

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

(Sixth Chapter)

Body Hardening in TOA



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

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 Sixth Chapter:

	Pages
1. "Body Hardening" in TOA martial art	4
2. The most important "Body Hardening" exercise individually	5
3. The correct way of "falling down" techniques	11
4. Breaking tough objects "Bonken" in TOA martial art	13
5. Seven important points and noticeable for breaking tough objects	13
6. „Body Hardening“ with training partner	14-28
7. "Mao" and "Oma" in TOA martial art	15
8. Respect position in TOA martial art	15



Chapter Six

Body Hardening in TOA martial art

Making muscles and joints tough and resistant is one of the most important principles in TOA martial art. Doing different “Body Hardening” exercise such as striking different parts of the body by fist, kick, wood stick, etc., not only will strengthen the muscles and various joints of the body but will increase the self-confidence of the practitioners in man-to-man fights (sparring). Having lessened the sensitivity of weaknesses of the various parts of the body like chest, stomach, solar plexus, sides, muscles of spines, hands, and feet, the fighter would not be afraid of hitting and sparring. When the resistance of the body increases vis-à-vis the opponent’s strikes, athletes’ opportunity and ability to defense of lower stomach or head and his face, which are difficult to toughen, would increase as well and he would concentrate more on the fights (sparring).

People’s resistance are different vis-à-vis the pressure and strikes. That’s why, each and every athlete should start “Body Hardening” exercise without partner and then slowly they should take more difficult exercise with training partner.

Constant exercise, “Body Hardening”, and concentration will help the practitioners to understand his power and in due time add up to his exercise. Otherwise, the odds of injury in man-to-man fights will increase.

Body Hardening against 4 training partners (TOA proceedings in Germany 1988)



Body Hardening against 6 training partners (TOA school in Germany 2007)

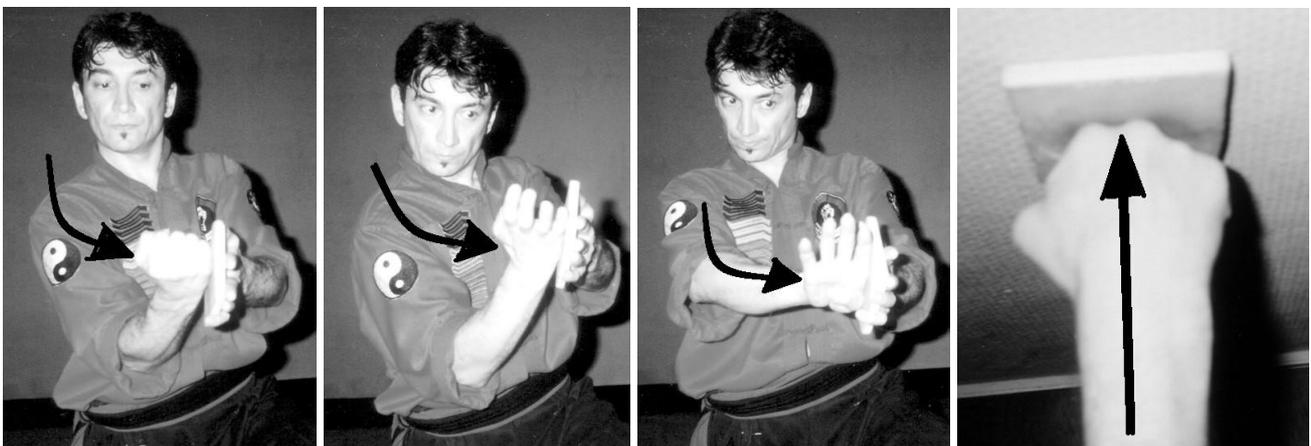


Strength training like push-ups, chin-ups, abs training, etc. which were explained in the warming-up section, would show their influence during the “Body Hardening” exercises.

First, we would explain the most important “Body Hardening” exercises which are performed individually and without any training partner.

Each exercise is usually repeated 10 to 20 times.

