

FIST SETS

Fist sets come from forms (like portions of a form) and are used as the practical self defense techniques that have been handed down from our Pai Lum heritage. These are combat fist sets – made for real battle. In Tai Chi we call these “Posture Sequences.” These also should be recorded and practiced for the streets. It is important that students understand they must be careful in their application to assess the threat before using the entire combat maneuvers as each one – even as a white belt – can cause permanent injury and/or death. However practicing them with a partner insures real time application, timing, distance, focus and control of these self defense techniques. Be sure to learn them well both in their solo versions and with partners to build confidence and rapid fire execution!

Yellow Fist Sets

Thunder and Earth

Attacker: A defense against a *double lapel grab*.

1. Starting in a ready position, but hands down by thighs.
Hands come up from thighs crossing about heart level and then out to sides of head (3 and 9 o'clock) arms straight from shoulders parallel to round and then 45 degrees out from elbow. Thumbs are tucked in for their protection. At same time the “wings” (arms) are crossing the right knee drives up to 12 o'clock (higher than belt or sash).
Special notes: *Almost every fist set begins in this position. If a student learns to defend from a weakened beginning position like this they will be ready from almost any position.*
2. Kick with right foot between legs of opponent and then recoil foot back to crane stance.
3. Set right foot down towards 12 in long bo while left hand shoots into head capture to 12 then turn to side horse and bring right forearm/elbow to hand (head smash).

Step away: *Always stepping away from opponent and keeping eyes on opponent – the step away is what ever foot is closest to opponent crosses other leg going away from opponent and the the second foot follows in same direction*
End in side horse or modified back stance facing opponent. The hands circle behind you (away from opponent) starting low, then going up over your head and then ending in front of you facing opponent, palms down about waist high.

Special notes: *The step away ends in a fight posture that honors Grandmaster Pai. It is a symbol of our art. The step away helps create safe distance and also allows one to reflect on what they have done and what they should do next.*

Pushing the Circle

Attacker: A defense against a straight grab to the right wrist.

1. Starting in ready stance hand down. Step right foot to 12:30 past attacker's leg.
2. While turning to side horse move right hand in circle forward, above head and behind.
3. Reinforce circling hand with left hand and drive elbow into midgate to 12.
4. Left hand remains on guard by rib cage, right hand cuts outside crane wing to throat at 12.
5. Recoil right hand then cut vertically between legs at 12.

Step Away

Escaping Sparrow

Attacker: A defense against cross grab to the right wrist.

1. From ready stance start position step left foot to 9 to 10 and twist waist to face 9.
2. Right hand rises to upper corner (10:30) and back hand balances low 4:30 both in crane crossing wings.
3. Rotate feet to right long bow to 3 while delivering crane head strike to 12, back balancing.

Step away

Blocking the Kick

Attacker: A defense against a front snap kick.

1. From ready stance step right foot back to 5:30 and turn to side horse while left hand circles in crane wing across face, down and back across low gate blocking kick to 12.
2. Transition to long bo to 12 and deliver reverse ram head punch while chambering left.

Step Away

Escaping Tiger

Attacker: A defense against a double wrist grab.

1. *Students finish your fist set writing starting here):*
- 2.
- 3.

Step away

Gentle Thunder

Attacker: A defense against a left shoulder grab from behind.

- 1.
- 2.
- 3.

Step away

Removing the Jewels

Attacker: A defense against a side head lock (left side).

- 1.
- 2.
- 3.
- 4.

Step away

Penetrating Earth

Attacker: A defense against an arm bar from behind.

- 1.
- 2.
- 3.
- 4.

Step away