

There is a saying in Wing Chun, "If you are good in Tan, Bong and Fuk, people will listen to you." Over the last two issues, we have looked at how to use Bong Sau and Fuk Sau, this time we finish this series by looking at Tan Sau.



Wing Chun's Tan Sau

Of the three main techniques of Wing Chun Tan Sau is the most obvious to use and technically easier to perform than either Bong Sau or Fuk Sau.

A textbook Tan Sau should have the following points. The third finger, the fore arm and elbow should be in one line and lie on the Centre-line. The elbow should be at least one fist's distance from your chest. Your hand should be open, palm facing up fingers straight and thumb bent. The shape of the hand should be clear, but be careful not to make it tense.

This is the Tan Sau as you would perform it in the first part of Siu Lim Tao. You should bring the Tan Sau out as slowly as possible and remain as relaxed as possible. This training is very difficult and requires a lot of patience. It trains your internal energy, your Qi and also develops your Gong-Lik.

To make a Tan Sau effective for self-defence you need to be able to bring it out very quickly and this is trained in the last part of Siu Lim Tao.

When using Tan Sau be careful not to make it a chopping movement away from your Centre-line. This mistake will make the Tan Sau very weak and to make it effective, you will have to start using sheer strength. Tan Sau is a very powerful technique, however, this power comes from Gong-Lik.

To make your Tan Sau strong you need to apply your energy at the right time

and at the correct angle. When you use it, you will need to turn your stance or step to create the correct angle for use. Fig 1.

Tan Sau can be used to defend either outside or inside. Here is an example: as before, it is being used in a way that will help to broaden your view on how you can use Tan Sau.

In the example, you have managed to catch your opponent and pull him off balance using a double handed Lap Sau. The Lap Sau should be executed as a very sharp jerking pull. The pull should also be in a downward direction, to throw your opponent off balance. Fig 2.

With your opponent off-balance, twist his arm by pressing the elbow and

lifting the wrist. Fig 3

As he bends forwards quickly push your Tan Sau forwards to complete the lock and allow you a free hand. In this way you can control him more easily if he were to struggle against the lock. Fig 4.

As I mentioned before, this is just one way the technique can be used. How you actually use it will depend on what is happening at that moment in time. The important thing is to have a good understanding of the technique's principles and allow yourself to create the solution as the situation evolves ■

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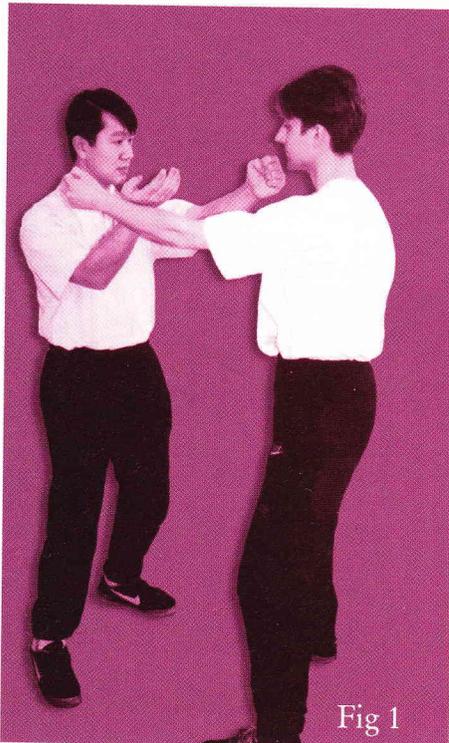


Fig 1

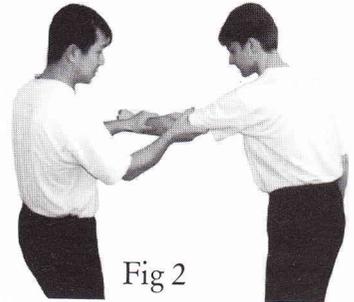


Fig 2

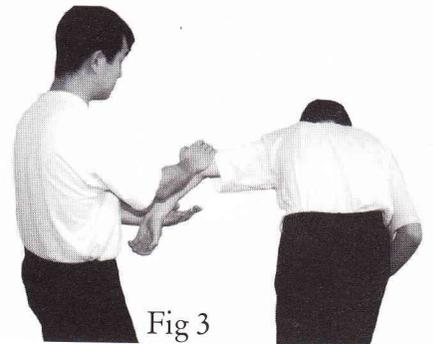


Fig 3



Fig 4