

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

## **(Third Chapter)**

### **Different standing positions in TOA martial art**



**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.**

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**Translator: Bagher Shaker**

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

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# Chapter three

## Different standing positions in TOA Martial Art:

One of the most important points in TOA martial art which matters is the correct standing position which I will explain below the distinguished ones.

Correct standing of the TOA martial art would cause the learners to learn the hand and feet techniques and body rotation simpler. Also, correct standing of TOA practitioners would help them to divide the weights against the earth gravity and then would make them quicker and lighter in performing the fighting techniques. Besides, correct standing would add up to the accuracy and strength of the strikes.

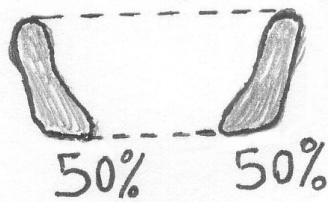
On the other hand, these various standing positions not only strengthen the muscles and joints of feet and making TOA techniques combinations more attractive but the TOA practitioners would come to know their ideal standing position and style and would complement their personal fighting techniques.

### 1. Standing of “Kami-Sema“:

In this position we should stand straight vertically and open the feet to the length of shoulder. The feet toes are facing inwards (at least to the length of the head) and the respiratory function is under the control. Both hands are fisted and are kept to the distance of one fist from the stomach (navel) and the distance between the two fists is the length of one fist. The head stands still and we look straight ahead (at one point). This standing position is used to understand the feeling of oneself from the environment.

The term “Kami-Sema“ in TOA martial art refers to self-recognition, self-construction, and make use of the sky (to get energy and power from Cosmos or Universe) also we use it to show respect, the start and end of the forms, different “Gados” and etc. (see the below pics)

**Note:** too much facing feet inwards would cause imbalance.

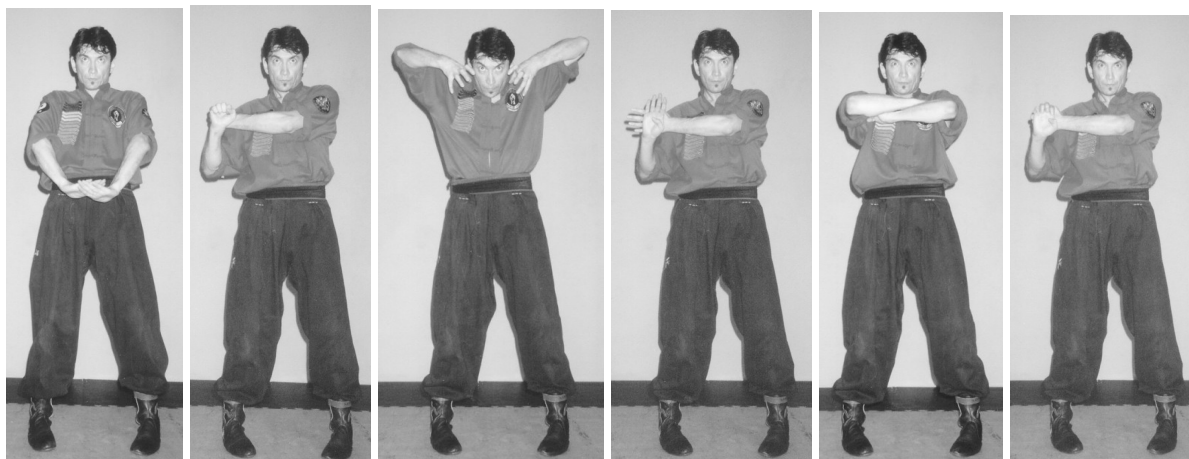


**1982 Tehran (Park Laleh)**



Kami-Sema Su-To, the third TOA form (the first pic) in addition to some various states (Gado) in kami-Sema standing position (below pics).

