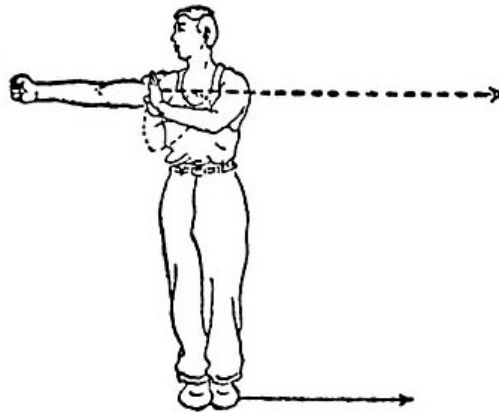
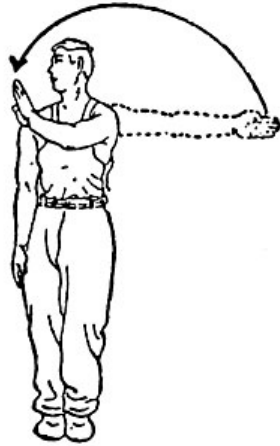


彈 腿

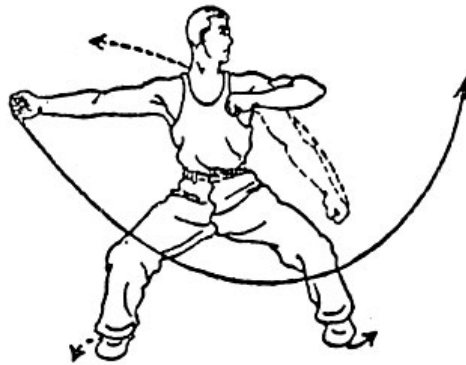
Tan Tui (彈 腿)/ Dham Toi Sip E Ro / 12 Step Springing Leg
Opening Salutation:



Road 1



a

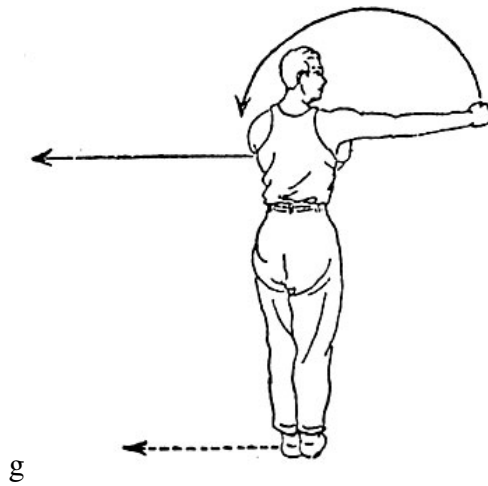
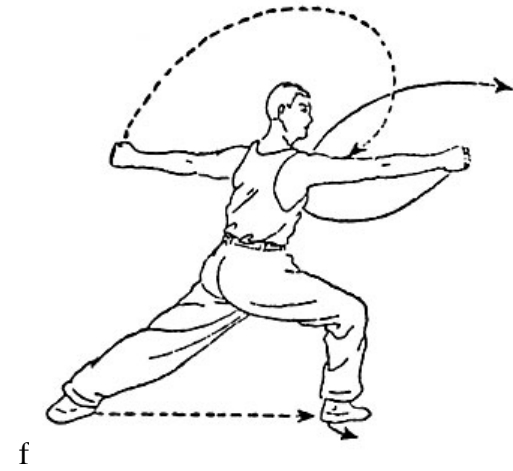
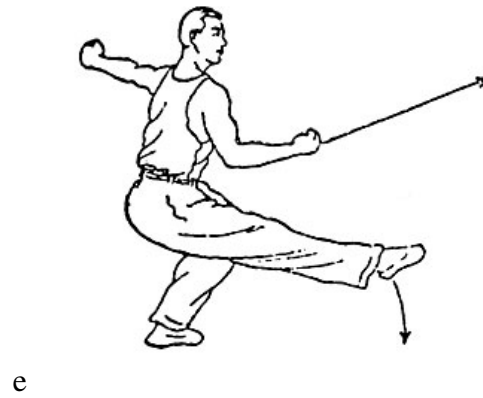


b



c

彈 腿



彈 腿

Notes For Tan Tui #1:

Tan Tui is often translated as “Springing Legs” and is an elementary Long fist set. It comes to Kung Fu from a rich Muslim heritage (Known as the Hui people in China.) Tan Tui is divided, much like the Pyung Ahn, into a number of sets or “roads.” As Tan Tui has been adopted by several different martial arts styles, these roads have evolved and changed drastically. The most common number of roads are 10 and 12. After learning all the roads, students are expected to be able to freely move from one road to another and be able to mix and match them together.

The first road of Tan Tui - *Ching Chui* (strong blow) -- introduces us to one of the hallmark techniques of Tan Tui: the yoke punch (diagram a.) This technique is seen in Tang Soo Do as Hwa Guk Jang Kap Kwon. In addition to being an excellent long range strike, it works well as a lock and throw. Hwa Guk (확국) means to seize and smash, which gives the student some visual inspiration.

Additionally, Tan Tui teaches us to generate power from our stance transitions. These forms are used to create the powerful leg muscles needed to perform Northern Long Fist. As you practice repeatedly, you will begin to see the explosive movement from the legs that inspires the name of the form: "Springing Legs."

Why Does BTSD teach Tan Tui? For a variety of reasons. Historically, the Tan Tui were among the kung fu forms that Hwang Kee – the modern founder of Tang Soo Do – learned while studying in China. The motions and theories of power generation were applied to the Karate forms popular in Korea and later adapted to Tang Soo Do. Decades after founding Tang Soo Do, Hwang Kee changed his style to “Soo Bahk Do” and with it, introduced a series of new forms which reflect his study of Tan Tui, Tai Chi and Sippalgi.

In addition to historical appreciation, it is important for the advanced student to appreciate their roots and begin to expand their knowledge of the martial arts. It is hoped that the first Tan Tui sets will spark an interest in independent study and learning.

Sources:

http://www.plumpub.com/info/Articles/art_TMmuslimkf.htm

<http://www.mg-3d.com/lesson3.html>