

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

## **(Seventh Chapter)**

### **Self-Defense, Sparring, Cold Weapon in TOA**



**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**

**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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This Book of English is for Free Download in 12 Chapters and 585 Pages (A4)

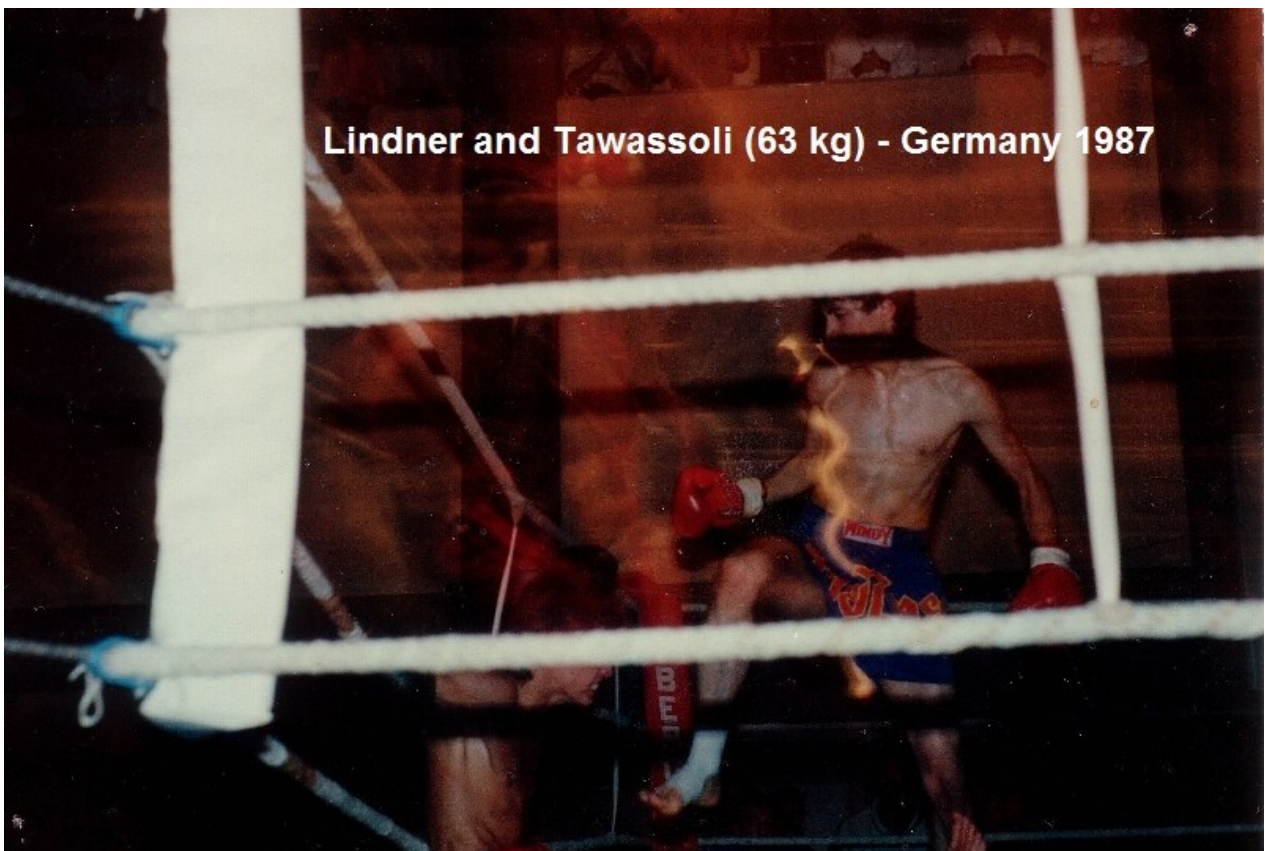
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# Chapter Seven

## **Self-defense, sparring and cold weapons in TOA martial art**

To learn sparring and self-defense with books and without being under the supervision of masters and coaches of TOA martial art is not very useful. My very purpose in this collection is to clarify the philosophy of fight and in human being and also elaborating the simplest types of self-defense with various pictures so that to enhance the readers' information regarding man-to-man fights. Hopefully, this collection would be of some use in teaching the sparring techniques and self-defense.

Violence and belligerence exist in every one's nature and this causes even the most peace-seeking people in face of danger would try hard to defend themselves and their family and attack the enemies. With constant exercise of TOA martial art and paying close attention to its philosophy, those practitioners who have calm nature, too, would be able to fortify their fighting power. Also those of who their nature is not of peace (daredevils) would control their power to a useful end.

As we mentioned earlier in the oath part, all the practitioners must feel obliged to step towards brightness and goodness.

### **In the main philosophy of TOA there do not exist either a winner or a loser:**

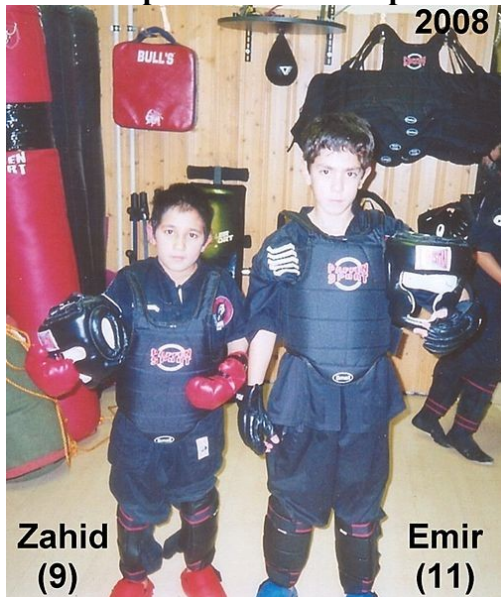
In our fights, no audience is around since we have not aimed to develop any gladiators. Needless to say, during past 15 years the very purpose for many TOA practitioners inside and out of Iran due to several reasons changed.

### **Striking the head in man-to-man fight is forbidden:**

Head (brain) is the thought center and also the nerve sensitive of all body parts and is respected. That's why, in Free Fights and Full-Contact (especially for rookie fighters) using sever strikes with hand or foot to the head is strongly forbidden. These kinds of strikes are used with cautious only by experienced athletes. Experience has shown that the face and head in fights should be covered so that the damage would be less. Fighters' faces even in martial arts such as boxing, Thai-Boxing, Savate, Kick-Boxing, etc. due to repeated breakage of nose and ear would lose its sensitivity against the strikes. Take into account that the side and negative effects which are caused due to the hit to the head are many and could lead to splitting headache, temporary and permanent memory losses, nervous and sensitive, violence against others, hearing and visual losses, tooth breakage, etc. besides, rarely could one see active boxer boxers in advanced ages be able to do the regular sporting activities.