1. The below pictures show the way to strengthen the fist, outer and inner edge of the hand with the help of one board.





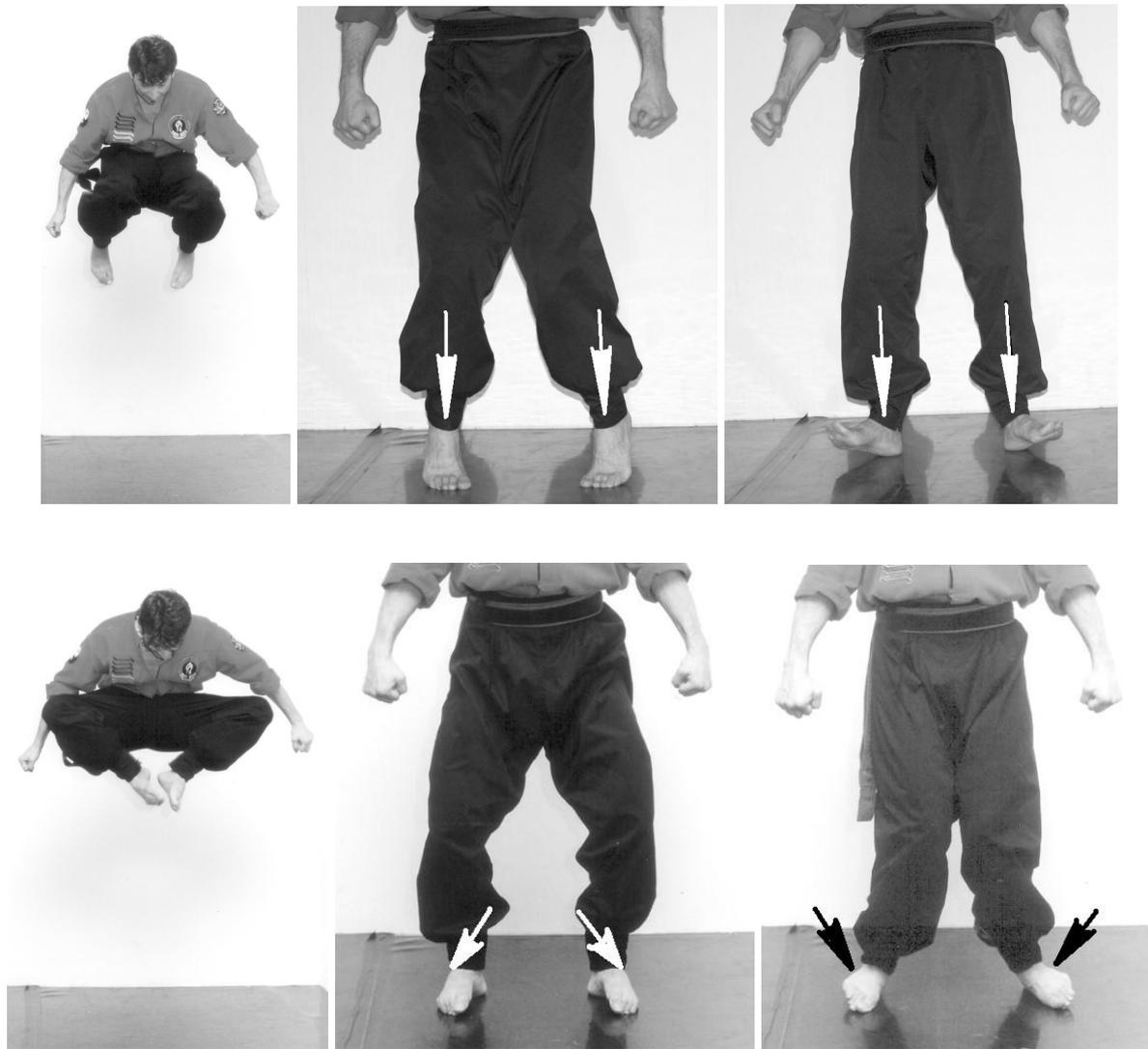
2. The below pictures show the ways to strengthening the inner and outer edge of the hand “Soyetto” with the help of punching bag.



