

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

(First Chapter)

The Philosophy of the martial art of TOA in simple words



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.

Copyright 2004 by Author of the Book: Babak Tawassoli

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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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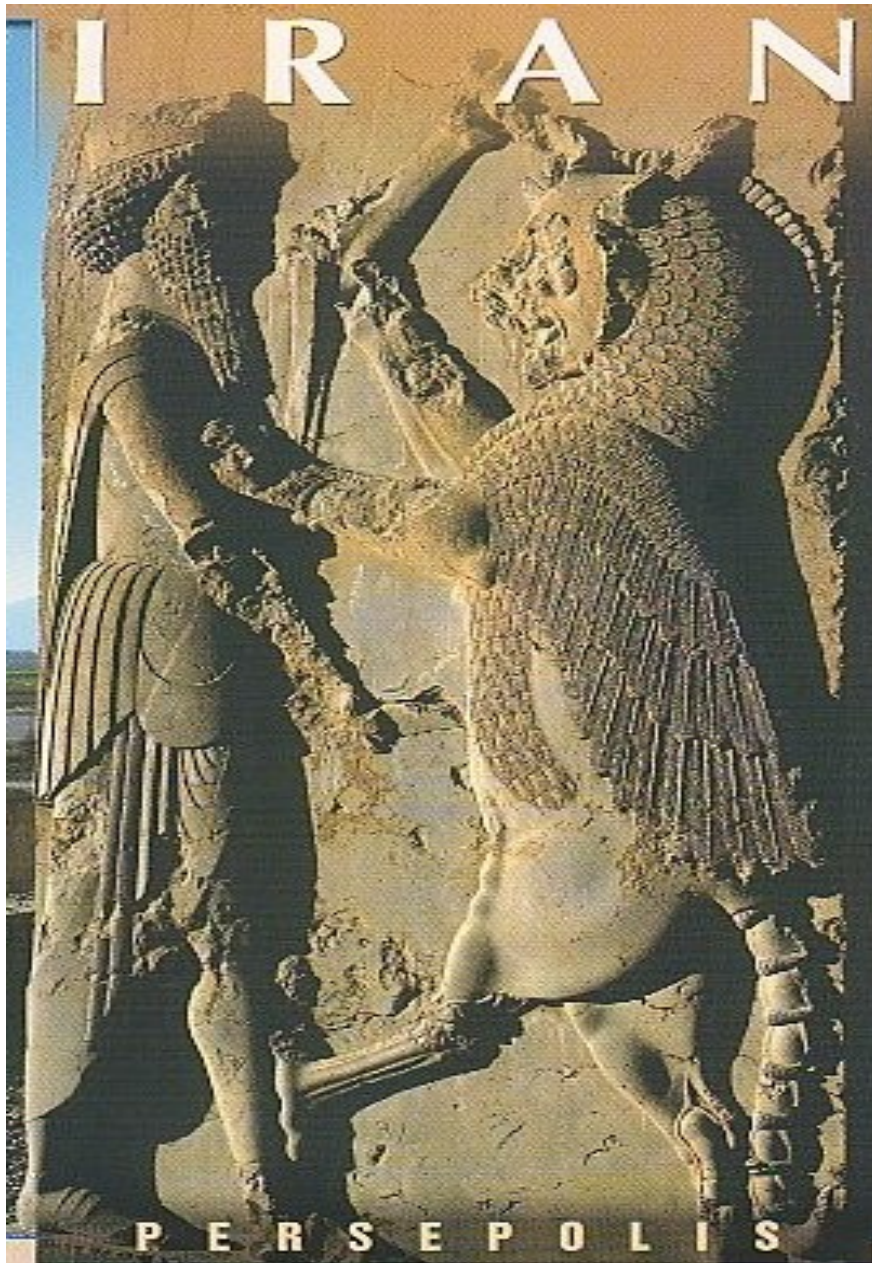


Mr. Bagher Shaker

An M.A. graduate in TEFL. have taught English for almost 13 years as of 2000.

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**Brighten the earth
You (human beings) who are between light and dark
You shall be a warrior for the light
You shall like the earth like a shining crystal and like it like a valuable friend
Make changes in plants and animals
Also change and revive yourself**

Words from ancient Iran

To: my wife, parents, brother, sister, and all martial arts enthusiasts

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The logo for TOA (Tawassoli Oriental Art) is rendered in a bold, black, stylized font. The letters 'T', 'O', and 'A' are interconnected and have a thick, blocky appearance. The 'T' is on the left, the 'O' is in the middle, and the 'A' is on the right. The overall style is reminiscent of traditional calligraphy or a modern, heavy sans-serif typeface.

Prologue

With respect to all masters who are practicing TOA Martial Art in Iran and revived it worldwide

TO'A

I am very much honored to have this opportunity to write the first book on TOA martial art in Europe especially in German, Persian and English.

It has been more than 30 years ago that I had the honour to be Master Mostafa Jalilzadeh's Trainee. As I learned from the gentleman TOA is not to be the goal in life but a way that helps a TOA practitioner to have a better and more successful life. One word of my own experience I would like to share with you is: that all human activities which have no ethics or philosophy but require hard physical efforts would be a danger to the practitioners and the society, as well. In the view of above, I do my best to keep the humanly and positive philosophy of Kung Fu TOA along with its elegant techniques to a degree which would not disrespect anyone's ideology or perspectives.

Despite the fact that the birth date and instruction of this martial art goes back to the beginning of 1972 by Grand Master Ebrahim Mirzaii, it started with the advent of Islamic Republic of Iran in 1979 to be publicly noticed. After the counting of 2012, there are more than 250.000 TOA Practitioners in Iran.

The very purpose of mine is to spread TOA all over Europe to make it as famous as it's in Iran. Hopefully, this collection will draw the attentions of all TOA lovers as well as those of Martial Arts' enthusiasts across the world.

In 2007, with the help of my trainees, I provided a video on seven forms of TOA which was useful for the trained TOA practitioners so as to remind them of the techniques and the directions. Also, in 2011, I made it to make another video in two DVDs which present our activities such as techniques, fights, cold weapons in defence and attack in TOA School located in Germany. Further, in 2012, I provided an instructive movie which shows fitness (Body Hardening) in TOA Martial Arts.

Necessary to point out that I got help from the following books:

Amid Persian Dictionary,

Classic principles of Kung Fu by Master Mostafa Jalilzadeh,

The culture of Kung Fu by masters Mohammad Poorgholami and Hossein Dadashi,

Kung Fu TOA by Master Mostafa Dehghanian,

My trainees and I wish all the enthusiast of this beautiful martial art across the world especially in its origin, i.e. Iran best of luck and success.

I, hereby, would like to take this opportunity and thank all my companions in Germany who helped me big time in preparing this book.

Manuel Schneider: A Computer Engineer (Network) who designed the webpage of Kung Fu TOA in the net- the second form- he is blessed with lots of experience in martial art (Wing-Tsun)

Farjam H. Dastgerdi: Nuclear Physics engineer- a holder of the 7th form degree of TOA (a TOA trainer)

Marco Shafighi: An injured champion of War between Iran and Iraq who was trained as a bodyguard with more than 30 years of experience in TOA martial art

Sebastian Tyc: A Physiotherapy student, a holder of the 7th form degree of TOA (a TOA trainer)

Richard Schuessler: A Police Academy student in Germany- a holder of the 7th form degree of TOA (a TOA trainer)

Andreas Traschuetz: A medical student- a holder of the 4th form degree of TOA

Susanne Blech: A University Student- a holder of the 3th form degree of TOA

Isabell Schuessler: A photography student and camcorder tudent – a holder of the 4th form degree of TOA

Simon Schmitt: A University Student: a holder of the 3th form degree of TOA

Taner Ucar: A holder of the 4th form degree of TOA, Ranked second in the world championship of TOA in Iran in 2011 (-82 kg - Mayana)

Johannes Haas: A holder of the 4th form degree of TOA, Ranked third in the world championship of TOA in Iran in 2011 (above 100 kg- Mayana), with more than 6 years of wrestling experience.

Francesco Nunziatino: A holder of the 6th form degree of TOA (an Assistant to the TOA Coach)

Felix Stockert: A holder of 6th form degree of TOA (an Assistant to the TOA Coach)

Evelyn Brendel: A holder of 6th form degree of TOA (an Assistant to the TOA Coach)

Timo Oberschild: A holder of 4th form degree of TOA (an Assistant to the TOA Coach)

Bert Seydenschwanz: A holder of 4th form degree of TOA (an Assistant to the TOA Coach)

Muvahhid Cosgun: A holder of 6th form degree of TOA (an Assistant to the TOA Coach)

Zahid Cosgun: A holder of 5th form degree of TOA (an Assistant to the TOA Coach)

Murat Idare: A holder of 6th form degree of TOA (an Assistant to the TOA Coach)

Hassan Jafari: A holder of 4th form degree of TOA (an Assistant to the TOA Coach)

Hosseyh Jafari: A holder of 2th form degree of TOA

Patrik Mueller: A University Student: a holder of 4th form degree of TOA

Marcel Reinhardt: A holder of 4th form degree of TOA

Sascha Walter: A holder of 3th form degree of TOA

Rositza Shelev: A dentist, a holder of 2th form degree of TOA

Kerstin Makoschey - Reinold: Youth Psychology expert, A holder of 2th form degree of TOA

Peter Thun: A holder of 2th form degree of TOA

Markus Boudgoust: A computer engineer (network)

Michael Traser: A computer engineer (network)

Also, many thanks go to all dear friends who helped a lot to prepare this book in Iran and in Persian.