To enhance the power of strikes, it is recommended to use punching bag, striking board (makivara), kick pad, punch pad, focus Mitt and etc.....

The below pictures show the protective equipment for TOA practitioners in “Mayana” exercises



Zahid  
(9)

Emir  
(11)



Viktor  
Schobayr

Markus  
Besart

**What is fear?** Fear is a natural instinct which mostly everyone thinks of it as negative and will try to hide it. While, this instinct in face of danger would warn people and even save their lives. A lot of martial art masters believe instead of fighting the fear, we had better learn to deal with it.

**Escaping and hiding as defense actions:** in man-to-man fights which one due to any possible reasons, like injury, opponent's being armed, cannot fight back, he will use escaping and hiding as the self-defense. To escape from the endangered situation, one needs to have agile and powerful leg and also good conditioning and calm nervous system.

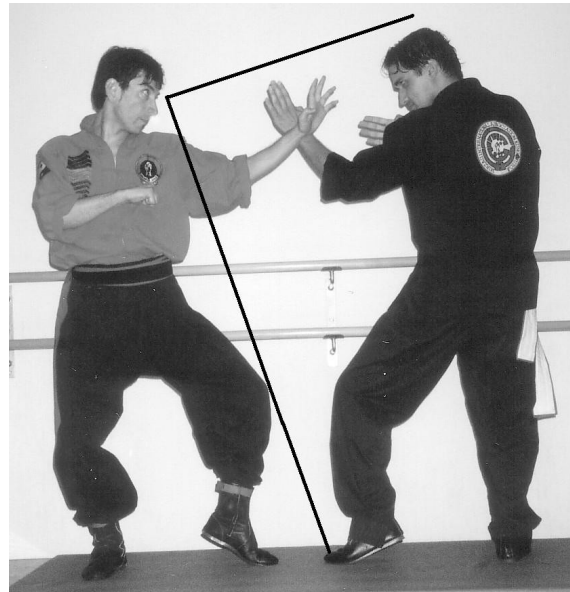
**Shouting as a defense action:** experience has shown that shouting during fight would cause fear for the opponent and shatter his concentration. Women's screaming in face of danger is a natural instinct and would frighten the attacker and also would draw the attentions of others.

“Battle Cry” and shouting during TOA exercises would prevent boredom and via instant exhale of air, the muscles of stomach against opponent's strike would get harder.

**Biting and pinching as the last defensive weapon:** When got caught through neck, hand, leg or upper body in a real fight by the opponent In a way there is no chance of breathing or getting rid of the opponent's claw, biting and pinching are used as the last defensive weapon.

**Opposite observation of the opponent:** Some of the western masters believe that staring at the opponent's eyes is the best concentrating point in a man-to-man fight. They believe that this action causes fear in opponent. According to the proceedings of Asian countries like Iran, India, China, Japan, etc. unlike western countries direct staring at opponent's eyes would reveal disrespect and to the extent possible it should be avoided. Experience has shown that Asian masters and fighters without direct looking at opponent's eyes, they would be able to observe them and with the help of calmness, internal power, and self-attraction could get the upper hand towards their opponents.

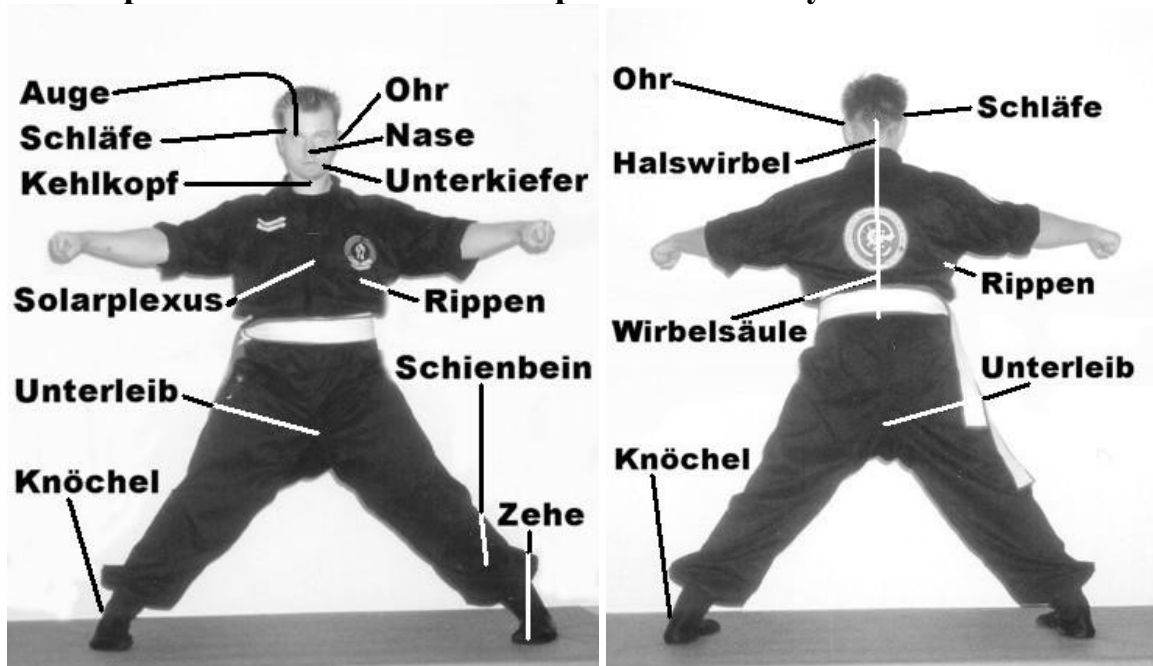
Speaking of my experience, staring at one part of the opponent's body such as eye, shoulder, hand, and foot in open fights is dangerous and the best way is to have a general view towards the opponent's body in each sparring state.



## The most sensitive parts of the body (Vital Areas)

1. Firstly, the most important sensitive parts of the body are eyes, throat, and lower stomach.
2. Secondly, other sensitive body parts are temple, nose, lower jaw, neck spine, ankle, and toes.
3. Thirdly, other parts are as follows: ear, ribs, waist spine, foreleg (shin).

The below pictures show the sensitive parts of the body from the front and back



The below picture shows shake handing of the athletes in TOA martial art prior to body hardening or sparring



The below pictures exhibit the fighting exercises of “mayana” and “on the ground fight” (wrestling) in German TOA School.





## Zero Fight

Zero fight in TOA martial art means that both fighters due to being too much close each other can not use their foot strikes and the using of kick reaches to a zero level.







The pictures from 1 to 3 show three different positions (Gado) in the fights (sparring).

