spread Chi through the body. This is one of the main Chi - Kung exercises practiced in China. Next came a variety of Pilate's core exercises to strengthen the stomach muscles, which was then followed by Kalari (Indian) stretching exercises for suppleness and stamina.

Phil then taught the importance of stance work; not the usual static stances, but multi movement/directional combat stances, similar to what's used in Boxing. The class was then split into pairs with one person attacking with a broom handle and the other person using the relevant footwork to dodge, duck and evade at speed.



The class then went on to practice heel kicks, which Phil described as 'Choi's 12 Deadly Kicks' all aimed at nerve centres in the legs.

The next set of techniques, described by Phil as sensitivity training, is known as Bridging Hands. This involves opponents hands touching and then reacting to any movement of your partner with fast trapping of arms and countering with multiple attacks.

Phil then went on to describe what's know as Trapping Hands, which involves controlling the arms and hands of your opponent, whilst attacking at the same time; similar to Wing Chun, but based on circles.



The students were then taught the importance of using your legs for blocking, with knives being used for this exercise. This also has the effect of increasing the students' kicking ability.



One of the most impressive aspects of the course was when Phil demonstrated sequences of multiple combinations of defence/attack. This involved doing continuous techniques against an opponent's kicking and punching. These set combinations can consist of up to twenty moves and were very impressive to watch. Phil then stressed the importance of lead hand/leg for speed and rear hand/leg for power.

A short time was devoted to various forms originating from Tibet, which some of Phil's students demonstrated quite admirably.

Due to time restrictions, Phil was disappointed that he didn't get the chance to teach a multitude of techniques/methods on the day and would like to one day conduct an eight-hour course just to cover the tip of the iceberg, so to speak. He commented that only the brave should attend.



Gareth Edwards 6<sup>th</sup> Dan, Roy Stanhope 9<sup>th</sup> Dan, Kevin Barlow 7<sup>th</sup> Dan, Phil Mead 8<sup>th</sup> Dan

This fabulous day was rounded off by Phil being awarded his 8th Dan for his enthusiasm and dedication to the Martial Arts for over fifty years.

Gordon Anderson 4th Dan  
Publicity Officer