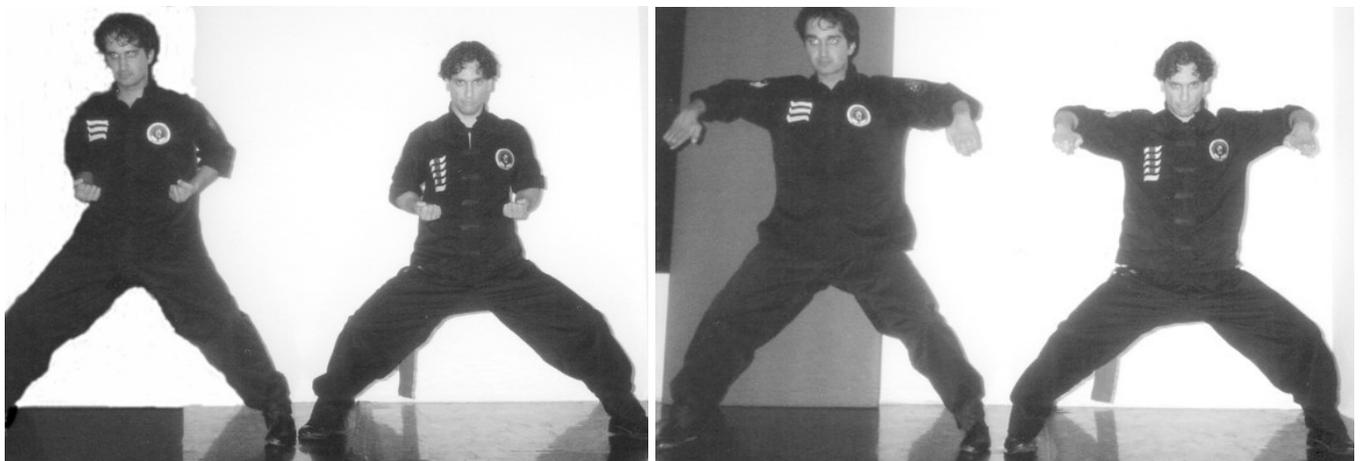
3. The below pictures show the ways to strengthen the fingers with hand inside the sand.



4. The below pictures show the ways to strengthen heel, ball of the feet and inner and outer edge of the feet with jumping and hitting them on the ground.



Note that all individual exercises “Body Hardening” will be performed in the standing position of “Yette-Rato”.



5. The below pictures show the ways to strengthen the outer and inner edge of hands by hitting them from outward to inward.



6. The below pictures show the ways to strengthen the back of the hands by hitting them from outward to inward.



7. The below pictures show the ways to strengthen the forearms by hitting them to each other.



8. The below picture shows the way to strengthen the abdominal muscles by the fist sides.



9. The below pictures show the ways to strengthen the body parts like shoulder, chest, ribs, waist, hip, thigh, foreleg, shin and ankle with the outer and inner hands.



10. The correct technique of “falling down”: To learn how to fall down without getting hurt on the ground and to lose fear, three exercises are recommended.

The first way (falling from back): The arms stretched, and we lower ourselves with hips towards the ground and then roll over the back and hit the hands on the ground. (Pictures 1 to 3)

1



2



3



The second way (falling from the sides): First with one hand straight and the agreeing leg will move towards the floor and after falling the hands will hit on the ground. (Pictures of 4 to 6)

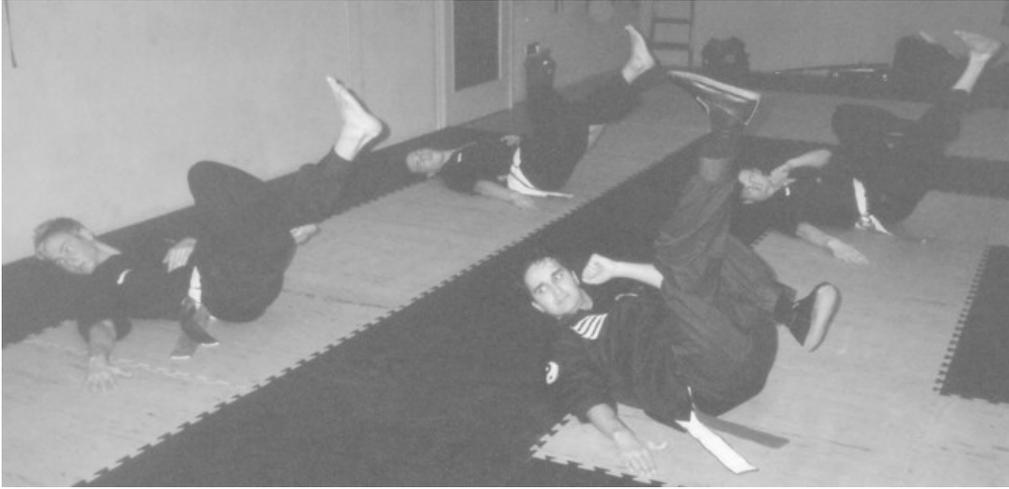
4



5



6



The third way (falling from front with rotation): First, we put forward one leg (right one) and bend over on the leg and roll over the agreeing hand (the right one) such a way that the head does not touch the floor. Simultaneous falling down on the ground and the other hand and foot (left ones) will hit on the ground. (Pictures of 7 to 9)