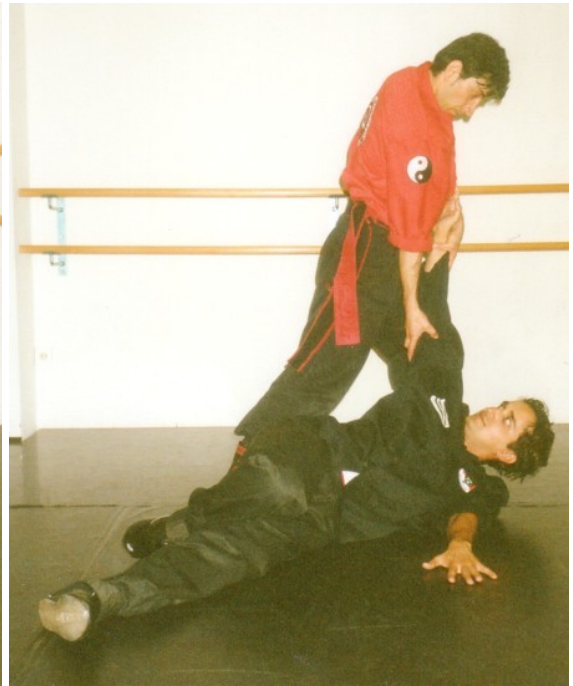




7



8



**The second type of throwing technique:** here, one place his hand under the opponent's shoulder and lifts and throws him over. Upon throwing the opponent on the ground and placing one's knee on the back of elbow or shoulder, one can control him. (Pictures 9 to 15)

9



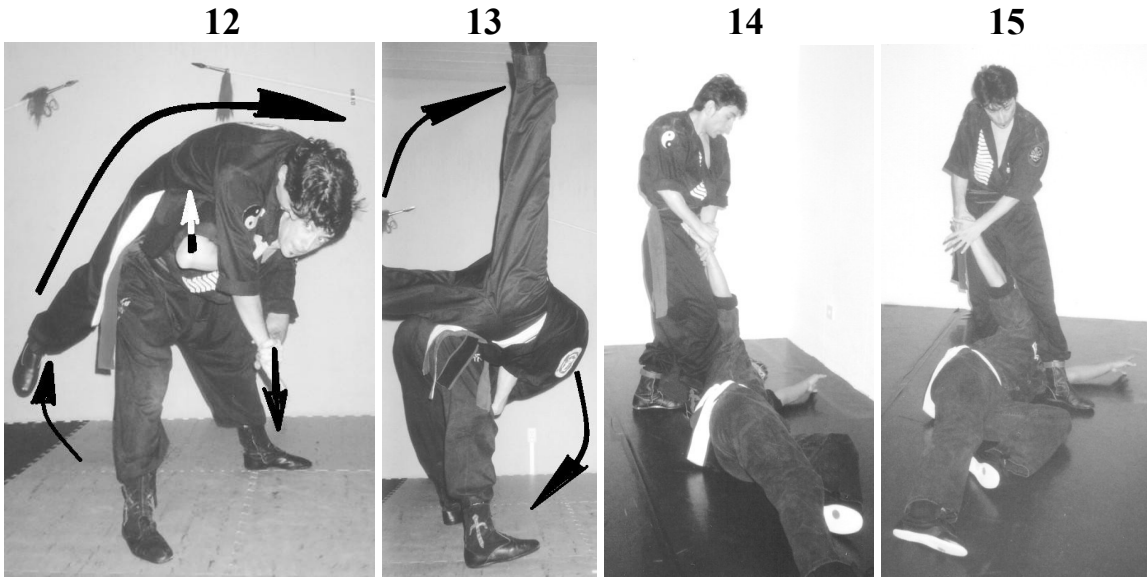
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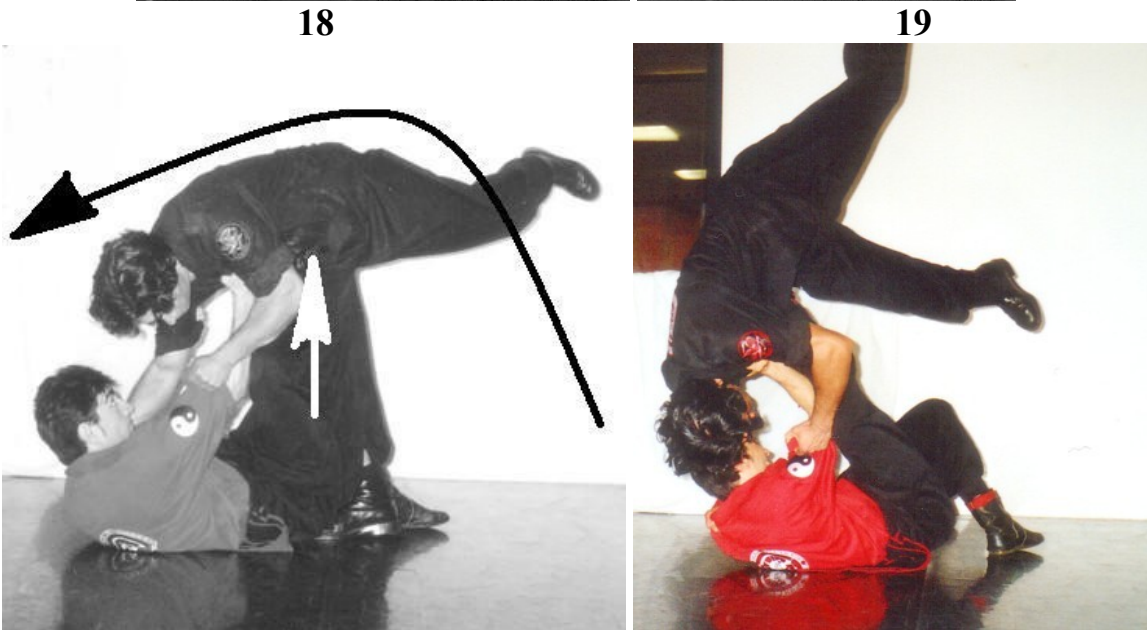
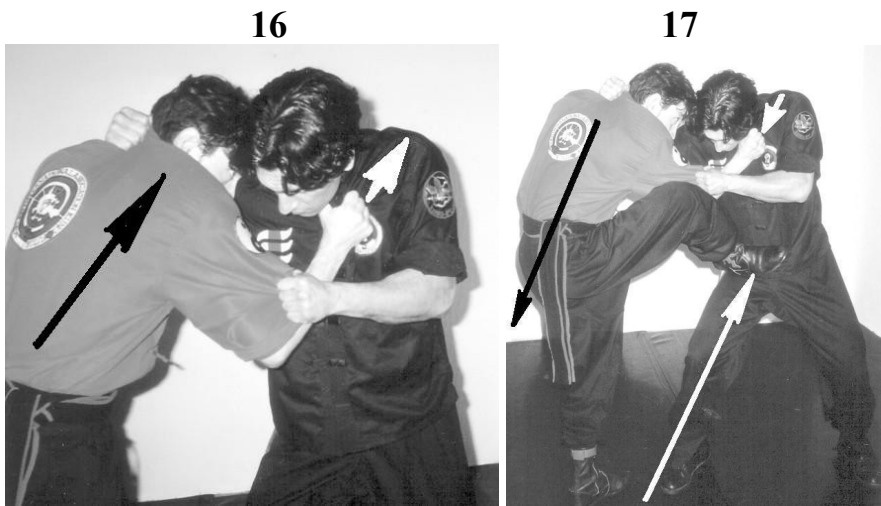
or

11





**The third type of throwing technique:** Here, we place our bottom of the foot on the opponent's stomach and then we lift and throw him from front to back. (Pictures 16 to 19)



# Choking techniques

Catching collars of the opponent's coat or shirt would disturb the circulation of blood in him and causes him to get fainted. This technique is so dangerous and entered our martial art and only is performed by the experienced people.