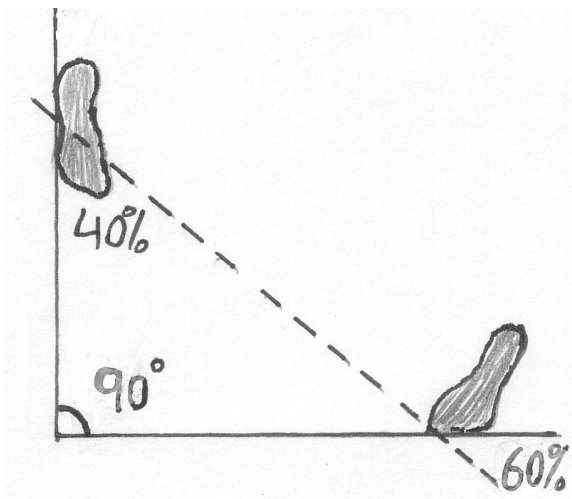
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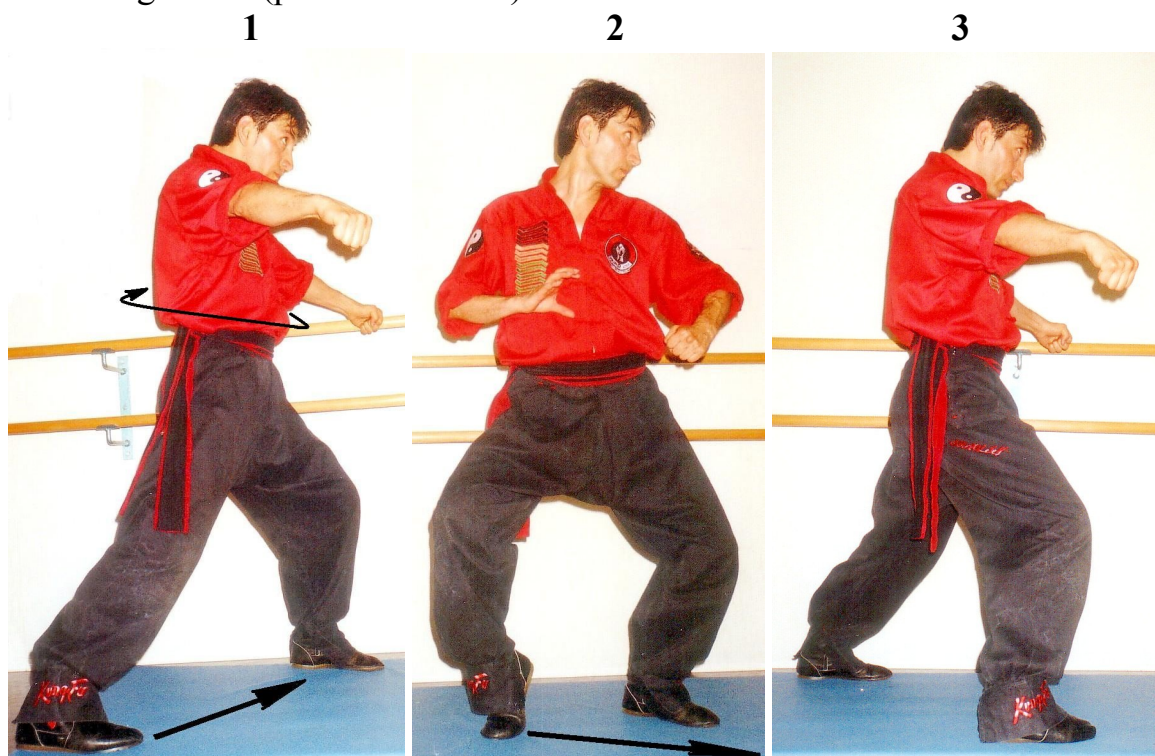
## 2. Standing position of “Rato”:

In “Rato” position the body stands vertically and the front leg a little bends and the back leg stands straight. 60% to 70% of the body weight stands on the front leg and 30 to 40% on the back leg. The foot toe of the front leg bends inwards while the foot toe of the back leg stands in line with the body. The feet distance from each other in 1.5 times of the shoulder length. The hands’ angle towards the body are 45 degree and towards each other is two times more than the shoulder length (Chino state). The Chino technique is called the division of power and at the end the combinations of techniques are used. (Below pics)

**Note: the word “Rato” which exists in almost all standing positions of TOA martial art, in fact, means “your way” which, in turn, refers to discovering the right and healthy way in life.**



In order to move forward from the Classic Rato position, the back leg would be raised but dragged on the ground. (pics from 1 to 3)



In order to strengthen the muscles and joints of the feet, the movement forward and backward from the “Rato” position (pic 4) is done by the help of the second person.