Master Zia Asadollahi: My dear friend and companion as of 1979, the writer of the book “Ri-Keyma” in Iran, an International Coach & Referee, a member of TOA technical Committee in Iran with more than 30 years of experience in TOA Martial Art

A brief biography of Babak Tawassoli, the writer of this book



I was born in 1964 in Tehran and started learning TOA in 1979 when I was 15. After 7 years of practice under the supervision of Master Mostafa Jalilzadeh, I learned all seven forms (Steps) of TOA, i.e. Green Ana-Toa, different stages of cold weapon and in 1982 I was honored to be involved in his book entitled “Kung Fu Basic Principles” in more than 50 photos especially in fight parts. Because of master Jalilzadeh’s recommendation, I was trained for six months by Master Jalal Aali who was a holder of the 3rd Dan of Judo to get grappling and judo experience.

When I moved to Germany, I tried to teach the widely unknown martial art TOA, what wasn’t an easy task. I luckily met Mr. Stavros Mitskolawas from Greece. He was European heavy weight champion in Full Contact Savate (French Boxing) and ranked 6th in kickboxing worldwide.

He agreed teaching me free of charge in his gym, in addition I taught TOA. After 3 months I got German champion in Savate in Cologne. A few months later, I defeated won against the current German champion Mr. Lindner from Munich in Thai Boxing (Thai boxing 63 Kg).

After two years of practicing Boxing I realized that in order to reach the championship in Europe I ignored the very beautiful philosophy of TOA, i.e. the importance of head (brain, mind). Attacking with hands and feet towards head void of shield was done with respect and control in TOA martial art in the past by the masters.

In our martial art we were fighting without the presence of audience, there was neither a winner nor a loser since we were not and are not aimed to make a gladiator. Needless to say, in today’s world, the odds of getting known worldwide without forms and fights are thin. Besides, after years, masters with the aid of TOA federation in Iran organized Mayaneh (fight) in different countries, were protection was used in the competitions to prevent injuries. In 2011, the first world championship of TOA was organized by WUTA (world Union of TOA Associations) with participation of 40 countries.

Anyways, in sports good and bad experiences come together. ” Success is not a good teacher, failure makes you humble”. Shahrukh Khan

I have been living in Germany for more than 25 years. During this period, I have trained a lot of trainees in cities like Schorndorf, Stuttgart, Berlin, Alzey, Worms, Ludwigshafen, Landau, Mannheim, and Heidelberg who now teach TOA or training on their own.

Since 2007, I make a living via Kung Fu TOA School in Germany which is open 6 days a week. And I am pleased to inform my friends that after a lot of efforts made it to register TOA, an Iranian martial Art, in Germany.

Further development of new techniques to promote TOA Martial Art in Germany

15 years ago in order to harmonize and improve coordination among coaches and masters in TOA Martial Art, it was decided to allow all the TOA performers holding the 7th form degree (Green Sash) to wear black Sash. However, in order to wear black sash in Germany I felt obliged to innovate techniques which could come in handy in DVDs.

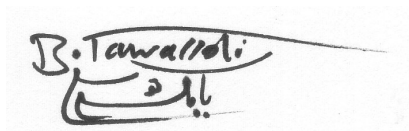
For me, wearing a black sash means to innovate techniques, combination, in TOA keeping its originality intact ,i.e. strength, speed, shock (Press and Lock the Technique in one Point) , endurance training, combination of hand and leg's movement including deflections and beautiful circulations which are exclusive to this martial art. These techniques and movements which do not exist in the conventional forms of TOA are: practicing with two Swords, two short Swords, long Stick, Single Short stick, Double Short Sticks, Single Tonfa, Double Tonfa, *Dam techniques (breath control)*, Knife techniques, double Knives, and Sickle.

Notice: Master Mostafa Jalilzadeh is against adding any techniques to the TOA Martial Art. Since I am not interested in creating a new style, with respect to my dear master, I wanted to use these new physical combinations to improve and perfect my training and practices of TOA in Germany. In fact, these four added sign (Steps) on my TOA-Uniform are symbols of my innovated techniques in Germany.

* Inhaling (DAM) is a Persian word meaning breath, air, moment, time, the sharp edge of the knife and sword.

I wish that my small effort let you and TOA grow and flourish.

Babak Tawassoli



TOA School in Germany



Honorary Letters of Appreciation for this book



Master Saeed Mottaki

A Holder of Black Belt (the third dan) in Taekwondo

A Holder of Coaching & Referring Certificate in Germany

An active member of Taekwondo academy in Stuttgart (Germany)

The Organizer and chairman of Black Tiger Taekwondo Team of Kornwestheim (Germany)

Many successes and winnings in various Full Contact competitions (Taekwondo)



Anerkennung und Danksagung

Für unseren Kung Fu To'a Großmeister Babak Tawassoli

Mein Name ist Matthias Drumm und bin Besitzer des Kampfkunstcenters Bushido in Landau. Ich selbst bin Träger des 1. Dan Ju Jutsu so wie Nin Jutsu. Ich konnte schon im Jahre 2004 auf eine Kampfsportlerfahrung von 20 Jahren zurückschauen, in denen ich sehr viele verschiedene Kampfsportarten erleben durfte.

Im Jahre 2003 durfte ich in meinem Studio Babak Tawassoli als sehr netten und respektvollen neuen Trainer für eine mir bislang ganz fremde Kampfkunst begrüßen. Ich selbst nahm an seinem Unterricht teil und merkte sofort das es eine ganz besondere Art der Kunst ist. Ich bedanke mich hiermit ganz herzlich bei ihm für seine Arbeit als Kampfkünstler in meinem Studio und wünsche ihm viel Erfolg bei der Veröffentlichung seines Erstlingswerks dessen Qualität und Kompetenz sicher genau so hoch ist wie seine Arbeit als Trainer.



Master Matthias Drumm

The chairman of BUSHIDO's martial art school located in Landau in Germany and master in Ju-Jutsu and Nin-Jutsu with more than 25 years of experience in different martial arts



Sportliche Anerkennung & Ehrung

Ich beglückwünsche den erfahrenen Meister Babak Tawassoli recht herzlich zur Fertigstellung seines zweiten Buches über die Kampfkunst Kung Fu TO'A. Dieses Werk enthält die wichtigsten Informationen über Kraft, Wirkung, Eleganz und Geschmeidigkeit der 1. u. 2. Stufe sowie eine ausführlich beschriebene und dargestellte Methode zum Erlernen bzw. zum Lehren für alle Kung Fu TO'A-Liebhaber/innen.

Ich habe mehr als 25 Jahre Kampfsporterfahrung in Taekwondo und anderen Kampfstile und drücke hiermit meinen Respekt und meine Anerkennung für dieses großartige Werk aus. Ich kann das Studium dieses und seines ersten Werkes, das die Grundlage jeder Kampfkunst bildet, allen Kampfsport-interessenten/innen nur wärmstens empfehlen.

Akbar Azarfar: Schwarz Gürtel 6. Dan in Taekwondo. DTU Trainer, Bundeskampfrichter und -prüfer. WTF-Trainer und -Prüfer.

Der Mitglied des Kukkiwon, dem Hauptsitz der Taekwondo-Welt.

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Master Akbar Azarfar

A holder of black belt (the 6th dan) in Taekwondo

A holder of the certified coaching certificate (DTU)

A holder of the certified coaching certificate (VTF)

An active member of Kukkiwon Taekwondo academy (worldwide Taekwondo center)

The organizer and chairman of Taekwondo team in cities of Ludwigshafen & Germersheim (Germany)

1982-Babak Tawassoli and Master Mostafa Jalilzadeh in the book "Classic Principles of Kung Fu TOA" in Iran

هیما کیتو از پشت

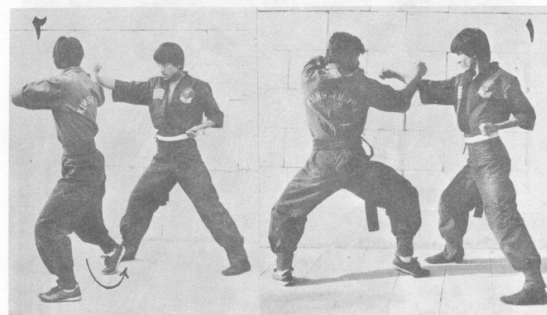
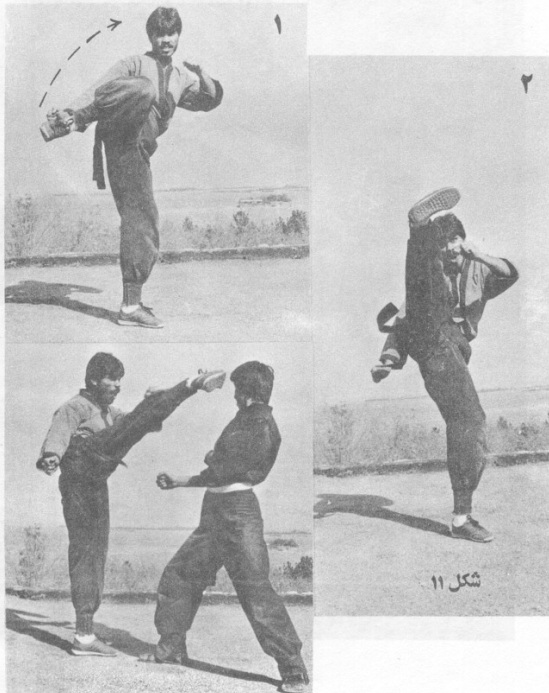
این تکنیک مانند ضربه قبلی میباشد ولیکن با پشت پا انجام میگردد یعنی از حالت هورایماراتو پا جمع شده (حالت ۱) با پشت پا شنه از زاویه ۴۵ درجه سمت چپ (شکل ۱۷ حالت ۱) شروع ببازشدن میکند و همزمان با قفل تکنیک در زاویه صفر (حالت ۲) جلوی بدن را درو میکند و بعد در زاویه ۴۵ درجه سمت راست پا دوباره جمع شده (حالت ۳) و سپس به هورایماراتو می نشیند.