**Note:** in performing the choking techniques, the opponent is not able to speak, therefore by receiving different signals such as hitting on the floor, hitting on the hand, and staying motionlessly, one has to leave him immediately.

## The choking technique of the opponent from the front:

In close contacts, one would put his hand at the very end of the opponent's collar and then, with the help of another hand and pulling the other side of the collar is performed the choking technique. (Pictures 1 to 3)



**Choking technique of the opponent from the back:** In close contacts, and in case of being placed at the back of the opponent, one would put his hand at the very end of the opponent's collar and then will pull it to his direction and will insert pressure on his neck. (Pictures of 4 to 7)

4



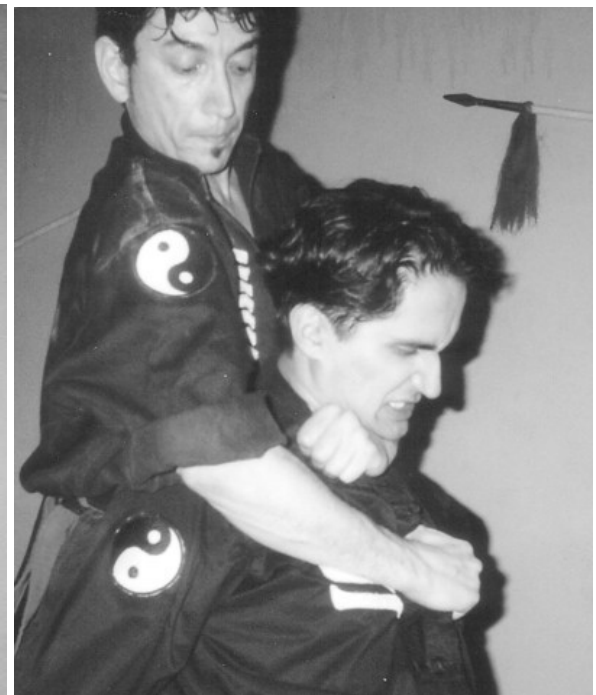
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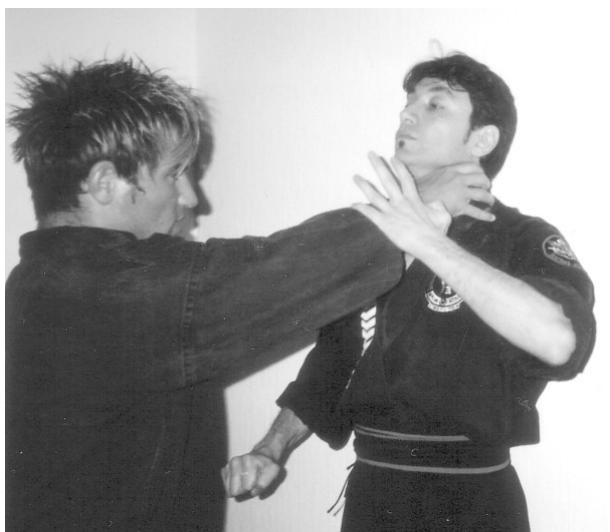


7



**1. Defensive technique against “Throat Grab”:** In this position, with the help of simultaneous attack of “Finger Jab” to the eyes and “Nima Keyetto” technique to the opponent’s lower stomach area, one will get rid of the opponent. (Pictures of 1 to 3)

1



2



3



2. Pictures of 1 to 3 show the defensive act of twisting wrist from the front.



3. The below pictures show two types of defensive act of twisting wrist from the back.  
The first type: (Pictures of 1 & 2)





The second type: (Pictures of 3 & 4)