### **“The Big Rato” (Su-To Rato):**

The Big Rato is to strengthen the power of the feet, hip, and waist and is used in the standing positions of the third form (Su-To). Some TOA practitioners in the practice of the fifth form (Mayaneh) voluntarily get help from “Big Rato” which is difficult.

The below picture shows the state of “Falcon hand palm” in the third form in the standing position of “Big Rato”.



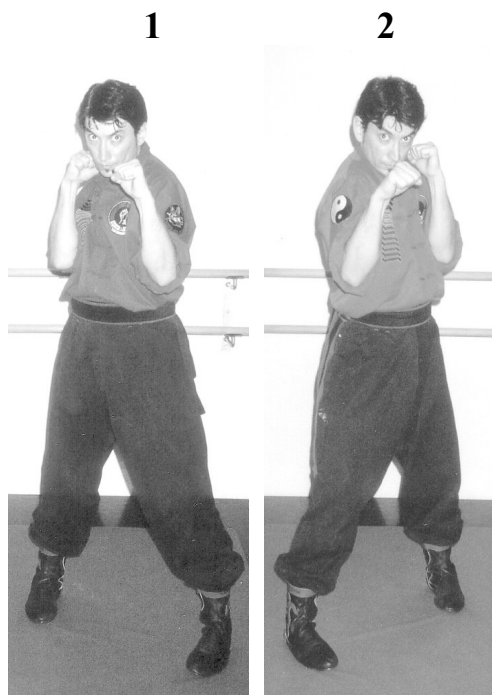
### **“The Small Rato” (Rato for fighting):**

Here the feet are placed in “Classic Rato” position but they are close to each other. And 55% of the body weight would bend forward. In the fighting Rato, since the legs are close to each other, the body stands higher which in this position the speed and agility of the body in using strikes in fight and defence would increase. (see the below pic)



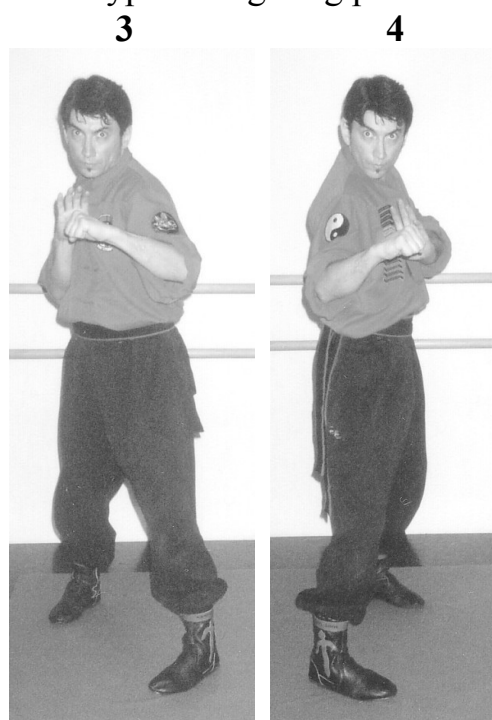
**The first type “Fighting Rato”:**

Here, fighting Rato is for right-handed athletes (pic1) and pic 2 is for left-handed one and hand states exhibit one of “Gado” type or fighting positions.



