

# Gentle Arts of Self Defence

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## FOUNDATION COURSE FOR THE GENTLE WAY OF SELF DEFENCE

### Martial Arts for Health, Relaxation and Practical Self Defence for a Modern Age

ALL students of Gentle Arts of Self Defence (GASD) school are also students of Tai Chi Redlands (TCQH) school with access to ALL TCQH classes in the Redlands. The TCQH school is strictly NON-CONTACT and is a Gentle Exercise program for Health, Relaxation, and Wellbeing and does not focus on Self Defence techniques and strategies. The attendance protocol in class for both schools is the same where students are encouraged to work at their own levels and at their own pace and to view the performance of any technique as optional, capable of being modified, always with the need to be performed with control and safety, learning to “go with the flow” and not “sweat the small stuff”.

**ALL GASD STUDENTS** start as a student in the TCQH school learning the basics of Tai Chi Qigong for Health Forms and principles as part of the first level of a graded curricula from six levels from Yellow to Black belt for Tai Chi and Karate with the common focus on the GENTLE WAY OF SELF DEFENCE. The challenge is to develop through focussed and regular practice what the Chinese call “Soong”, the art of relaxation in a state of readiness and what the Japanese call “Zanshin”.

This can be achieved through regular drills and practice of Forms, Patterns, Kata being set movements flowing in a sequence performed slowly in accordance with the classic principles of the martial arts where posture, continuity of movement, co-ordination of legs, arms, upper and lower body, using “will” and not brute strength, all operate to achieve a relaxed harmony between body and mind and to express the basic tenets of control, efficiency, technique and artistry.

**ALL GASD classes focus on the GENTLE WAY** in practicing Forms or Kata being introduced to martial principles of efficiency, energy flow, leverage, biomechanics and learning to relax with training for yourself and NOT for competition, tournaments or trophies. While some classes may include repetition drills and partner work for self-defence applications (what Japanese call Bunkai) -- they are always performed with control and safety and respect for others. Classes do NOT include techniques which involve falling, physically throwing, grappling or free-sparring. The student always retains the option to participate or not to participate in any activity. While grading is encouraged with six levels of Tai Chi and Goju Ryu Karate starting from Yellow to Black belt, it is also optional.

**The overall focus of the GENTLE WAY** for students in both schools - GASD and TCQH - is on health, well-being, developing self-confidence, keeping an open-mind, showing humility and respect for others and learning to relax, to “copy and follow”, to “go with the flow”, to improve balance, co-ordination, reflex action, strength, stamina, flexibility and general fitness – in short, the GENTLE WAY. All GASD and TCQH classes include Qigong (Chi Kung) breathing and relaxation training as central to learning to relax, stay calm and in control.

**FOUNDATION COURSE of the GENTLE WAY** includes introduction to the following:

#### Study of Forms & Movement

- Sun Style Tai Chi 12 Form
- Yang Style Tai Chi 24 Form
- Other Tai Chi & Qigong Forms
- “Grand Ultimate” White Crane - Kata -Jodan, Chudan
- Qigong White Crane Breathing Form – Sanchin-Tensho
- Introduction to Sensing/ Push Hands

#### Basic Martial Form – Posture, Wuji, Stances, Blocks, Kicks

**Basic Self Defence** - Against aggression and conflict - punches and kicks - strangles - body attacks – fingers, hands, wrists, arm grabs  
**Introduction to Key Self Defence Principles** - Yang Chen Fu's Classic Ten Principles - Qigong and co-ordinated movement and breathing - Kakie– yielding/evasion; Muchimi –contact/sticking

## GENTLE WAY OF SELF DEFENCE

In the immortal words of Lao Tzu:  
*Nothing under heaven is softer or more yielding than water;  
but when it attacks things that are hard and resistant, there is not one of them that can prevail.  
That the yielding conquers the resistant and  
the soft conquers the hard is a fact known by all men,  
yet utilized by none.*

Jigaro Kano's famous words –  
*Seiryoku zenyo - Maximum efficiency with minimal effort*  
- which includes - *Ju yoko go o seisu* which means - *Softness controls Hardness.*