هورا یاد کیتو

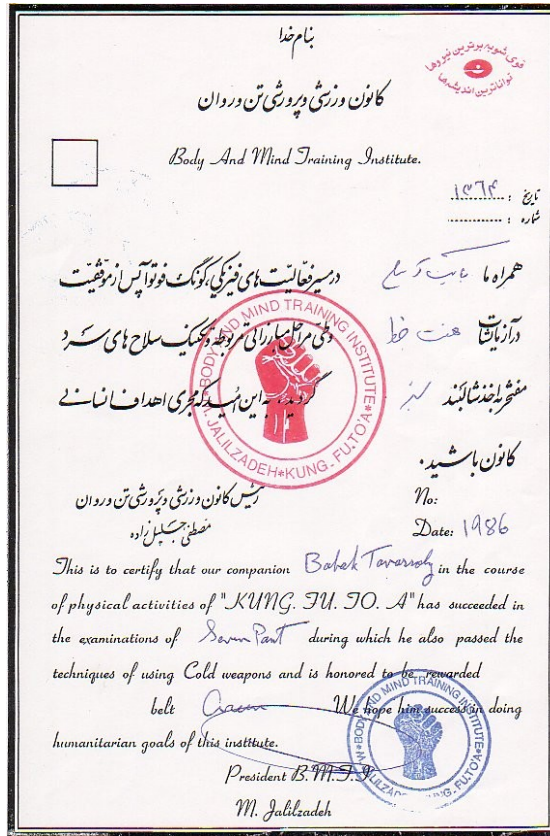
(Hora yadd keytto)

این ضربه نیز مانند یادکی بنویاید با سینه پا انجام گیرد طوری که از حالت راتسو پای عقب مانند حالت اول ضربه کی یتو به جلوی بدن جمع شده و بعد ساق پا از مسیر بدن خارج میشود (شکل ۱۱ حالت ۱) و از همان مسیر ضربه با سینه پا طوری انجام میگردد که کاملاً از مج شکسته باشد و همینطور بدن عمود بودن خود را روی یک پا حفظ کند (حالت ۲) بعد از ضربه دوباره پا جمع شده و بعد به راتو می نشیند.



توضیح: بعد از دفاع ضربه حریف بدن را ۱۸۰ درجه بچرخان داده و با پنجه به صورت او می کوبید.

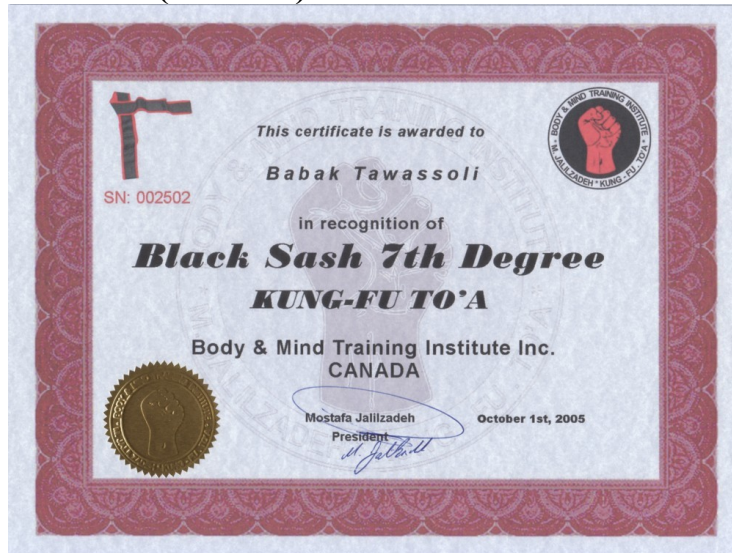
Author's Confirmations & Certificates in TOA Martial Art 1986-Green Sash Certificate (7th form & cold weapon) issued by Master Jalilzadeh



2004-Black Sash (6th Dan) from Kung Fu Federation of Iran



2005-Black Sash (7th Dan) from Master Jalilzadeh in Canada



2010-International Refereeing Certificate from National Olympic Committee of Iran



2010- International Coaching Certificate from National Olympic Committee of Iran



3. Meaning & Philosophy of TOA

TOA means training of Body and Mind
and Kung Fu TOA is the ways to train Body and Mind

TOA is also defined as “welcome”.

TOA expels weakness off the body.

TOA raises the self-confidence.

TOA is reflection and self-analysis.

TOA teaches peace & friendship among human beings.

TOA teaches help & sympathy among human beings.

TOA teaches modesty when one is in power.

TOA teaches to respect others' opinions

TOA encourages the seeking for knowledge.

TOA is a contradiction to jealousy.

TOA is against Lies.

TOA eradicates laziness & impatience.

TOA teaches to fight addiction and corruption.

TOA discourages solitary and encourages team play.

TOA encourages to become you in the best in the best physical & mental form.

TOA believes a powerful and learned person is not violent. And also it believes whatever violence and ruthless exist comes from weakness and ignorance.

TOA values understanding and time. It teaches people to live their lives satisfied and give something back.

TOA is continuous improvement.

Therefore, all friends and companions do your best to learn TOA and become a role model for your society and fight for your people and society.



4. The philosophy of Sashes from White to Red & 7 Faculty

The order of sashes in Kung Fu TOA is as following:

1. White sash 2. Green Sash 3. Brown Sash 4. Black Sash 5. Red Sash

The size of the TOA Sash depends on the age, i.e. for kids, cadets, and adults; it depends on the figure of the practitioner, and is normally:

7 cm the width, the length do 3.5 differs from 2.5 to 3.5 meters.

The back side of the sash is red since the founder of TOA martial art, grand master Ebrahim Mirzaii is the holder of Red Sash.



1. White Sash: The first kung Fu TOA Sash is the white one which means the person is ready to learn. Also, the philosophy of the white sash means the person is prepared to change and move and it consists of 7 forms which are unchangeable.

But: having white sash in martial art does not imply inexperience in fights. A word of experience implies that in Iran lots of great masters wear white sash with honor, with years of experience and holding 4th or 5th degree of TOA form, though.



2. Green Sash (coaching position): Green sash means growth in the world of physical and mental exercise. The holder of green sash is called “Rahdan” sort of a guide who knows the path or direction.



3. Brown Sash: It implies is burning. It shows the practitioner is experienced enough in physical and spiritual world and can handle the fights. The holder of brown sash is called “Rahban”.



4. Black Sash: It means a passage from the dark. This sash is the creativity level out of which new techniques emerge. Besides, the black sash exhibits the very first aim of Kung Fu TOA, i.e., the physical science and the peak of physical activities.



5. Red Sash: It means self-sacrifice and devotes oneself to the needs of the people and society. To reach this very level one is required to pass the sixth levels of Kung Fu TOA, i.e. research and gaining experience in science and biology academy in the following fields:

Medical world, herbal medicine, acupuncture, etc.

The philosophy of spirit and mentality, the philosophy of geometric secrets, philosophy orientation, psychology, and hypnosis

5. The oath of TOA Practitioners

In my silence ----- I would refer to the inner side of myself.

I promise by my honesty, virtue and healthy mind and my pure heart:

I will be always after knowledge seeking.

I will not lie and flatter.

I will never be mean.

I will not be jealous.

I will not be double-faced.

I will neither cheat, nor betray, or manipulate.

I will neither underestimate myself nor will not be selfish.

I will be satisfied with my life.

I will be appreciative and loyal to the good of people.

I will evade the self-deception and will ignore the deceivers.

I will not ask anything from God unless I made some efforts.

I will try hard with honesty to generate conciliation and friendship.

I will always support goodness versus badness.

I will always be familiar with the philosophy of working.

I will do my best to keep away from badness and ugliness.

I will love my people and culture.

I will dress simply.

I will be against all kinds of discriminations.

I will be tough in the face of difficulties in life.

I will seek rest in my spirit.

I will seek peace and freedom in myself and be against any kinds of wars.

I will live with dignity and will die with dignity.

I will be always loyal to this Iranian Martial Art, i.e. Kung Fu TOA

TOA

Late master Reza Aghiri (1979)



6. The order of Examination of TOA forms in Germany:

From White Sash to Green Sash (coaching stages): the unchangeable seven forms



1. Ana-Toa
2. Ata-Do
3. Su-To
4. Sam-Sama-E
5. Mayana (Mayaneh)
6. Koana & Vesta-Mayana
7. Vayma-Bato (Vayma-Matto)

After being trained and examined all the 7 forms, the Kung Fu TOA practitioner will be honored to receive the Green Sash (Coaching Position). If the person lacks enough experience in fights, there would be a thin white tape in the middle of the green sash sewn. (Gitck).