**Type two ”Fighting Rato”:**

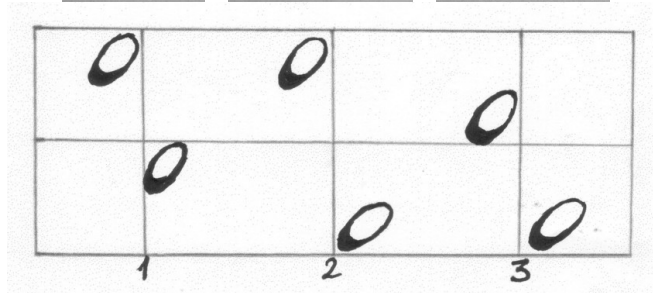
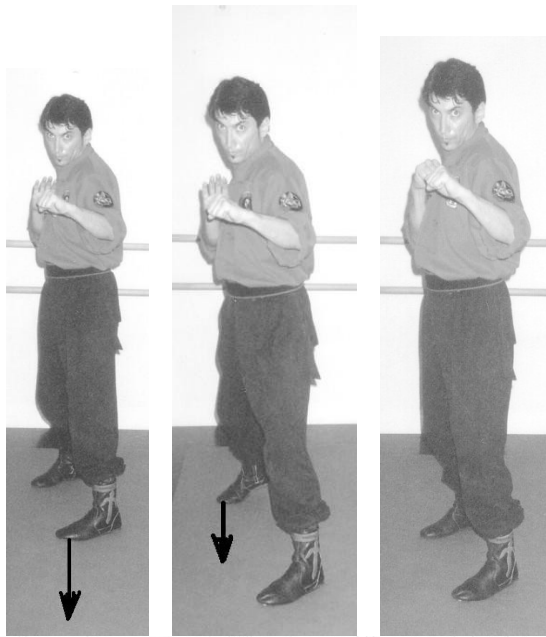
In this state the foot toe of the back leg face outward and both knees a little bend which in this position the balance and the quick reaction of the body are more. Here, the pic 3 shows “fighting Rato” for right-handed people and pic 4 is for left-handed ones. And hand positions reflex one of the “Gado” types or fighting positions.





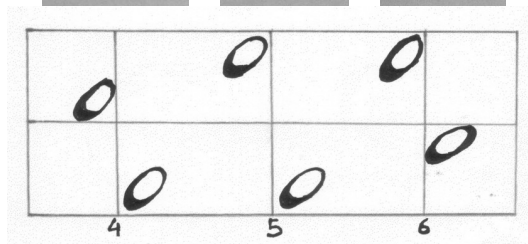
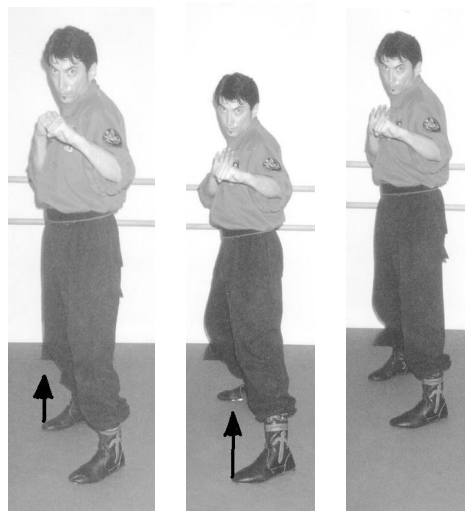
The pictures 1 to 3 reflex the movement forward of the fighting Ratio.

1 2 3



The pictures 4 to 6 reflex the movement backward of fighting Ratio.