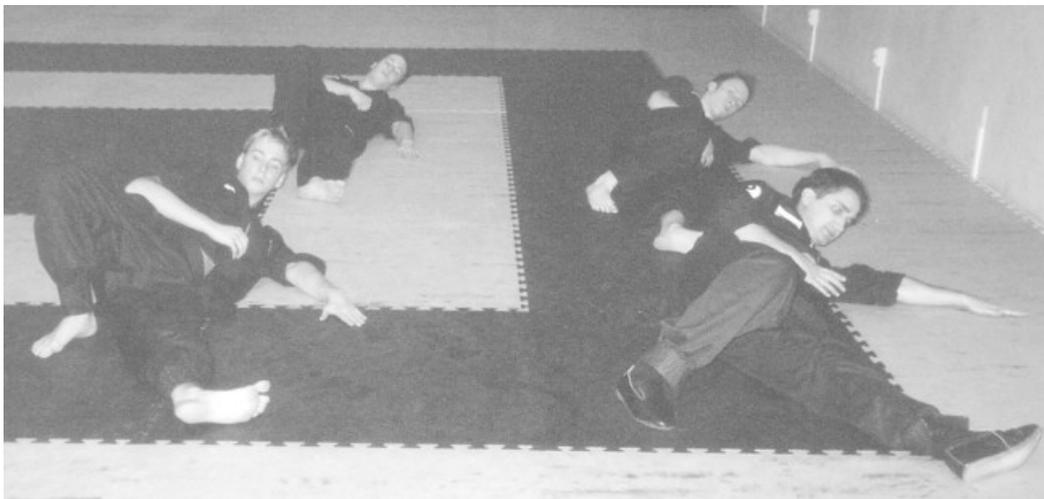
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2



3



Breaking tough objects (Bonken) in TOA martial art



The show of breaking hard objects like wooden board, stoned block (marble), brick, glass, pottery, ice block etc. are not to show the body strength but to imply two principles and philosophies.

The first philosophy: with high determination and concentration to achieve the goal which here is to penetrate the hard object.

The second philosophy: destroying evils, enemies, lies, laziness, and other negativities which here are to break the hard objects.

Seven important and noticeable points in breaking hard objects:

1. The higher the speed of the strike regarding the power formula equals the multiplication of mass with speed to the power of two, the more the stroke power.

$$F=mv^2$$

2. The hard object should not move (not shake) otherwise the inserted power would be scattered and the probability of the breakage of the object is fewer.

3. The strike should hit the center of the hard object.

4. The parts such as fist, hand edge, elbow, heel, etc. which are used to break the hard objects would be stronger with various exercises.

5. The use of full concentration in breaking hard objects.

6. The use of correct battle cry (breathing technique) in breaking the hard object.

7. Determination in performance of “Bonken” plays an important role in breaking hard objects.



Body Hardening with training partner

Here the body hardening with training partner is a matter of concern. It is better for each movement to be repeated 10 to 20 times.

First, athletes stand in “Kami-Sema” position and then with battle cry of TOA (to respect each other) and with shaking hands both athletes move to “Rato” position and get prepared to perform the body hardening exercise. (Pictures of 1 to 3)

1



2

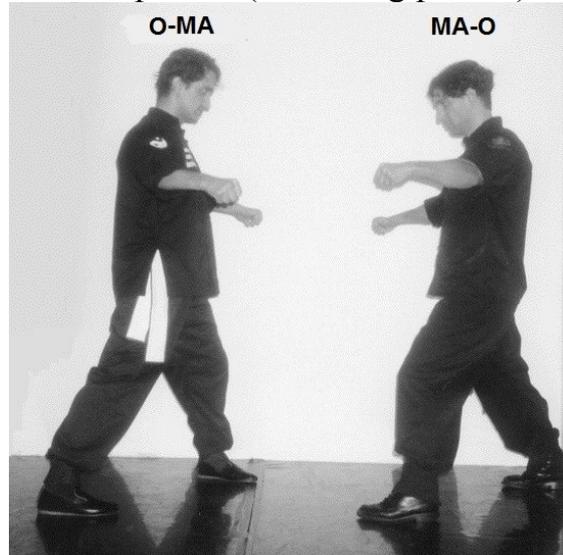


3



“MA-O” in TOA martial art: “MA-O” in classic fights and two-individual body hardening symbolizes the attacking person.