From Green to Brown Sash:



1. Green Ana-Toa
2. Cold Weapon (Sai)
3. Cold Weapon (Ri-Keyma): Sword, Double swords
4. Cold Weapon Choob (Long Stick)
5. Cold Weapon Tak Choob (Single short Stick)
6. Cold Weapon Do Choob (Double short Sticks)
7. Cold Weapon Tak Toonfa (Single Tonfa)
8. Cold Weapon Do Toonfa (Double Tonfas)
9. Dam
10. Cold Weapon Kard and Do Kard (Knife - Double Knives)
11. Cold Weapon Do Das (Double Sickles)
12. Cold Weapon Tak Tigh (Single short Sword)
13. Cold Weapon Do Tigh (Double short Swords)

Notice: Training with one or two nunchakus is forbidden in Germany since 2006.

From Brown to Black Sash: The stage of innovation of new techniques for the progress of TOA Martial Art.



After wearing the brown sash, the TOA practitioner is supposed to practice and teach TOA to others. Also, the practitioner has to spend three years on learning another martial art of his own volition. Having gained lots of experience, the practitioner has to innovate new techniques pertinent to brown sash. The new techniques must be examined by two black sash holders so that related masters could modify them and promote them.

After the confirmation of the techniques, the black sash is handed in to the brown sash holder officially. All the innovated techniques are learned by the black sash holders and they would train them to others.

7. The certificates of TOA forms (Steps) in Germany

Until the time the first form of TOA is not examined by the master, the white sash like the red one (the highest rank of Kung Fu TOA) is tied once on the right side.

Having passed the first form (AnaTOA) which is first done with strength and then with speed, the master would tie the second knot and will shake the practitioner's hand in a TOA manner. From this moment on, the TOA practitioner is honored to sew a thin white tape measuring 7 to 10 cm length and 1 cm width on the right upper part of the chest and also fasten their sash with two knots on the right side of the body.

Tying the sash of the practitioner after passing the first form (Ana-Toa)

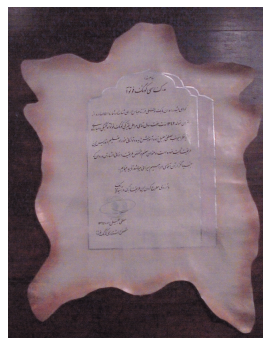


Shaking a hand in a TOA manner



Generally, in examining the higher forms, after passing in the exam, the lower level forms would be examined, as well. For example, after success in the fourth form (Sam-Sama-E), the third form (Su-To), the second one (Ata-Do) and at the end the first form (Ana-Toa) would be examined, too. Therefore, the TOA practitioner is to practice all the forms and techniques and keep trained.

The confirmation of the green, brown, black sashes are stamped and signed on the leather sheet following the rules and proceedings of Kung Fu TOA and given to the practitioners by the masters.



8. The meanings of 7 forms (Steps) of Green Sash in TOA



It is said the 7 forms of TOA contains 17909 techniques, combinations, and reactions

The first form “Ana-Toa”:

Ana-Toa means “you”, the “you” who has to live on the earth following the rules of the nature. Ana-Toa implies “me” being equal to “you” and vice versa. Ana-Toa means the world of body and mind and the impact on the world. Ana-Toa has got waving features and is against the human body movement. Ana-Toa includes 515 techniques, combinations, and reaction making.

The second form “Ata-Do”:

Ata-Do refers the secrets of creation. Ata-Do contains the anti-waving features. It has 317 techniques, combinations, and reaction making.

The third form “Su-To”:

Su-To implies wisdom and eradication of fear from life. Su-To includes 813 techniques, combinations, and reaction making.

The forth form “Sam-Sama-E”:

Sam-Sama-E means research. It contains 5011 techniques, combination, reaction making.

The fifth form “Mayana” or “Mayaneh”:

Mayana means “fighting”. Mayana is time wise the longest form of TOA which contains 313 foot strikes. Mayana includes 4900 techniques, combination, and reaction making.

The sixth form Koan-Na & Westa-Mayana:

the sixth form is the combination of two parts “Koan-Na” which means contrast and “Westa-Mayana” with the meaning of understanding the thoughts. Koan-Na includes 103 techniques and Westa-Mayana 104 foot strikes. Koan-Na and Westa-Mayana contain 3052 techniques, combination, and reaction making.

The seventh form “Vayma-Bato” or “Vayma-Matto”: Vayma-Bato means respecting the wise and encouraging people towards knowledge. Vayma-Bato is known as “claws of death” among TOA practitioner.

Vayma-Bato contains 3301 techniques, combination, and reaction making.



9. The philosophy of TOA Outfit (Uniform)



1. TOA Outfits (Uniform):

In Kung Fu TOA martial art, the black implies resistance so compared to other colours is respected more. The reason is, that it is less influenced by other colours. As a result, Kung Fu practitioners should like the colour of their outfits be resistant against deceitfulness.

Having passed the level of green sash (the seventh form) the outfit colour will change to red. The red is the symbol of the colour of the TOA practitioners' blood and symbolizes bravery and courage against injuries and wounds in the fights.

Only the black sash holder is authorized to wear outfit with various colours such as black, red, and white (the white symbolizes purity and cleanness). Hence, some masters believe the white outfit is exclusive to the founder of TOA "Grand Master Mirzaii". However, during the past 15 years wearing white outfit has got common among Iranian masters.

The collar of the outfit is like that of Chinese outfit and folding the sleeves to the forearm is common as well and the reasons are as follows:

First: power and reaction are kept in balance and the techniques are performed correctly.

Second: if the sleeves are folded lower it would handicap the fighter.

Third: in the fights, if the practitioner's hand is taken by the opponent, one can get rid of him with the help of self-defence techniques. However, if his sleeves are taken by the opponent, it would be demanding to free them.

2. The sign & logo on the front chest and back of the outfit:

The logo is sewn on the backside of the body and mind world outfit (International Association of Kung Fu TOA). Also, the logos and signs which symbolize the TOA degrees and levels are sewn on the front side of the outfit (on the right chest). Further, Mirzaii's (the founder of Kung Fu TOA) style logo is sewn on the left part of the outfit (on the left chest).

Points regarding the logo of Mirzaii's style:

The punch in the middle of the logo which is arisen from the darkness symbolizes power, the power which is required for peace and faith.

This logo is sewn to the right chest so as to protect the heart which its beats are the voice of our mind and this punch is for the defence not for the attack.

The Red Crescent shows the philosophy of practitioners' red blood which symbolizes bravery and courage on the battle field. The white colour under the logo expresses the brightness (freedom, peace, goodness) and you shall be a warrior for it. Also, in the middle one can see Iran as the centre of TOA martial art which has been assigned by its founder.

3. TOA trousers & sash:

Usually in the training time the dress should be tucked in the trousers. The trousers must be comfortable enough so that legs could move easily. The trousers ankle must be fasten on the ankle so that the power and shocks of the strikes could be enforced with accuracy and control. Besides, the chance of the opponents' engaging with the trousers is thin. The trousers should be tight up to the navel so that the sash could be tied with two knots and on the right side of the waist.

4. TOA Shoes:

TOA practitioners can wear the usual black shoes or boots while practicing. Those of whom passed the first, second, and third classic forms and are confirms by their masters can wear the special boots of TOA.



10. The philosophy of Simorgh in TOA martial art



A few words on Simorgh:

Simorgh is a legendary bird in the history of Iran which dates back to 3500 years B.C. this imaginary bird is the symbol of love, wisdom, mighty, goodness, healing, advising, and agility. Besides, it has a magic power which makes it faster compared to other birds and can fly way higher than others. Among other features of this bird one can refer to its flying to the peak of Mount Damavand (5675 meters high).

One of the famous references which mentioned Simorgh is Shahnameh, i.e. the peerless work of Ferdowsi. Nowadays, Shahnameh is translated to many languages in the world.

Simorgh came up in another reference in Attar Neishabouri's Manteq at-Tayr who is a famous Iranian poet. The story goes that all the birds were trying to fly to the top of Mount Damavand to meet Simorgh yet due to the difficulty of the path some of them used to change their mind or could not keep up. Among them only 30 birds could reach the peak and they realized that there existed no such a thing as Simorgh and that they themselves were Simorgh and their true nature.

Simorgh in TOA martial art symbolizes the TOA companions' movement towards the peak of body and soul. The sword in the logo is the symbol of attempts to reach one's goal, i.e. knowing oneself and the perfection of body and soul. The sign of Simorgh will be sewn on the chest or left arm of the outfit after one passed the examinations pertinent to the seven forms successfully.