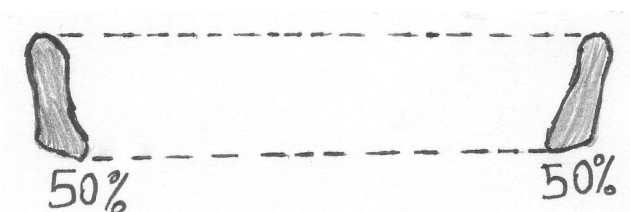
4 5 6



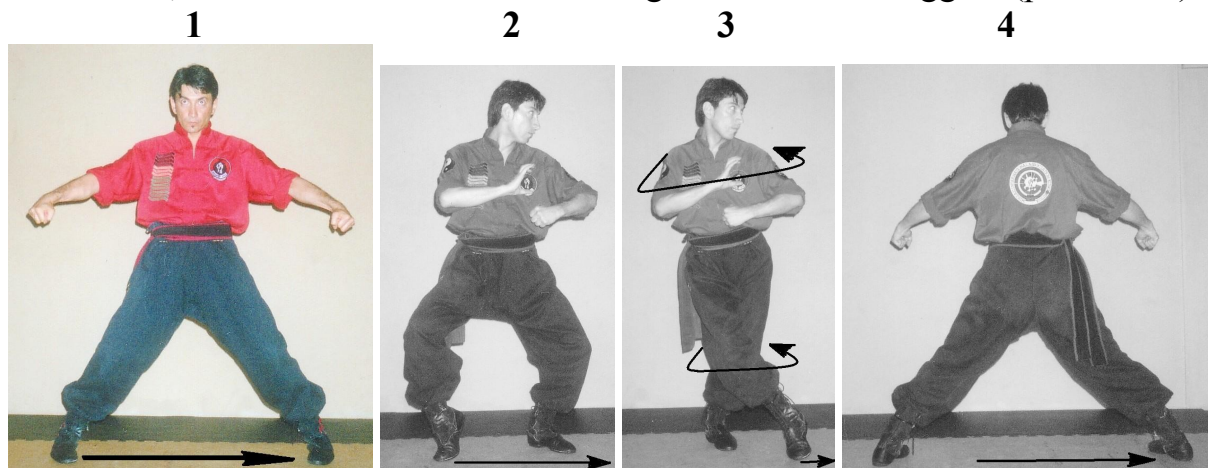
### 3. Standing position “Yette-Rato”:

In this position, the body is vertical to the ground and feet are open 1.5 times more than the length of the shoulder. The body weight is borne equally between two legs and the feet toes face inward bent and the knees are bent a little. The stomach muscles get tough via respiratory functions. This position helps to strengthen the resistance of the body sides in the face of pressures and also is used in strikes from the body sides. (Below pics)

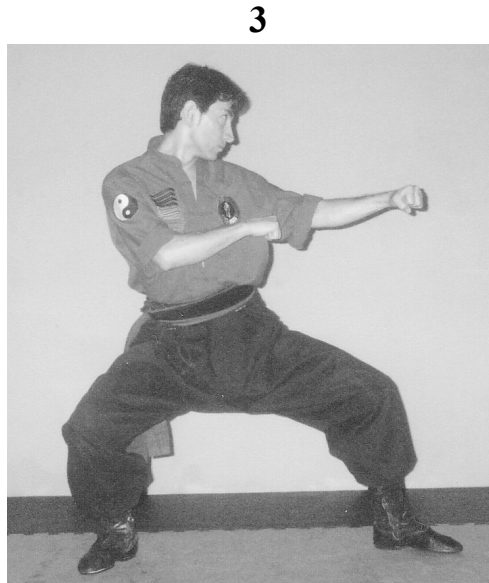
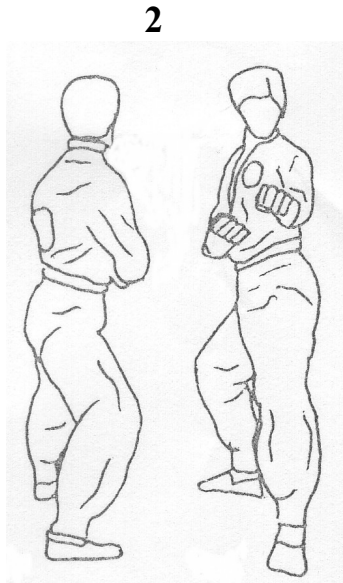
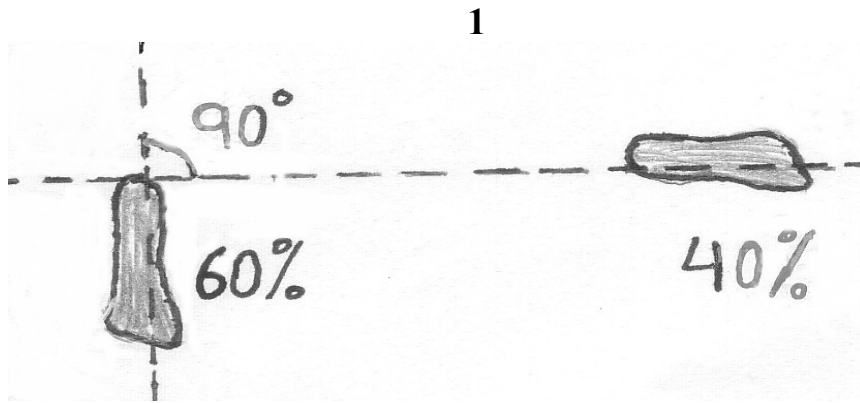
**Note: speak of experience, too much feet toes inward reduces body balance.**