3



4



4. The below pictures show two defensive techniques of “Hand Wrist Grab”.  
The first type: (Pictures of 1 to 4)

1



2



3



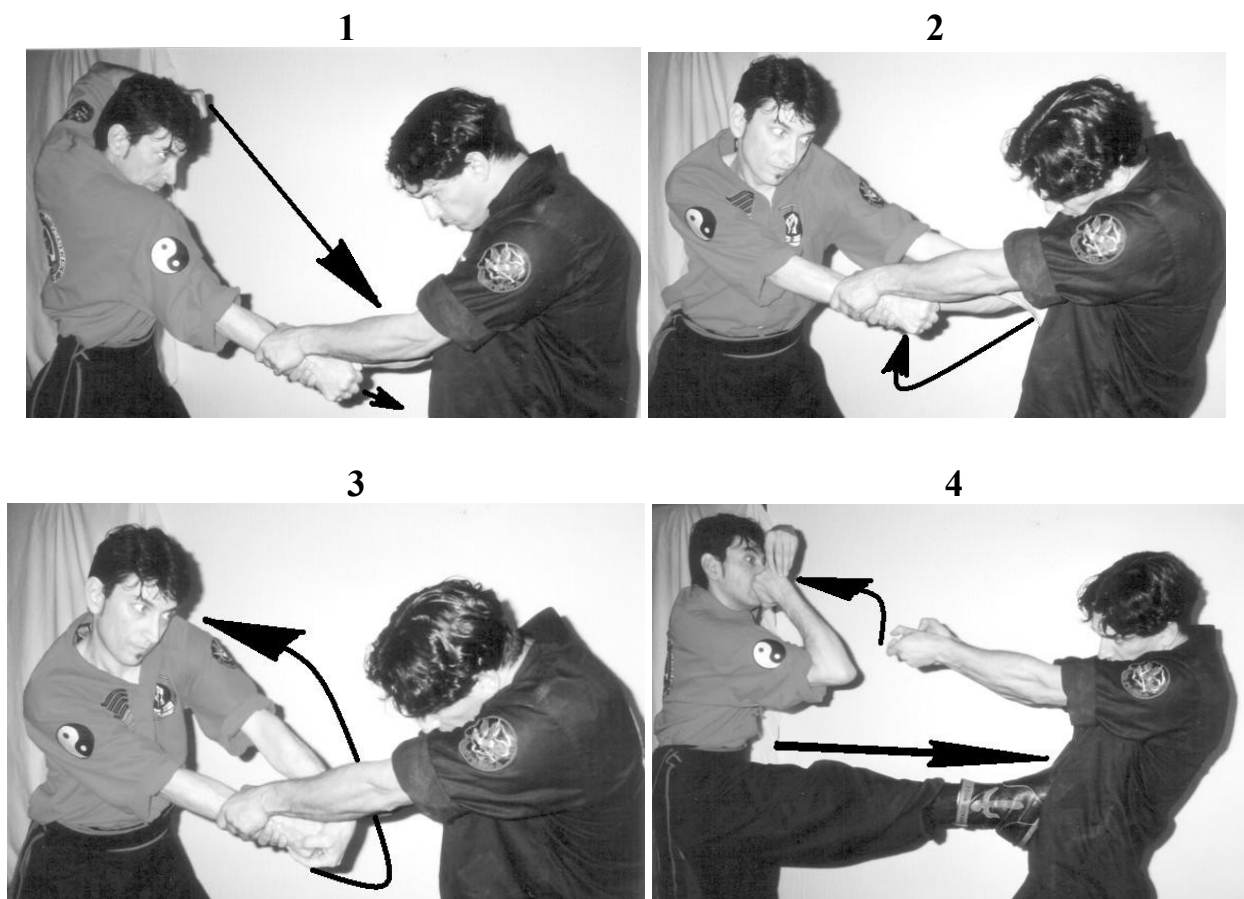
4



**The second type: (Pictures of 5 & 6)**



**5. Pictures of 1 to 4 show the defensive technique of “Hand Wrist Grab” by the opponent’s two hands.**



6. The below pictures show two types of defensive techniques of grabbing coat.  
The first type: (pictures of 1 to 6)

1



2



3



4



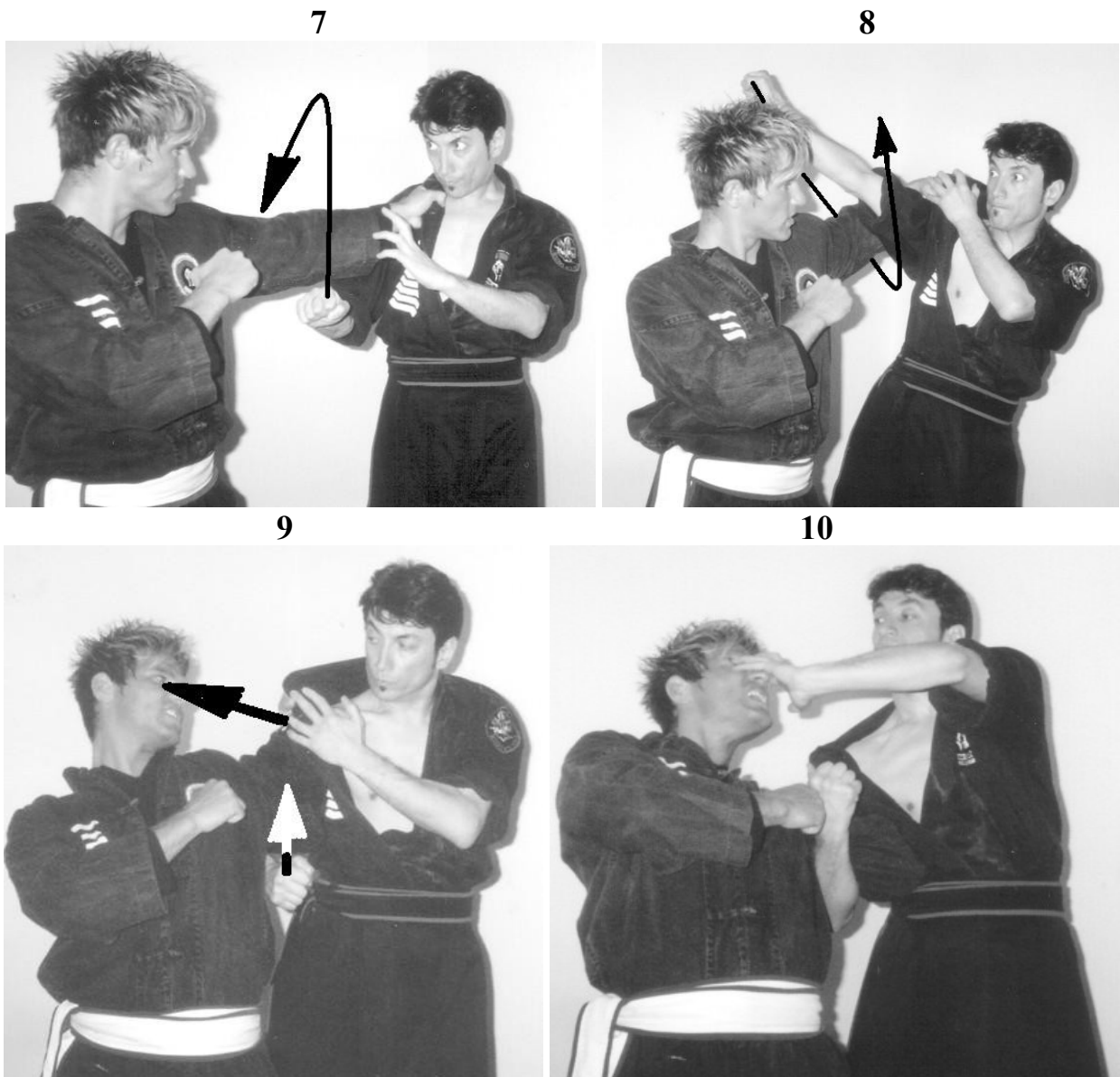
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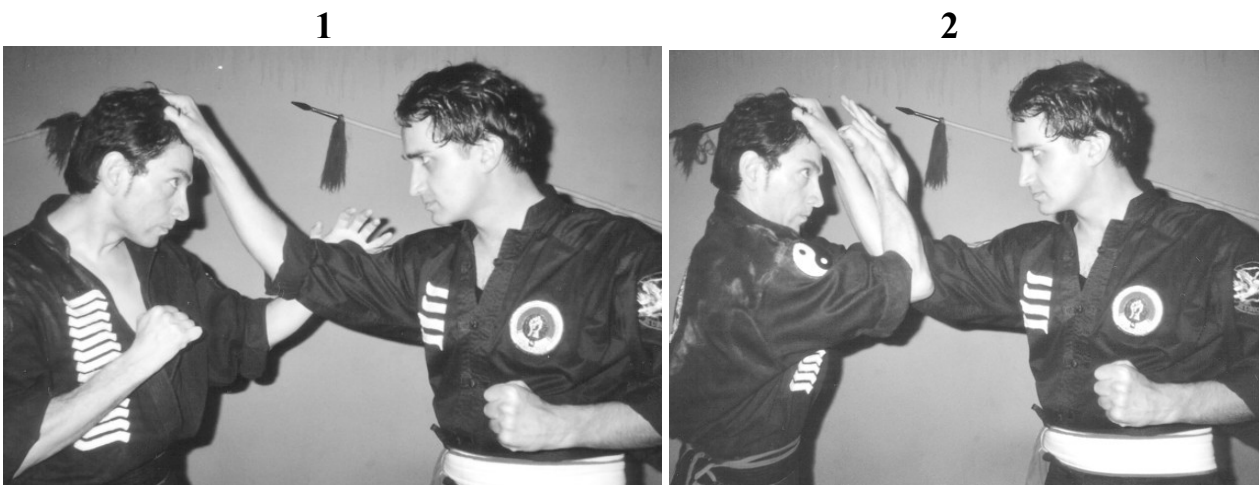
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**The second type: (pictures of 7 & 10)**