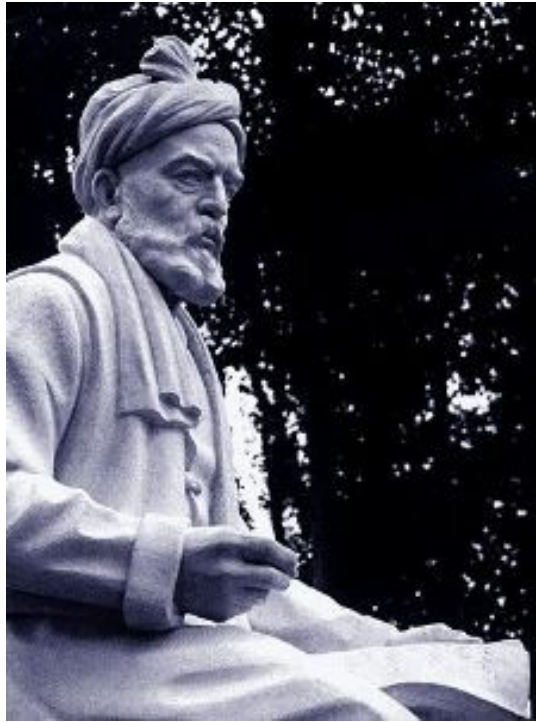
In Kung Fu TOA School in Germany, in order to encourage my students I allowed them to have the sign on their left arms forever after their success in the third form examination.

Simorgh and the birth of its daughter Raam (Zohreh):

Raam (Zohreh) is the angel of body and soul, love and life, music, poem, dance, and happiness and is protected by its mother Simorgh. In Petersburg's museum in Russia, there exists a silver tray which dates back to 1500 years ago. One could see Simorgh and Raam's birth on it. The imprinted flowers on this tray are Lilies.



11. A brief on great Ferdowsi (932 to 1020)



Ferdowsi is one of the greatest poets of Iran and the world who was born in a village called “Pazh” in Khorasan in 329 (Islamic Calendar).

Since he loved Iran and was interested in keeping Persian language alive in 370 (Persian calendar) after Daghighi Tousi’s death and due to his unfinished “Goshtasb nameh”, Ferdowsi decided to work on Iranian’s ancient stories and devoted 30 years of his life on that. Around 400 (Islamic Calendar), he finished Shahnameh which is a well known book all around the world and is translated to almost any languages and also is considered an asset in Persian literature. It is said he passed away in 411 or 416 (Islamic Calendar) in Tous.



12. Otaymeh or Otaymi in TOA



Otaymi is a the red circle drawn on the ground which is the center of fights, form examinations, sports events, technique performance, TOA forms, and the technique trainings by the master are done in it. The total diagonal of the Otaymi depends on the practice hall but it could be around 2 to 6 meters and the diagonal of the white circle in the middle is 40 to 50 cm. The side of the square which includes the Otaymi is 4 to 8 meters.

The photos on the left are my training class under the supervision of Master Mostafa Jalilzadeh in Tehran in 1979. And the ones on the right is my examination to get the 4th form (Sam-Sama-E) under the supervision of Master Mostafa Jalilzadeh in Khavaran in 1981.



13. The philosophy of “Human Royal Falcon” in TOA



In ancient Persia the falcon (pers. Shahbaz) was the symbol of victory and prosperity and was associated to the benevolent and innocent. This beautiful, reputed, and high-flying bird flies from the top of the mountains to jungles, deserts, and seas. Also, it flies with agility and skillfully to reach the highest mountains. That's why the founder of TOA martial art resembled the skills of this bird to those people who are seeking excellence.

The features of the figure of the falcon in TOA martial art

The philosophy of the two existing crystals in the two powerful claws of the falcon:

These two crystals are reminders of the two worlds of body and soul. The body world leads human being to live a life and the soul world guides people towards knowledge and truthfulness in life. Here, we are aiming to discover the right path in our life while having healthy body and mind.

The philosophy of the tail of the falcon:

The tail implies the physical power and health which are considered means to understand the secret to have a powerful body and a great personality.

The philosophy of the chest of the falcon:

Inside the chest there exists signs of bravery and it is said: in bravery I am the most courageous one, in competitions I always win, in glory I am the most glorious one, and I will defeat all my enemies.

The philosophy of the two wings of the falcon:

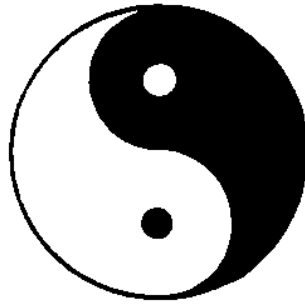
The two wings show people can fly to the highest points and each of these wings contains three mottos:

Honesty and purity
Mind power
Human immortality

The philosophy of the ball on the head of the falcon:

The ball implies the life wheels in which human is placed and is seeking for the secret of life.

14. The Explanation of Chinese philosophy (Yin and Yang) and its impact on Kung Fu Martial Art



The Yin and Yang symbol indicates Chinese principles. Yin and Yang are actually complementary, not opposing, forces, interacting to form a whole greater than either separate part. So it can be seen as a dynamic system. In the below one can see the characterizations of each of them:

Yin: black, darkness, night, moon, female, softness, negative, etc.

Yang: white, brightness, day, sun, male, toughness, positive, etc.

To explain yin and yang principles I would like to refer to an example which is Front and rear arm muscles lifting weights:

While lifting up a weight with hand, the front arm muscle is engaged. Thus, the rear arm muscle is not involved. When putting down the rear arm muscle is involved and the front arm one is not. Here, we talked about the synergy and cooperation of front and rear muscles yet if these two muscles were working simultaneously no movement would happen. To clarify, neither of these muscles could work alone meaning one black spot exists in a white drop and a white spot in a black drop.

As essence a Kung Fu practitioner should keep balance between his power, speed, patience and his interaction with the environment.

In retrospect, the thick and strong tree in face of harsh storm broke however; the bamboo tree with tolerance resisted the storm.

Therefore, a Kung Fu practitioner in case of facing these two powers, whether black or white, without sticking to them must control them and then separate oneself from them.

In TOA man-to-man fights, weaker fighters are strongly recommended not to resist powerful opponents' strikes yet dodge them with flexibility and TOA beautiful techniques and use his power against himself.

15. Power of (Chi) energy and the use of (Dan-Ti-Yan) in Kung Fu



The terminology “Chi” in Chinese or “Ki” in Japanese indicates an inner and vital power. This energy and power is invisible and also significant in medical science and Asian martial arts. So many Asian elites think of “Chi” as a mental and physical power booster. And this energy is circling in all channels and parts of the body permanently. However, if the flow of this energy by any chance gets slow or blocked in one of the body channels, the existing harmony will be disturbed which leads to the emergence of pain and sickness, etc.

Factors which disturb the “Chi” energy in body are:

Disorder in breathing, air pollution such as smoking, the drastic and sudden climatic change (severe hotness or coldness), anger, overeating, over-drinking, stress, too much work, standing for a long, time, walking, sitting or lying down, eye pressure resulting from direct light, sleeplessness or oversleeping, too much exercise without warming up muscles and joints, and so on

Struggles which used to be common against disorder and inconsistency in the flow of Chi energy are:

Special body and breathing exercise, massage, fire usage, sucking different parts of the body using glass, transfer or removing painful area (Reiki : The Japanese Art of Healing), Chinese Acupuncture, etc.

As written above, breathing leads to the correct flow of “Chi energy” in the body.

That's why, in TOA martial art the correct breathing (Dan-Ti-Yan) is significant to get more physical and spiritual energy not only in practicing time but also in the break time. But it takes time and experience to learn to coordinate combinations, control and create balance between physical movements and breathing.

Breathing technique (Dan-Ti-Yan)

In the Eastern philosophy especially in schools such as Tai chi, Qigong, Yoga, and Zen, there exists an area under navel called "Dan-Ti-Yan" which is recognized as the basis of life and also mental and spiritual power centre. This spot is located 7 cm under the navel and is always drawn the attentions of the practitioners. In order to practice respiratory function first one must focus on the referred spot under the navel and slowly inhale through the nose. Here, we have to imagine not to inhale just air to our lungs but to inhale positive and healthy energy. Then, while still concentrating on the "Dan-Ti-Yan" spot one exhale the air via mouth. Now, one should imagine exhaling all the negative and unhealthy energy out. This inhale and exhale functions must be done in order and calmly.

Consistant respiratory function "Dan-Ti-Yan" always will have positive effects on our nerve system and creates balance in our inner energy and also strengthen the physical power and the respiratory system.



16. Zen



Zen is one of the principles of Buddha which was taken to China from India by “Bodhidharma” who was a Buddhist monk around 1000 years after the death of Buddha. Bodhidharma is known as “Damo” in China and “Darma Toaishi” in Japan.

Describing Zen is impossible because everyone has to experience it on his own. In the following one can find some of the experiences of different people on Zen:

- With Zen I would like to discover the secrets of the world in myself.
- Zen means to free myself from the difficulties of life.
- Zen is a practice for the soul to strengthen the inner power of the human being.
- Zen is the look at your own nature.
- Zen is for dealing with my inner anger.
- Zen is for becoming a clear view on things.
- Zen is coming from unrest to calmness.
- Zen is an inner practice to reach the best physical and mental form.
- Zen is neither a religion nor a philosophy, neither knowledge nor psychology, it is a method to overcome the desires.
- Zen is a way to gain self-satisfaction.
- Zen is a mirror for your own behavior and attitude (in home, school, and society) without any judgment.
- Zen is a sheer mental rest after and before severe physical practice.
- Zen is finding peace.
- Zen is to think deeply.