In “Yette-Rato”, the feet are not lifted from the ground but are dragged. (pics 1 to 4)

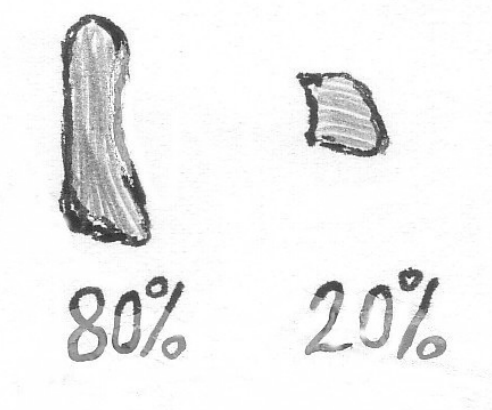


**4. Standing position “Horayma-Rato”:** in this state the body stands vertically on the ground and the heels are in one line and make 90 degree. The distance between legs will be 1.5 times more than the shoulder length and both knees are bent. The body weight is transferred 60% on the back leg and 40% on the front leg. “Horayma-Rato” is good for strikes from the body sides and especially for rotating strikes (pic 1). The second and third pictures show usual “Horayma-Rato” and the fourth picture exhibits big “Horayma-Rato”.



**Small Horayma-Rato or “Cat style standing”:**

Here, 80% of the body weight is on the back leg and 20% on the front leg. The cat style standing is used for front leg strike and also for all feet or hands rotating strikes. (Below Pics)

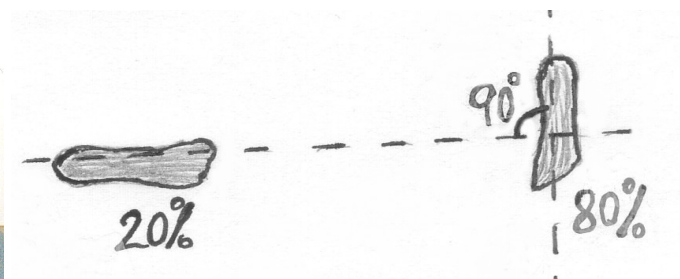






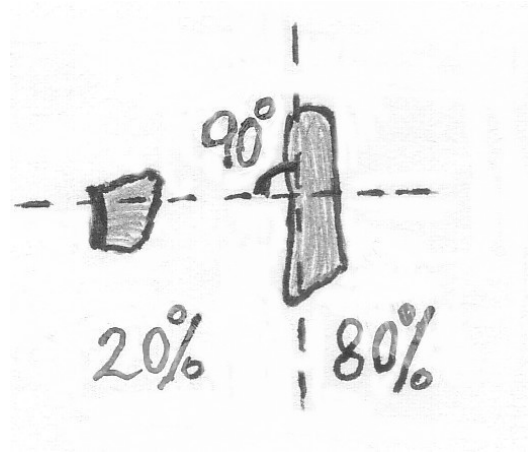
**5. Standing position “Non-Classic Rato” or (unmodified Rato):** here, I would explain two different kinds of “non-classic Rato”.