**7. Pictures of 1 to 9 show the defensive technique of “Hair Grab” from the front.**



3



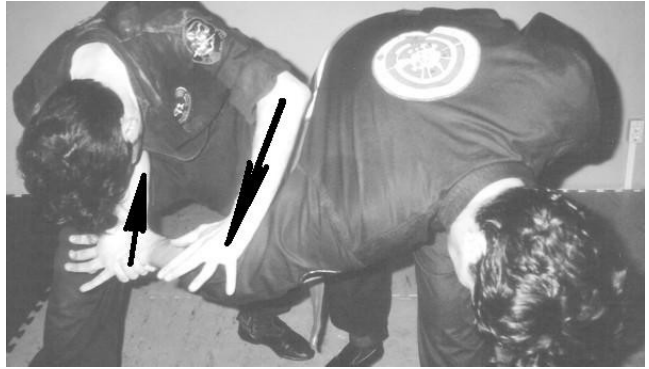
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5



6



7



8



9



8. Pictures of 1 to 4 show the defensive technique of grabbing the coat with heading attack by the opponent.

1



2



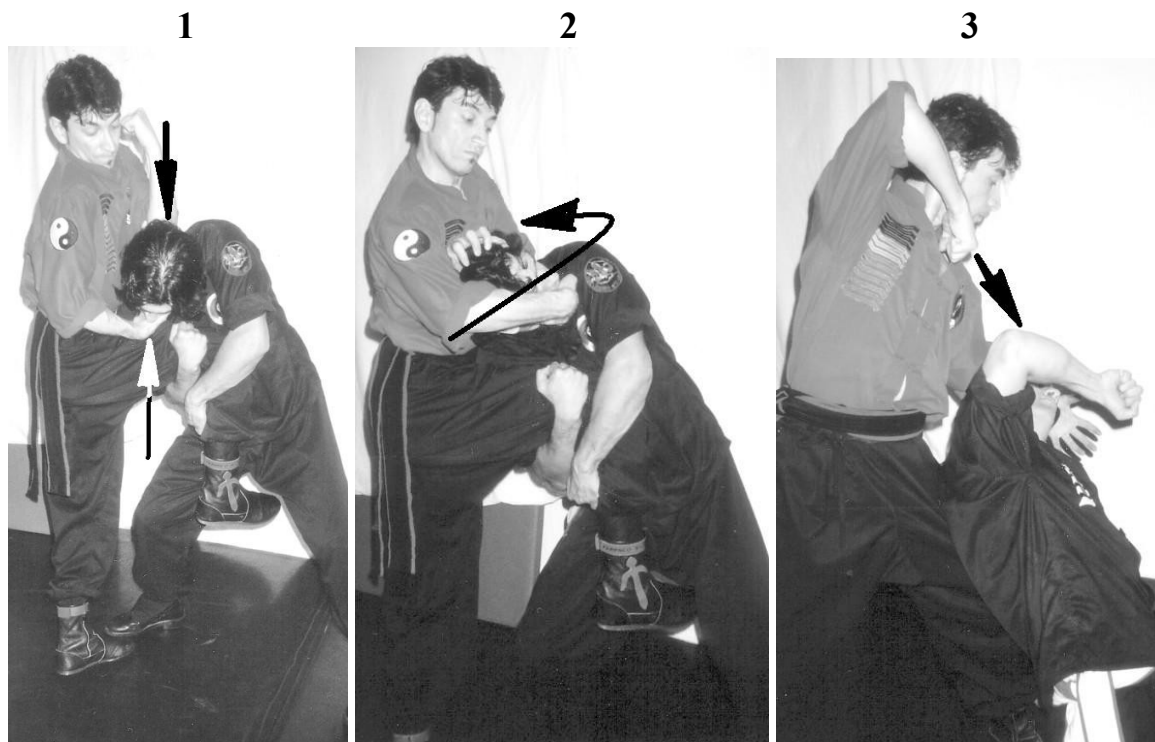
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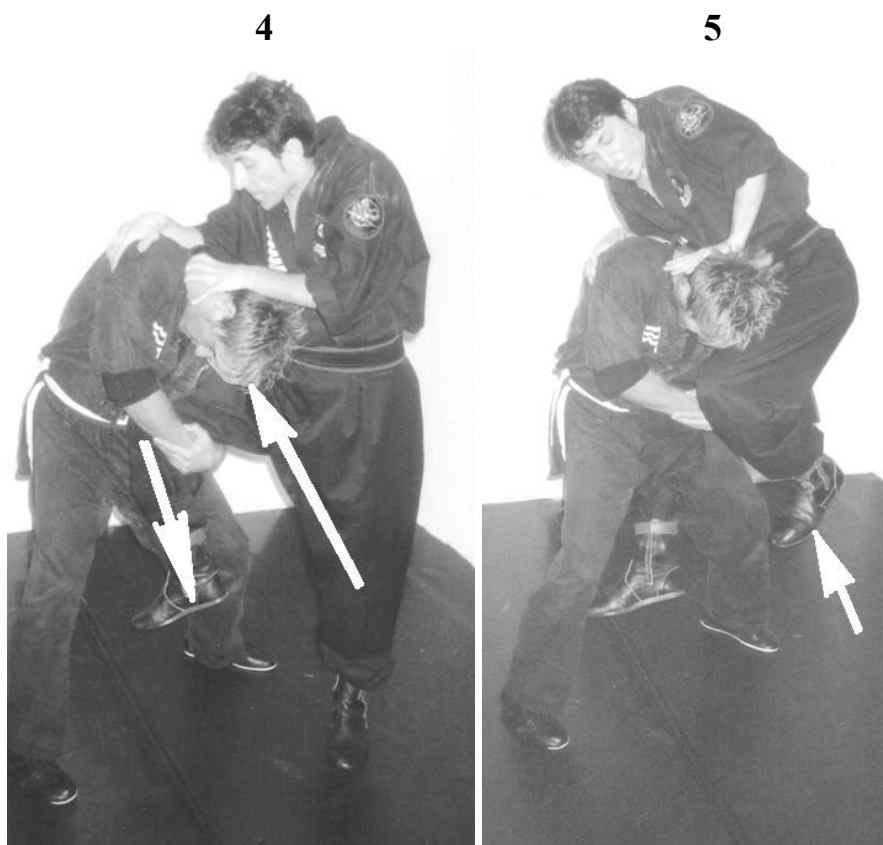
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9. The below pictures show two types of defensive techniques of grabbing the leg.  
The first type: (Pictures of 1 to 3)