17. A brief excursion on the formation and evolution of Kung Fu in history

TOA Academy in Tehran (Iran)



The word Kung Fu is a Chinese word which stands for the difficult movements (hard work) and practices that are done by powerful and agile people and is practiced and trained as a Chinese martial art. The origin of Kung Fu in China is about thousands of years ago.

Many stories indicate that Kung Fu, got inspired from an ancient Chinese martial art called Chinese boxing or Kempo. The roots of Kempo are unknown, but most historians agree that a man called Bodhidharma from India played a major role in developing the art. Bodhidharma is also known as “Damo” in China and Daruma Taishi in Japan is the son of pallava king Sugandha and one of the best students of Master Prajnatarā.

Bodhidharma travel from India to China in Yongli Emperor’s time to teach Buddha principles in 520 B.C. after crossing Himalaya Mountain and impassable roads he entered the emperor’s realm and asked for a place to propagate Buddha principles. Among all religious places he picked a monastery in Songshan Mountain which is situated in Henan province. Then, he decided to teach Zen there. Later that Monastery was named Shaolin temple in mandarin language. At first, some of his instructions in order to reach the truthfulness required mental and physical austerity which mostly trainees used to faint. As a result, he decided to create certain methods so as to heighten his student’s perseverance. It is said he stayed aloof from the society for 9 years and turned to wildlife so as to get inspiration from the nature like water, fire, wind, rain, animals, and birds. Finally, he made

it to invent 18 simple but effective movements to strengthen the perseverance against severe mental and physical pressure.

Of course, some of the historians believe that prior to Bodhidharma, there used to be a self-defense among the monks which they were using against thieves and bandits. This old system among monks was the basis of Bodhidharma's invented practice.

Today for sure one can refer to those 18 movements invented by Bodhidharma as the basis of most martial arts.

Martial art experts believe that Southern Shaolin temple located in Fujian province played an important role in propagation of Kung Fu among people and also it is believed most of Kung Fu styles were developed during the Qing Dynasty, ruling from 1644 to 1912. Terminologies such as "WUSHU", "Chaun Fa", "Chaun Shou" meaning the art of punching is known in China. We can name some other martial art methods in the below: In the northern China methods like "eagle claw method", "monkey method", northern method of Silom and in the southern china like dragon, Hong Kong method, white crane, and also the southern Silom.

TOA Academy in Tehran (Iran) - 1978



18. War and Destruction or human being's struggle against himself



The history has proved that war and fight among human beings were considered unpleasant but they seem inseparable parts of life.

They used to depend on physical power but later various war equipments enhanced winning chances. However, today human beings developed from those simple equipments in a way that with pressing one button can end life of humans and animals hundreds of miles away.

Undoubtedly, war is one of the most unpleasant events, but since light lies beside darkness, goodness beside badness, war as opposite of peace will never be extinguished.

The point is today everybody is aware of the value of peaceful life and needless to have war to prove it. Besides, they can solve the discrepancies via pondering upon the life of different societies in the history and logically find solutions for them.

Actually, nowadays the real war should be that of with oneself to overcome the fear, weakness, ignorance, laziness, selfishness, greed, etc.

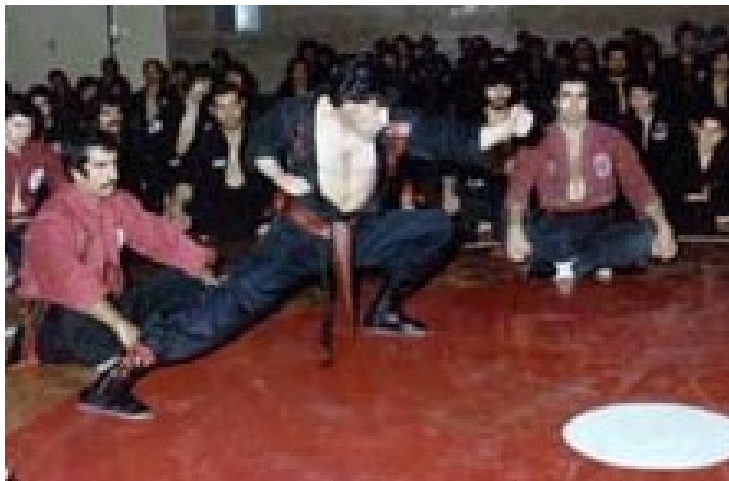
According to Asian masters:

The inner struggle of human being with oneself and his overcome to reach the true peace indicates his power and intelligence.

19. The comparison of two different systems called “We-Chia” & “Ne-Chia” in martial arts



In fact, differentiating the two systems of “We-Chia” and “Ne-Chia” in martial arts is not that much difficult. In “We-Chia”, exercise is mostly based on strengthening muscles, agility, enhancing the flexibility of thighs and joints, strengthening all body limbs. This system is originated from animals’ behaviours such as fighting, hunting, escaping, hiding, establishing, shouting, defending, and attacking.



In “Ne-Chia” system, exercise is based on strengthening the inner power of the body and is done slowly. The followers of this system believe that by doing certain physical and respiratory exercise one can activate his internal energy. “Ne-Chia“ system depends on two principles:

- 1. Yi: strengthening the willpower,**
- 2. Chi: strengthening the life’s essentials,**

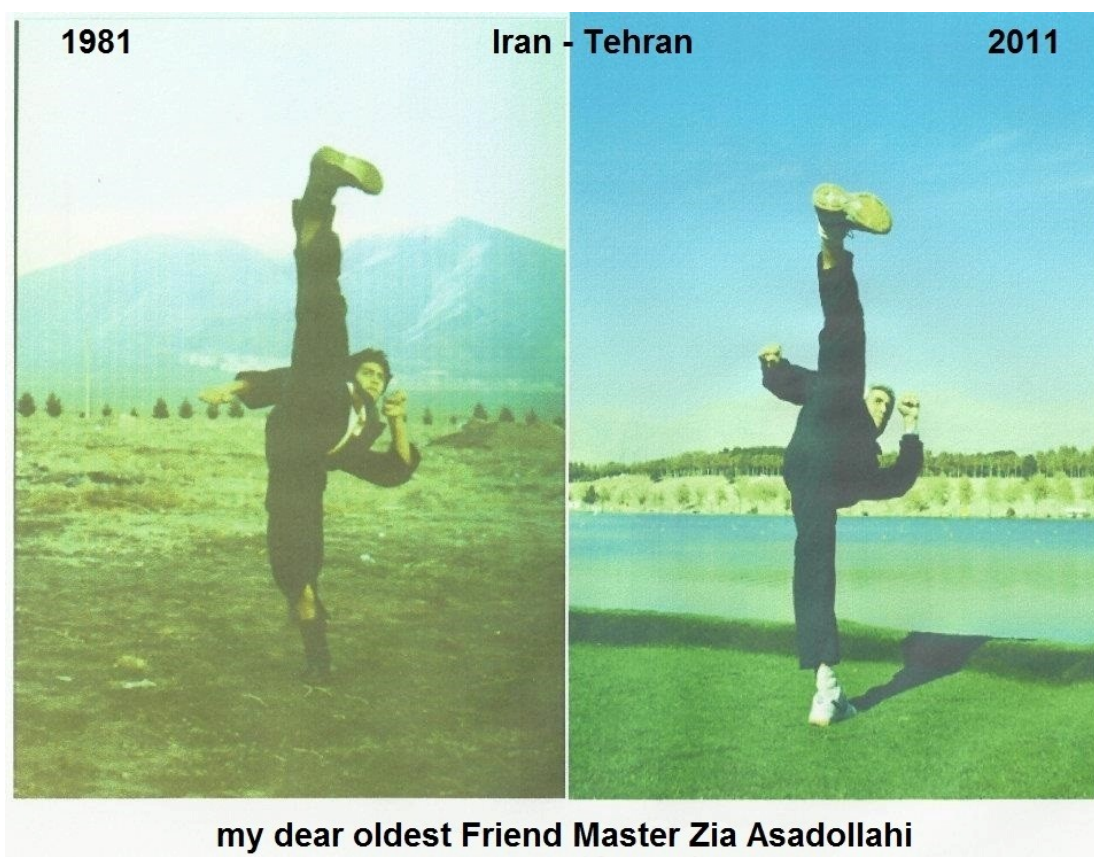
As examples, I can refer to styles such as Tai-Chi-Chuan, Bagua and Xing-Yi-Qaun. In TOA martial art one can see the influence of “We-Chia” and “Ne-Chia”.

20. The secret to health and physical exercises in Asian countries

Nowadays, all the exercises and movements which were common in countries like China, Japan, India, Korea, Iran, and other Asian countries for improving humans health are known all over the world. Medical methods and equipment which were used in the historic countries were a lot and effective. Massage therapy, nutrition instructions, usage of herbal medicine, natural healing stuff and the ancient methods were among things which have built the basis of the current medicine.

What separates the Eastern ancient martial arts from those of modern and western ones is in the way they practice. Eastern methods mostly concentrate on strengthening the joints, Ligaments, internal organs of the body, respiratory functions, and nerve system. Whereas in many western countries it's common to enlarge muscles with body building equipment. Besides, using different pills to enlarge muscles (steroids) have countless side effects like cancer, premature aging, heart problems, allergies, skin diseases, nervous breakdowns, overweight, impotence, aggression, mental problems.

Based on eastern medicine, the reasons for all diseases go back to internal weaknesses and organized activities accompanied by correct respiratory functions are the tools to fight against diseases.



