

# TRUENEWS - OVERLAKE

The TRUE way of the warrior is honor, strength, and love.

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## Sticky Hands

*SBN Jennifer Berg*

Last month, we shared an article about working on the basics of martial arts. In it, SBN Zoppi referred to the sticky hands drill. Sticky hands forms an important piece of our style, so this month, I wanted to delve a little deeper into the world of sticky hands.

Sticky hands is a drill borrowed from Wing Chun Kung Fu. It involves maintaining contact with a partner while trying to reach in and touch them, while simultaneously defending against their attack. Sticky hands (or Chi Sao as it is called in Chinese) was developed and popularized in the early 1900s by Ip Man, Bruce Lee's teacher. Variations of it can be found in many styles, including Tai Chi and Jeet Kun Do. It was SBN Thomas Zoppi's teacher, SBN Dan DiVito, who added it to our own Chang Moo Kwon style.

So, what is the purpose of sticky hands? At the heart of it, it is sensitivity training and a perception drill that helps students see, feel and sense how their partner is moving. It helps us perceive an incoming attack and learn to avoid, deflect, and block strikes.

Sticky hands also helps us to see openings in an opponent's defense. Once we can identify where our partner is open, we can move in for our own attack. This translates to free sparring as well – one of the most common problems new and less experienced fighters have is that they attack where their opponent is already guarded. Practicing in a slower, more restrained way to find openings allows us to be better able to see them when we speed up in free and point sparring.

Beyond all that, sticky hands helps us to get used to physical contact. Martial arts is, after all, a physical sport – and yet few of us come in comfortable getting hit. Sticky hands is a relatively innocuous way to accustom ourselves to being touched, tapped, and grabbed. Because we start at a slow and deliberate pace, there is no danger of getting hit too hard, so we can take risks that we might not otherwise try. We can see our partner's techniques coming at us and we can react to them. If we miss a block, we are made aware in a way that we can learn from.

As we practice it, sticky hands progresses to add several additional skills: kicks, grabs, and takedowns, for example. Later on, we use sticky hands to learn how to handle multiple opponents. All that perception training gets put to use as we have to monitor attacks potentially coming in from all sides. Ultimately, we progress to street fighting. What begins as a slow give and take drill develops into a no-holds-barred fight for your life! (I exaggerate a little; we always work with good control, of course. But sometimes it can feel like that!)

The next time you practice sticky hands in class, keep in mind all the facets that exist in this seeming simple drill. Ask yourself, am I improving my perception? Am I paying better attention to my partner's attack? The more you can be mindful and present when you practice, the more you will take from it.

**Sources:** [http://kiaiyamabushiryu.tripod.com/Newsletter/sticky\\_hands\\_theory\\_and\\_practice.html](http://kiaiyamabushiryu.tripod.com/Newsletter/sticky_hands_theory_and_practice.html)

<https://chinesemartialstudies.com/2017/04/13/chi-sao-ip-man-and-the-problem-of-dispersed-training-in-wing-chun/>

"The Basics" and "My Contribution to the Art" by SBN Thomas Zoppi

## Upcoming Activities for June/July

|  |  |
|--|--|
| June 2 <sup>nd</sup>                     | Arnis Seminar, 10:00 am (no make up class)   |
| June 15 <sup>th</sup>                    | Tae Kwon Do Test, 6:30 pm (no make up class) |
| June 25 <sup>th</sup> – 29 <sup>th</sup> | Full Day Summer Camp, 9:30 am – 2:30 pm      |
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| July 4 <sup>th</sup>                     | Independence Day, TMA Closed                 |
| July 7 <sup>th</sup>                     | Arnis Seminar, 10:00 am (no make up class)   |
| July 14 <sup>th</sup>                    | Friendship Camp with NWSMA                   |
| July 16 <sup>th</sup> – 20 <sup>th</sup> | Full Day Summer Camp, 9:30 am – 2:30 pm      |
| July 27 <sup>th</sup>                    | Tae Kwon Do Test, 6:30 pm (no make up class) |

## NOTABLES

### CONGRATULATIONS STUDENT OF THE MONTH – SIMON MULLINS

Simon is an adult student who started more than four years ago. Though his work often takes him out of town, he remains persistent. He works very hard in all of his classes, always coming in with enthusiasm and he eagerly seeks suggestions for improvement. Keep it up, Simon!

### Welcome Our Newest Students

Aarya Bhoite, Sakshi Sangani, Riddhi Sangani, and Tom Thomas

### Arnis Promotions for May

**Yellow Belt:** Daksha Mishra, Nishka Mishra, Samanvita Singhanian, Rahul Sundaresan, and Lucas Xue

**Green Belt:** Robert Nguyen, Omkar Page, Advaii Srivastava, and Nicola Tzenov

**Blue Belt:** Isolde Ansell, Dafna Apple, and Amelie Gomez

### Tae Kwon Do Promotions for May

**Adv White Belt:** Hannah Aramaki, Idan Arbel, Sahasra Meenakshi Chennamaneni, Medhasvi Durki, Mackenzie Fiendell, Itamar Gendelman, Navya Kade, Prarav Kairamkonda, Hazel Manko Levite, Wren Nowers, Roi Ronen, and Yueyang Sun

**Yellow Belt:** Nadav Dvir and Alexander Peacock

**Adv Yellow Belt:** Maxime Dahan, Shawn Diem, Jyothi Panchapagesan, and Samanvita Singhanian

**Green Belt:** Sienna Jarrard and Archana Mattu

**Adv Green Belt:** Ryan Boparai, Ben Green, Advaii Srivastava, and Keya Tople

**Blue Belt:** Elizabeth Berg and Aarav Srivastava

### June Training Anniversaries

**One Year:** Lasya Gajarla, Sri Tanvi Mayakuntla, Daksha Mishra, and Nishka Mishra

**Two Years:** Dafna Apple, Ethan Farmer, Anqi Liang, and YuJun Sun

**Three Years:** Genevieve Spangler and Katherine Xu

**Eight Years:** Scott Horchover

**Nine Years:** Richard Nguyen

**Ten Years:** Alyona Kerekes

**Twenty-one Years:** Nancy McKinley

### June Birthdays

Daniel Berg, Sahasra Meenakshi Chennamaneni, Lasya Gajarla, Tanner Jakobsen, GuneGune Kannadaguli, Arya Kiran, Sri Tanvi Mayakuntla, Jodi Rieman, Genevieve Spangler, and Tom Thomas

*We apologize if any of the above information is incorrect. Please submit corrections, in writing, at the front desk.*