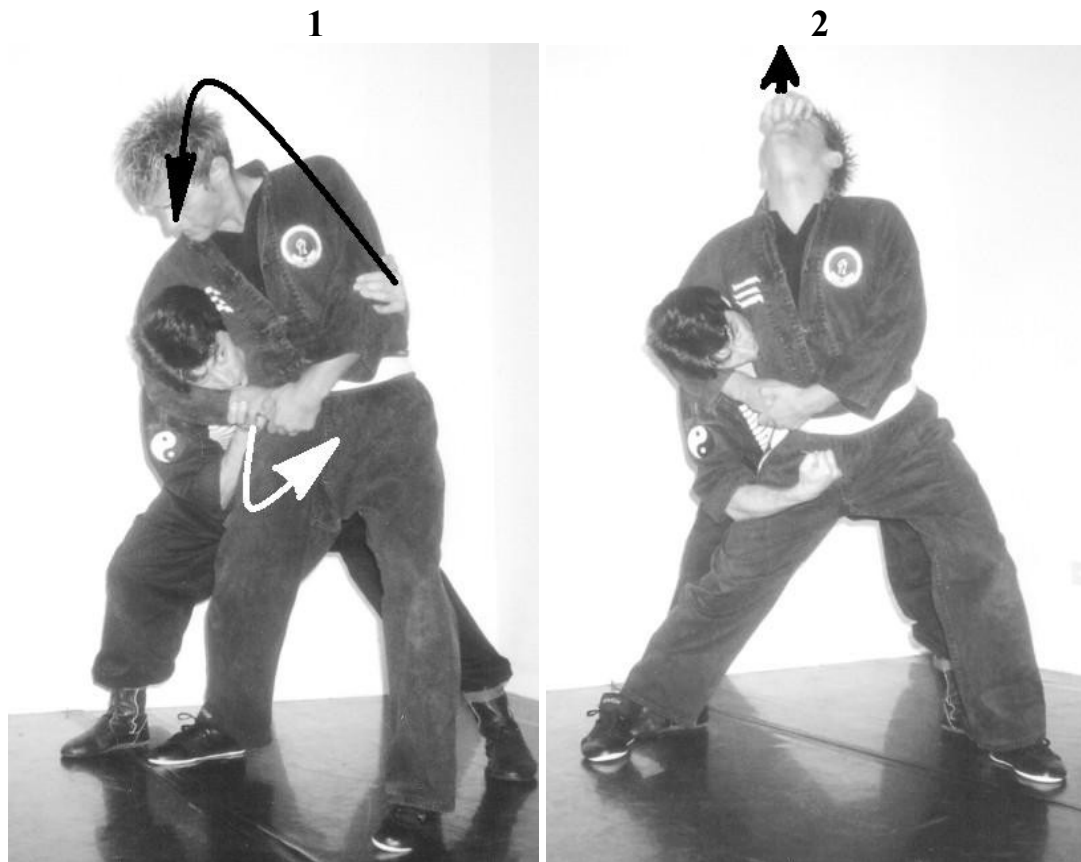


The second type: jump over the opponent and would hit the opponent by the free knee.  
(Pictures of 4 & 5)