“O-MA” in TOA Martial Art: “O-MA” in classic fights and two-individual body hardening symbolizes the attacked person (defending person).



The respect position in TOA martial art: the below picture implies peace and fight beside each other. The right hand is fisted and symbolizes power and readiness for the fight and the left hand palm which is on heart part implies peace and self-control.



Note: picture 1 shows the striking point with fist in sparring or breaking the hard objects. Picture 2 shows the fist state in body hardening exercise. Note that in this position one strikes with all parts of fist.

1. Striking point in sparring



2. Striking part in body hardening



Progress of “body hardening” changes permanent between two athletes “MA-O” and “O-MA”.

1. “MA-O” with “Matto” strike would hit all the front parts of the body “O-MA” like chest, stomach and solar plexus.



2. “MA-O” with “Matto” strike would hit all the back of the body “O-MA” like muscles of shoulder, the muscles of spine, waist.

Note: when striking the spine we should be as accurate as possible.



3. “MA-O” with the outer edge of the hand (soyetto) will hit from top to bottom, the front part of the body “O-MA” (chest).



4. “MA-O” with the outer edge of the hand “Soyetto” will hit the front part of the body “O-MA” (ribs) from outward to inward.



5. "MA-O" with the outer edge of the hand "Soyetto" would hit the back of the body "O-MA" (back of the shoulder) from top to bottom.



6. "MA-O" with the outer edge of the hand (Soyetto) would hit the back of the body "O-Ma" (ribs) from outward to inward.



7. "MA-O" with forearm and elbow "Hotto" would hit the entire front and back of the body "O-MA" like chest, stomach, back of the shoulder, and waist.



8. "MA-O" with forearm and elbow "Hotto" would hit all the front parts and back of the body "O-MA" like chest, stomach, ribs, body sides, and waist.



9. “MA-O” in the standing position of “Yette-Rato” with the back of the right hand would hit all the parts of front body “O-MA” like chest, and stomach.



10. “MA-O” in the standing position of “Yette-Rato” with the back of the left hand would hit all the parts of the back of the body “O-MA” like back of the shoulder, ribs and waist.



11. "MA-O" and "O-MA", simultaneously would hit the outer and inner side of the forearm. In doing so, the hands will change permanently and the athletes use their both hands.



12. "MA-O" and "O-MA" would hit their forearms to each other at the same time. In doing so, hands should change permanently and the athletes use their both hands.



13. “MA-O” with “Keyetto” strike would hit all front parts of “O-MA” like chest, stomach and solar plexus. We have to use both feet in performing this exercise.



14. “MA-O” with “Keyetto” strike would hit all parts of back of “O-MA” like muscles of back of the shoulder, spine, and waist.

Note: while hitting the spine, one has to be very cautious.



15. "MA-O" with "Yette Keyetto" strike would hit all front parts of "O-MA" like chest, stomach and solar plexus. One has to use both feet in doing this exercise.

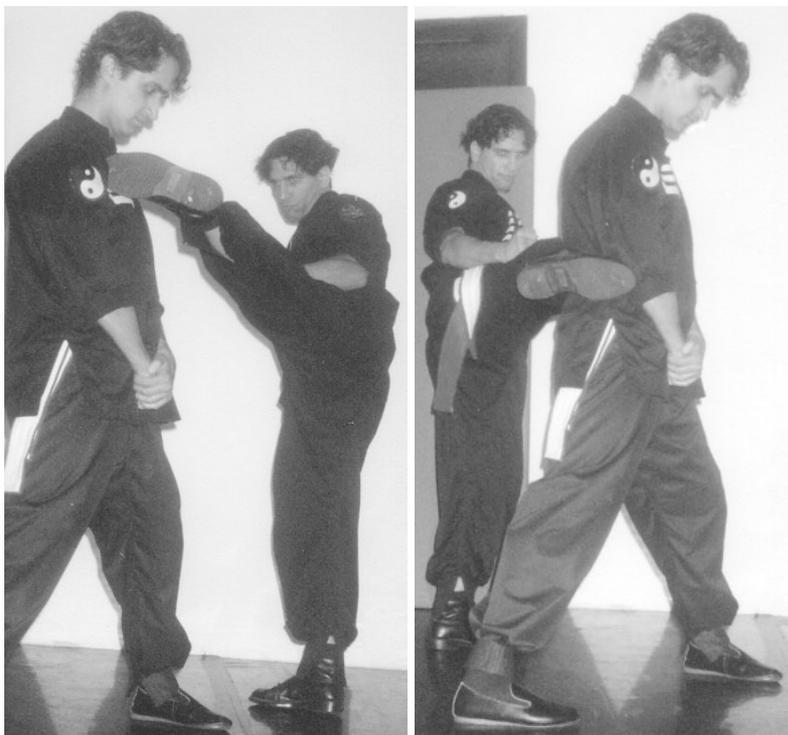


16. "MA-O" with "Yette Keyetto" would hit all of the back parts of "O-MA" like muscles of shoulder back, spines, and waist.