21. The most important Vitamins and Minerals stuff for health

Vitamins and Minerals stuff make people happy and immune the body against various diseases. Nowadays, malnutrition and lack of Vitamins and Minerals stuff in body cause premature aging and generally 80% of most diseases.

Vitamin A is influential for the following organs:

Eye, hair, skin, bones, teeth, kidneys, lungs, liver

Vitamin A can be found in following foods:

Animal meat such as calf, cow, sheep liver-sea animal oil, egg, milk, butter, cheese, tuna fish

Vitamin B complex is useful for:

Nerve strengthening, energizer, regeneration of body cells

Vitamin B complex can be found in:

Wheat, cereal and peanuts

Vitamin B1 is useful for:

Concentration, against amnesia, brain protection, heart, hair, ear, eye, stomach, intestines, nerve system

Vitamin B1 can be found in:

Cereal, red meat, white bird meat, fish, potato, citrus, Brewer's yeast

Vitamin B2 is useful for:

Body growth and reproduction, eye, hair, nail, skin, stomach, intestine

Vitamin B2 can be found in:

Dairy products, liver, meat, egg, fish, almonds

Vitamin B3 is useful for:

Liver, nerves, skin, cellular, tongue, brain, and against sleeplessness, headache, migraine, vomit, digestion, anger

Vitamin B3 can be found in:

Cereal, milk, brewer's yeast, bird's meat, sea animals, almonds, citrus, grain

Vitamin B6 is useful for:

Wound healing, against cancer, mental illnesses and heart problems

Vitamin B6 can be found in:

Salmon, chicken, banana, grainy bread

Vitamin B12 is useful for:

Against mental weaknesses, heart problems, heart attack

Vitamin B12 can be found in:

Milk, fish, liver, meat, egg

Vitamin C is useful for:

Lowering the side effects of medicine and allergies, strengthening the defense system of the body, wound healing, anti-cancer and gum bleeding, lowering lipid, against cold, impaired circulation, upset stomach, and backache

Vitamin C can be found in:

Various vegetables, fruits, milk

Vitamin D is useful for:

Absorbing calcium for bones and teeth, strengthen the defense system of the body against diseases, heart
Vitamin D can be found in:

Egg yolk, fish, liver, yeast or sour dough

Vitamin E is useful for:

Healthy change in muscles against pain

Vitamin E can be found in:

Herbal oil, egg, grains, almonds

Vitamin K is useful for:

Blood coagulation

Vitamin K can be found in:

Soya oil, milk, vegetables

Minerals stuff:

Minerals refers to inorganic matter like salt (Sodium chloride) taken from sea water, mines, deserts, and mountains. Salt is digested as combination of sodium and chloride and split to ions in body. Salt will expedite the digestion and strengthen bones and there exists almost 5 to 6 grams of salt in one litre of our blood. We consume almost 20 grams salt daily. Besides, Minerals exists in almost all our foods and beverages.

Minerals stuff: (Calcium and Magnesium):

They reinforce and strengthen our bones and teeth and are effective on our muscles and nerves. Also, they are tranquilizers.

Minerals stuff : (Potassium)

It is good for bones and help to add up to muscle control. Also, it increases skin resistance against sun.

Minerals stuff (Iron):

It plays a major role in blood creation. Also, it transfers oxygen to the muscle cells.

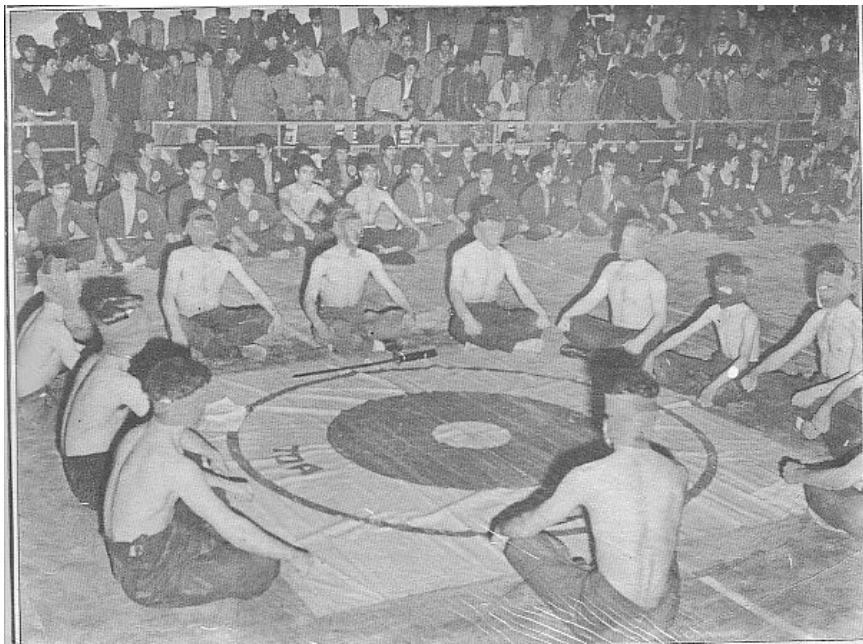
Minerals stuff (Zinc):

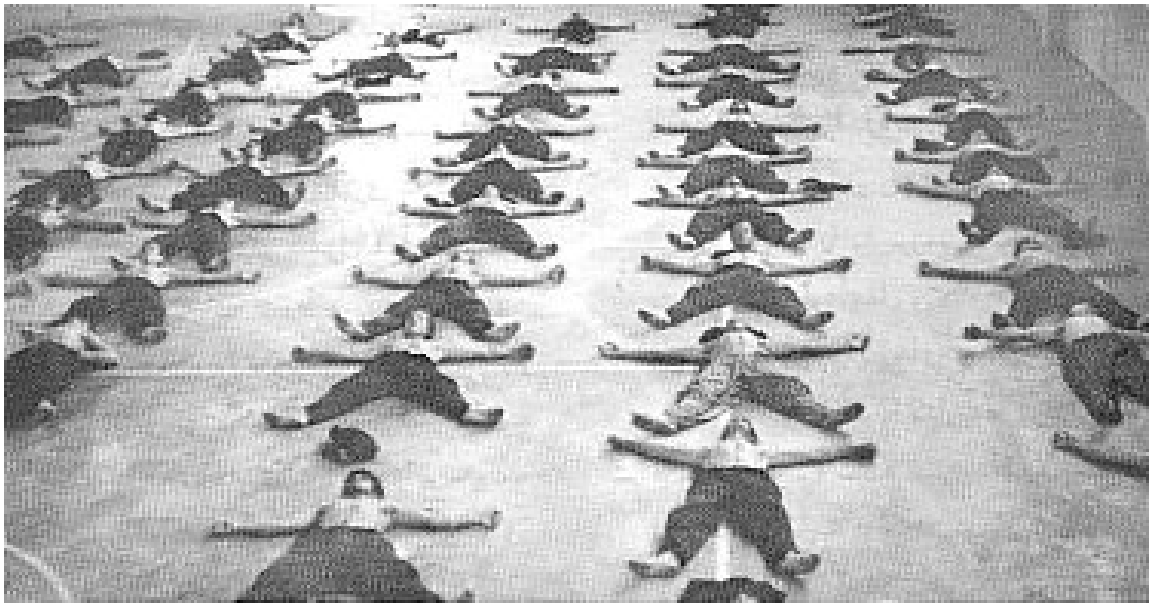
Influences many body processes like muscle and cell growing and improves mental abilities.



22. Recommendations on exercise and healthy nutrition

- Prior to practice TOA one has to forget whatever daily problems or mind obsessions exist and just focus on practice.
- All the exercises should be based on an organized schedule.
- TOA practitioner should at least practice once a week alone.
- Pay attention that between hard exercise and organized one there should not be a long break otherwise the positive effect of TOA movements lessens.
- Rest between exercises is done in three forms: standing position (kami-Sema), sitting position (Zen) and lying on the back.





- One hour before practice one has to stop eating and drinking too much.
- During the practice one has to keep from drinking juice. Drinking useful beverages (water, fresh juice, water and honey, honey and milk) after the practice should be done slowly.
- Drinking liquid with artificial or chemical color, too cold or hot drinks is forbidden. One can mix a little water to the carbonated drinks so that it could reduce its harm.
- Eating directly after exercises is not recommended. Eating natural food like various fruits, vegetables, dairy products, white meat (fish, chicken, and turkey), egg, bread, honey, and date are useful for the body. Also, avoid eating too much salted, sweetened and fried food.
- Eating based on a schedule isn't recommend, hunger is a better indicator when to eat. Besides, one has to chew the food correctly and eat slowly. Also, the stomach should not get full after finishing your meal.
- A short rest after a meal is useful.
- Since people are active during the day, a good night sleep is strongly recommended. Sleeping hours vary but the older one gets the fewer he needs to sleep. Further, the sleeping hours are between 7 to 8 hours among different people. Oversleeping like sleeplessness is harmful to our health.
- Fresh air and sunshine is useful for our health and athletes who live in big cities every now and then must turn to nature or outdoors like parks, mountains, jungles, sea, etc.
- Smoking and drinking alcohol is very harmful to our health.

23. Stress and ways to prevent them

Stress is caused by chemical reactions in the body which produce hormones like Adrenalin which enter the blood instantly and cause changes in heartbeat, blood pressure, and metabolism. These are rooted in the psychological pressure of the environment.