**First type of “Non-Classic Rato”:** in “non-classic Rato” the position of legs are opposite of “Horayma-Rato” that is the toes are in vertical position. The feet distance from each other is 1.5 times more than the shoulder length and the front leg is bent from knee and the behind leg is straight. 80% of the body weight is on the front leg and 20% on the back leg. This position increases the effect of hand strikes on the body sides (the direction of the bent leg). (The below pics)



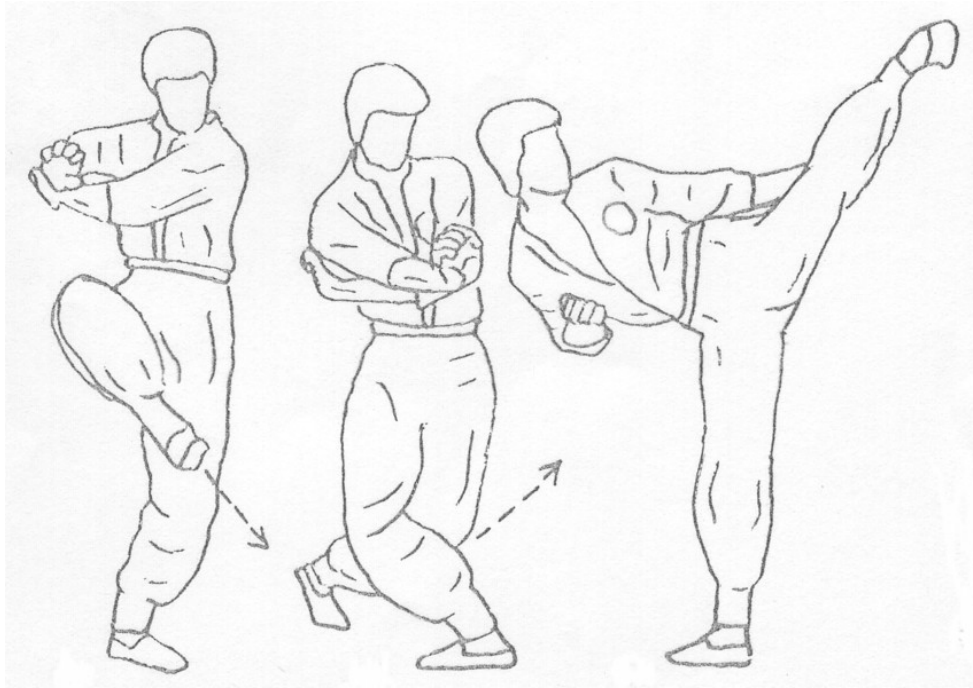
**The second type of “Non-Classic Rato”:** the second type is called “small non-classic Rato”. In this position the knee distance from each other is a little. The behind leg is bent from knee and we stand on the toes. With the help of this Rato the direct strikes or rotating ones of hand and foot to the back of the body is much easier. (The below pics)





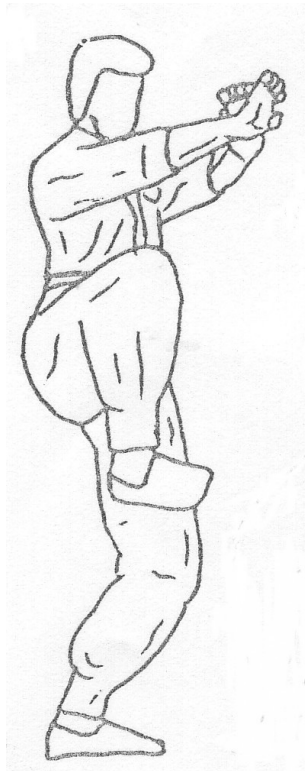
**6. The standing position of “Turning Yette-Rato”:** Here the bent back leg is placed behind the front bent leg and 60% of the body weight is on the front leg. The behind leg stands on the toes and are ready to strike from the body side. (The below pics)