Note: To hit the spine, one has to be very cautious.



17. "MA-O" with shin and top of the foot (Sparring Yad Keyetto) would hit the front and back of "O-MA" like chest, stomach, solar plexus, shoulder back and waist. In this position hands are tied to each other and will be in front of the stomach. "MA-O" in this exercise would use permanently his both feet around "O-MA".



18. "MA-O" with shin and top of the foot (Sparring Yad Keyetto) would hit all front and back of "O-MA" like ribs, chest, stomach, solar plexus, shoulder back, and waist. Here, the hands of "O-MA" are upward. "MA-O" in doing this technique would use both feet permanently and would circle around the "O-Ma".



19. "MA-O" with knee and thigh would hit the all front and back body parts of "O-MA" like chest, stomach, solar plexus, ribs, sides, and waist. "MA-O" in doing this technique would use his both feet around "O-MA".



20. "MA-O" with shin and top of the foot "Heyma Keyetto" would hit all inner and outer parts of thigh of "O-MA". "MA-O" in doing this technique would use his both feet. This exercise is done to the left foot and then to the right foot of "O-MA".



21. “MA-O” with “Upwards Matto” would hit all stomach and solar plexus parts of “O-MA”. Here, the fist strikes are changed permanently upwards and very fast.



22. “MA-O” with two short Sticks would hit all the front parts of the body like chest, stomach and solar plexus.



23. "MA-O" with two short Sticks would hit all parts of the body back like muscles of shoulder back, ribs, spine, and waist.

Note: hitting the spines, one has to be very cautious.



24. "MA-O" with two short Sticks would hit all front, back, and side of thigh, and shin of "O-MA". "MA-O" in doing this exercise would circle around "O-MA".



25. "MA-O" with hammering strike (here with heel) would strike all part of stomach, solar plexus, and chest of "O-MA". "O-MA" in this exercise would lie down on the back and he would exhale against each strike and would contract stomach muscles.

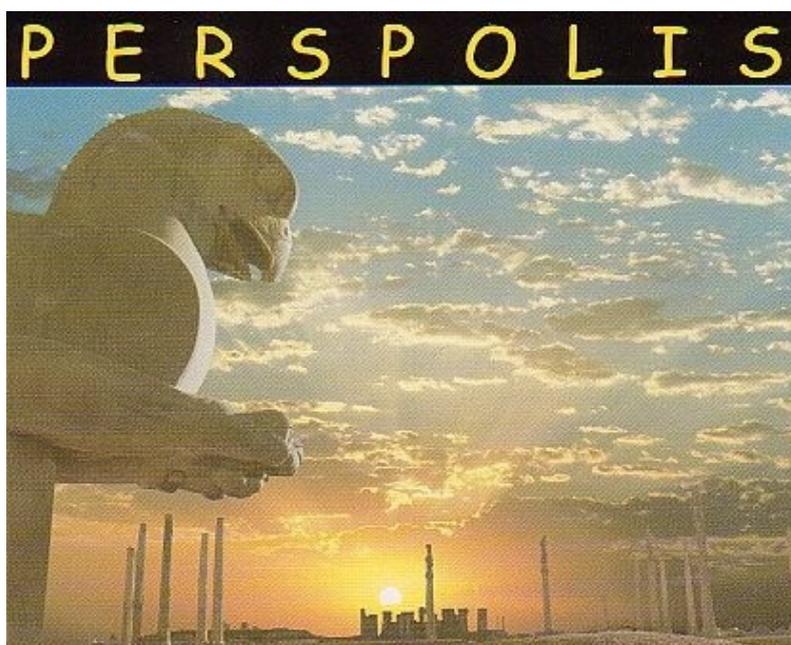


26. "MA-O" with his both feet would jump on the "O-MA"'s stomach. "O-MA" in this exercise would lie down on the back and he would exhale against each strike and would contract stomach muscles.

Note: doing this exercise is forbidden for rookies and for the experienced ones should be done with cautious.



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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