Stress could be positive or negative. Things creating positive stress are love, marriage, birth, etc. and strengthen the immune system of the body.

On the contrary, factors causing negative stress could be:

death, divorce, financial and spiritual failures, fear in life, etc. which, in turn; these factors could weaken the immunity system of the body.

As everybody knows, body and soul are in direct relationship meaning changes in one influence the other. Not to mention, our feelings and thoughts could change each and every cell in our body.

The effects of severe stress on body:

- Due to high blood pressure the risk of heart attack is tripled.
- The risk of skin aging is tripled as well.
- The lack of Minerals causes whitening and loss of hair.
- The immune system of the body decreases to 70%.
- Short breathing (inability to breathe deeply) blocks the passage of adequate oxygen to the lungs. Lack of oxygen causes infection in the body. Further, the risk for sad people getting lung infections is five times higher than for happy people. Healthy breathing accompanied by calmness lessens the chance of getting the above diseases.
- Metabolism decreases. Liver and kidney have to clean up more waste so this pressurizes them and the risk of kidneys' infection get five times more. In this case, drinking more mineral water helps.
- The amount of oxygen in blood decreases to 40% which causes problems in Cell regulation. As a result, this can cause infection in joints, spinal cords, spine, and ligaments. So, one can use Vitamin E and the Minerals which contains Iron in case the mentioned problems came up.
- The acidity in stomach increases so that it causes stomach-ache and vomit. In case it happens one can do calming exercise and have healthy nutrition.
- Blood pressure increases depression which, in turn, causes heart attack. In this case, the body needs magnesium.

Companions can strengthen their immune system with positive thinking and calmness so as to keep from illnesses.

Factors reducing stress:

- Distancing from the stress causing factors
- Not doing many activities simultaneously, but do them one after another.
- Believe in yourself. Voice your opinions and listen to those of others.
- Do not get upset over unimportant things.
- Pass over things which cause stress in you.
- Distancing from stress with the help of physical and breathing exercise.
- Listening to relaxing music
- Watching the movements of fishes in the aquarium
- Avoiding any kinds of drugs and tranquilizers
- Nature is the best medicine to stress.



24. Different exercises in TOA martial art in Germany

- Warming up the body, taking breath, stretching (gymnastics), strengthening and flexing the body muscles using body weight
- Classic and non-classic practice of hand and foot techniques
- The practice of forms and the combination of hand and foot techniques
- Practicing with cold weapons like a long Stick, short Stick, Tonfa, Knife, etc.
- Practice disarmament with wood stick or knife, etc.
- Practice with boxing bag, sand box, exercise board (makiwara), striking pad
- Practice of different self-defenses (proper for fragile people or women)
- Known and exclusive TOA Body Hardening
- Breaking hard objects (Bonken)
- Practicing throwing techniques (ways to throw one's opponent or to be thrown down)
- Mental practices and meditation to get relaxed
- Practice exclusive to TOA during the practice and rest
- Doing classical fights (advanced prepared fights between two opponents)
- Doing ground, locking, choking wrestling fights (voluntary)
- Free style fights (voluntary)

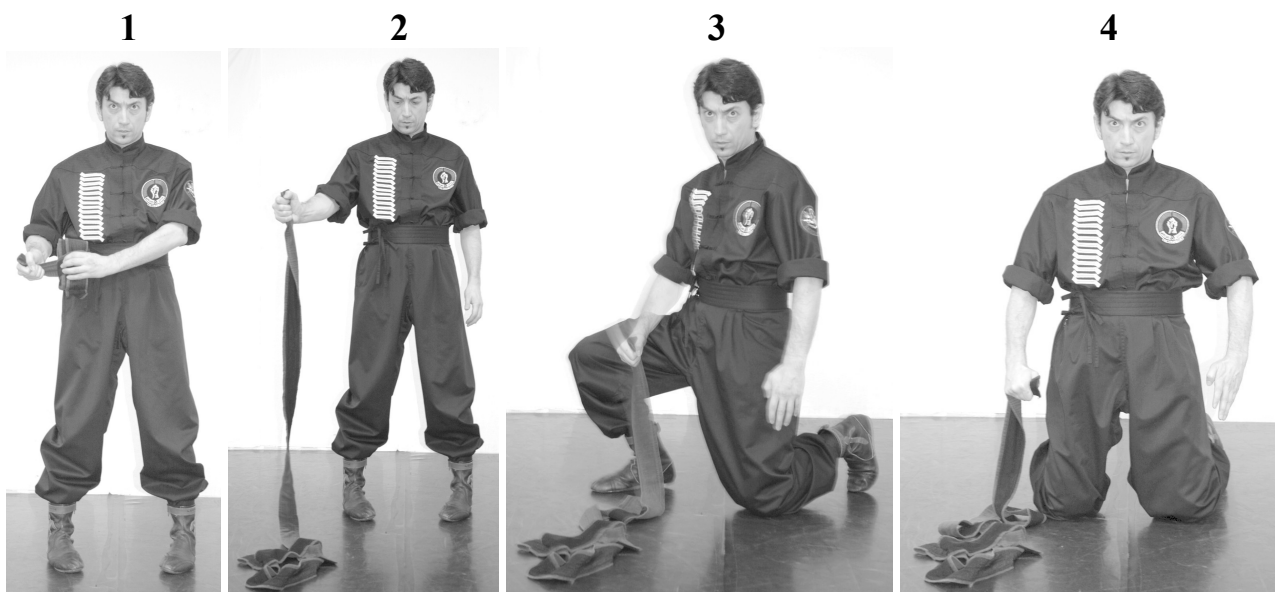


25. The way to tie and untie the sash in TOA martial art

TOA family carries their sashes with left hand because the left hand is closer to the heart.



First, the packed sash is transferred from left the left hand to the right one and gets stretched out. Then one kneels down to the earth first on left knee then the right one. Note the body stands straight the whole time. (Pictures 1 to 4)



The sash is wrapped around the waist twice as a symbol of body and soul and the TOA practitioner will tie it on the right side of the waist with one knot (after passing the first form exam two knots).

Due to the fact that the sash tightens the stomach muscles, waist muscles, and the spine these muscles are more tolerant against influences during the fights and body hardening.

The sash is usually tied after the warming up and before starting the technique training. (Pictures 5 to 20)

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After tying the sash we stand (first left leg then right leg) in “Kami-Sema” and then we pay our respect. The respect paying is done with battle cry “TOA”.



The order of opening sash in TOA martial art (Jin-Jai):

After finishing the TOA training (end of the class), the master faces his pupils and battle cry ”Jin-Jai” while his hands are wide open. And then, the students respect him then kneel to the ground and untie their sashes (the body is straight vertical to the ground).

First, the sash is divided to 4 parts. 3 parts is folded and the last part is tied round the three parts.

Then the folded three parts is folded again from the middle the fourth part again is tied round them.

This goes on till the third time. (Pictures 1 to 21)

Note: folding three times of the sash in TOA indicates the three famous rules of ancient Iran:

- 1. Goftare Nik = Good Words**
- 2. Kerdare Nik = Good Deeds**
- 3. Pendare Nik = Good Thoughts**

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TOA practitioner wait till hearing the word “Kaan-Gai” stands up and return to “Kami-Sema” and gets the folded sash of his in front of his forehead. Then, the master with two hands walks towards his students and says” kung-fuka Ba-To”
The students in return say “Yaromeh” “TOA”. (Pictures 22 to 27).

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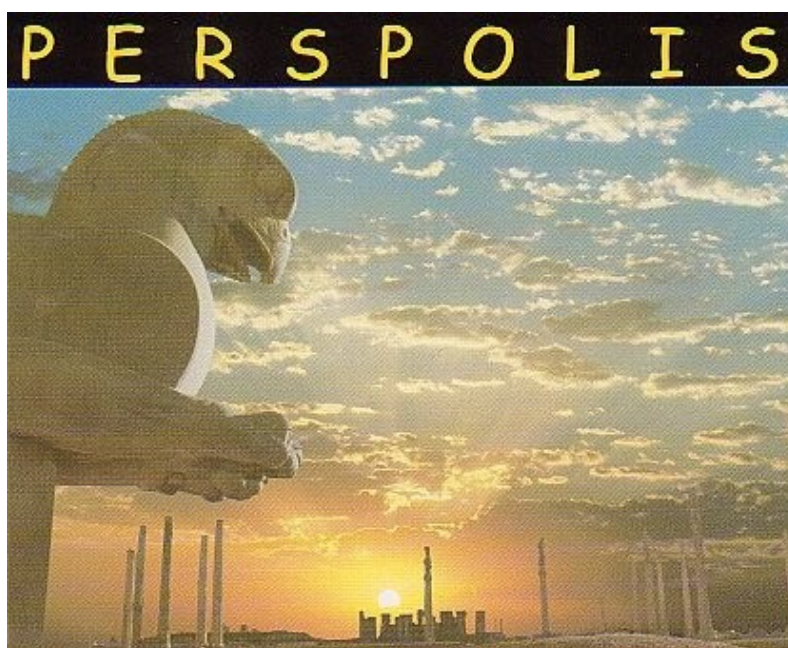
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In order to explain and teach TOA forms correctly in Germany we needed to prepare various books which will be accomplished in the near future.



**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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