### 7. Standing on one foot:

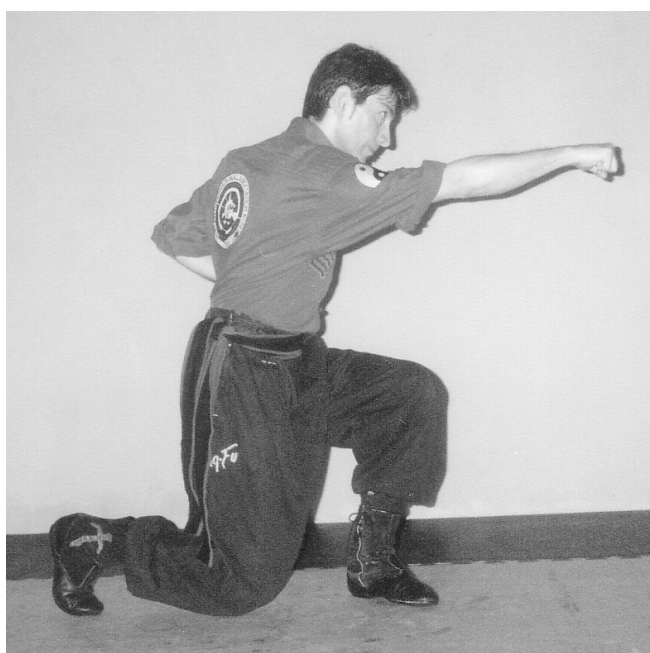
In this position the whole body weight is on one foot and for further balance the leg is bent a little. This position is a good defense for the lower stomach strikes, “Heyma Keyetto” attacks to the front leg, cold weapon attacks, and so on because the “Scissors Jumping” via the below leg is simpler. (The below Pics)



The below picture shows strengthening the below leg in “standing on one foot” position with the help of the second person.



**8. Lower Position Standing:** here, the body lowers vertically and 70% of the body is on the front leg and generally it is used for attacks and strikes to the under stomach (lower stomach) part of the opponents' body. In this position, the behind leg knee is close to the ground but does not touch the ground. Furthermore, this position is used in wrestling to catch one leg or to catch both legs. (The below pics)





### **9. Defense standing:**

Here 90% of the body weight is on the behind leg and we sit. The heel of another foot touches the ground and is straight from the knee down. The body stands vertically to the possible extent. Also, this position is usually used against the opponents' foot strikes and is used in performing "Oft Mayana" or "Koana" techniques (they will be explained in feet strikes section).



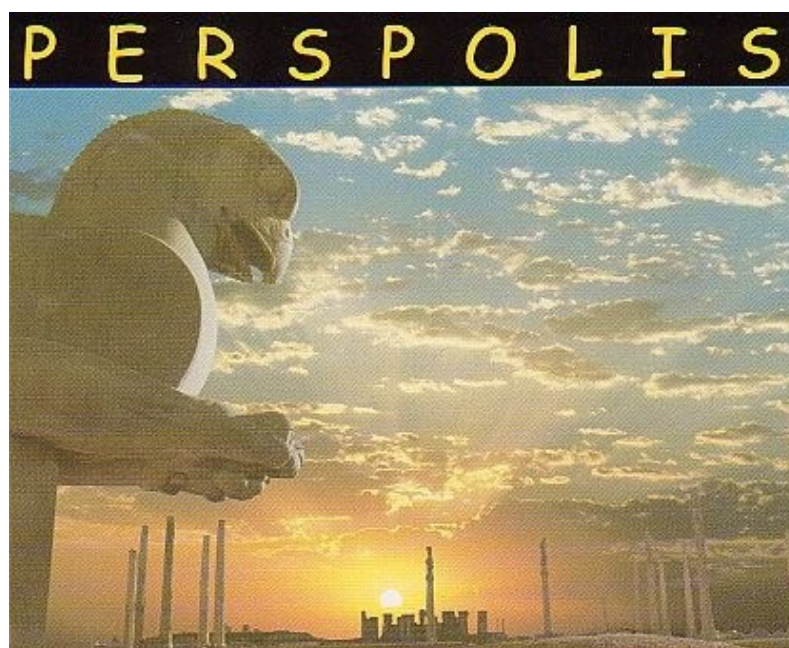
### **10. Lying Standing (Sitting position):**

In this position, one tries to keep one's head from the opponent as far as possible so that defense and escape are easier. This position is good to attack and hit the lower stomach part of the opponent's body. (The below pic)





**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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