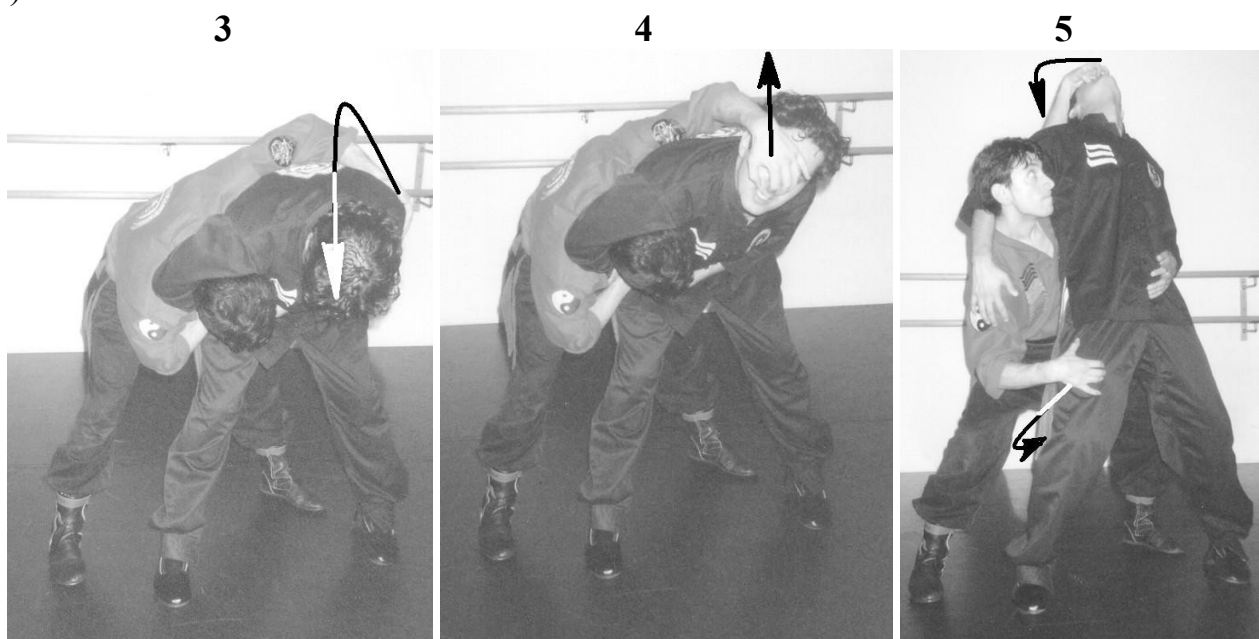


**10. The below pictures show two types of “headlock” from the sides.**

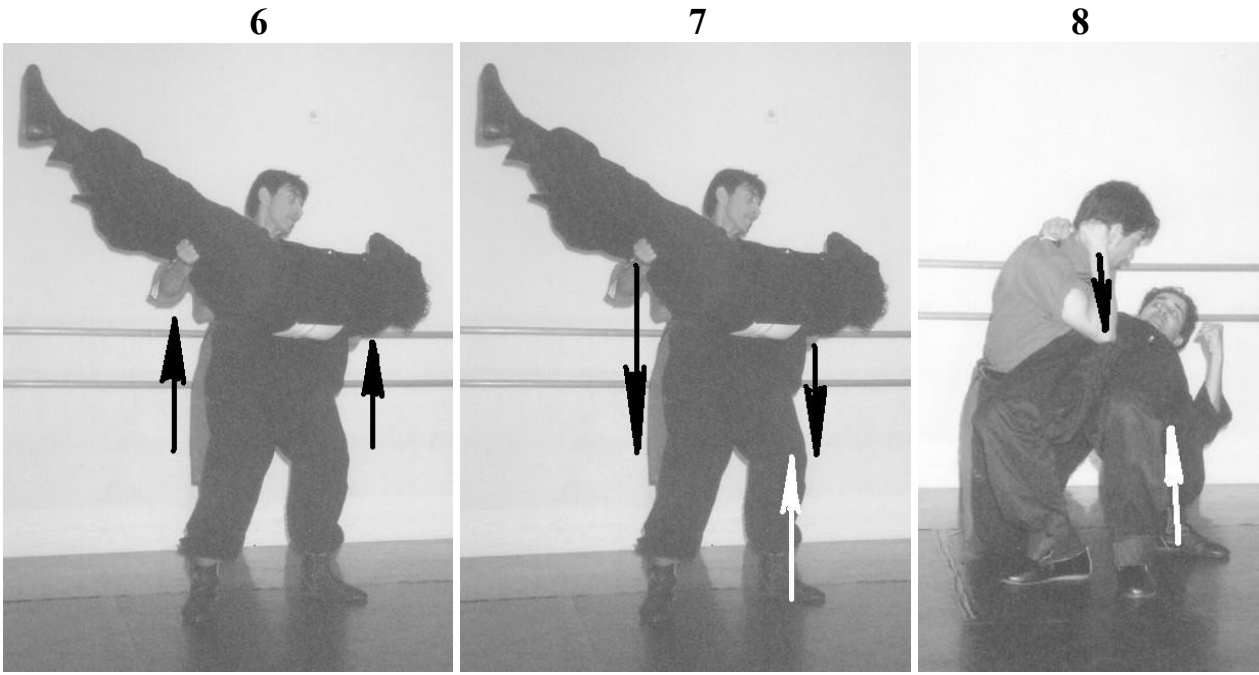
**The first type:** attacking to the lower stomach parts and moving the opponent’s nose with fingers from bottom to top. (Pictures 1 & 2)



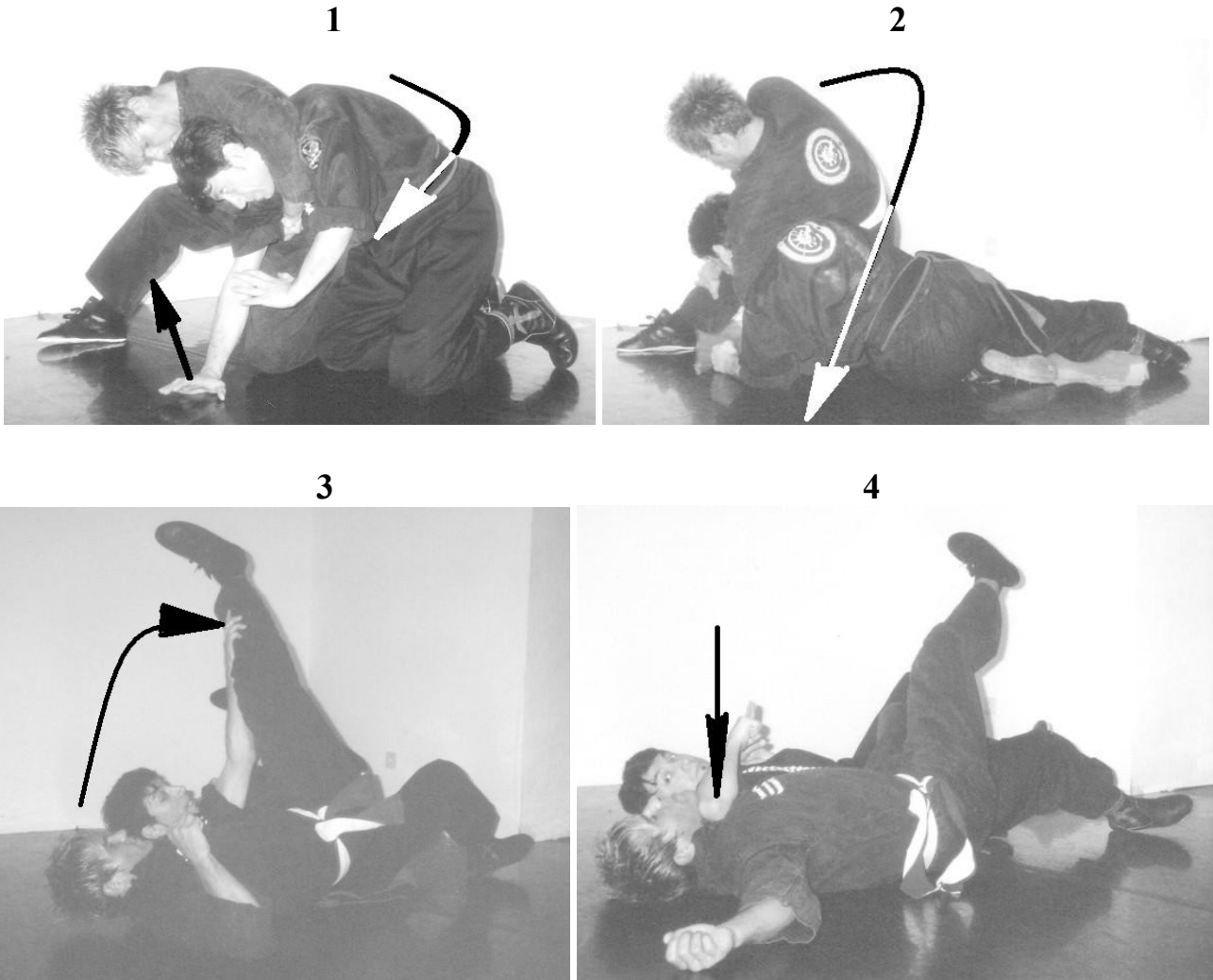
**The second type:** while moving the opponent’s nose backward, one can lift him and hit him on his knee and one can attack his lower stomach parts with his elbow. (Pictures of 3 to 8)



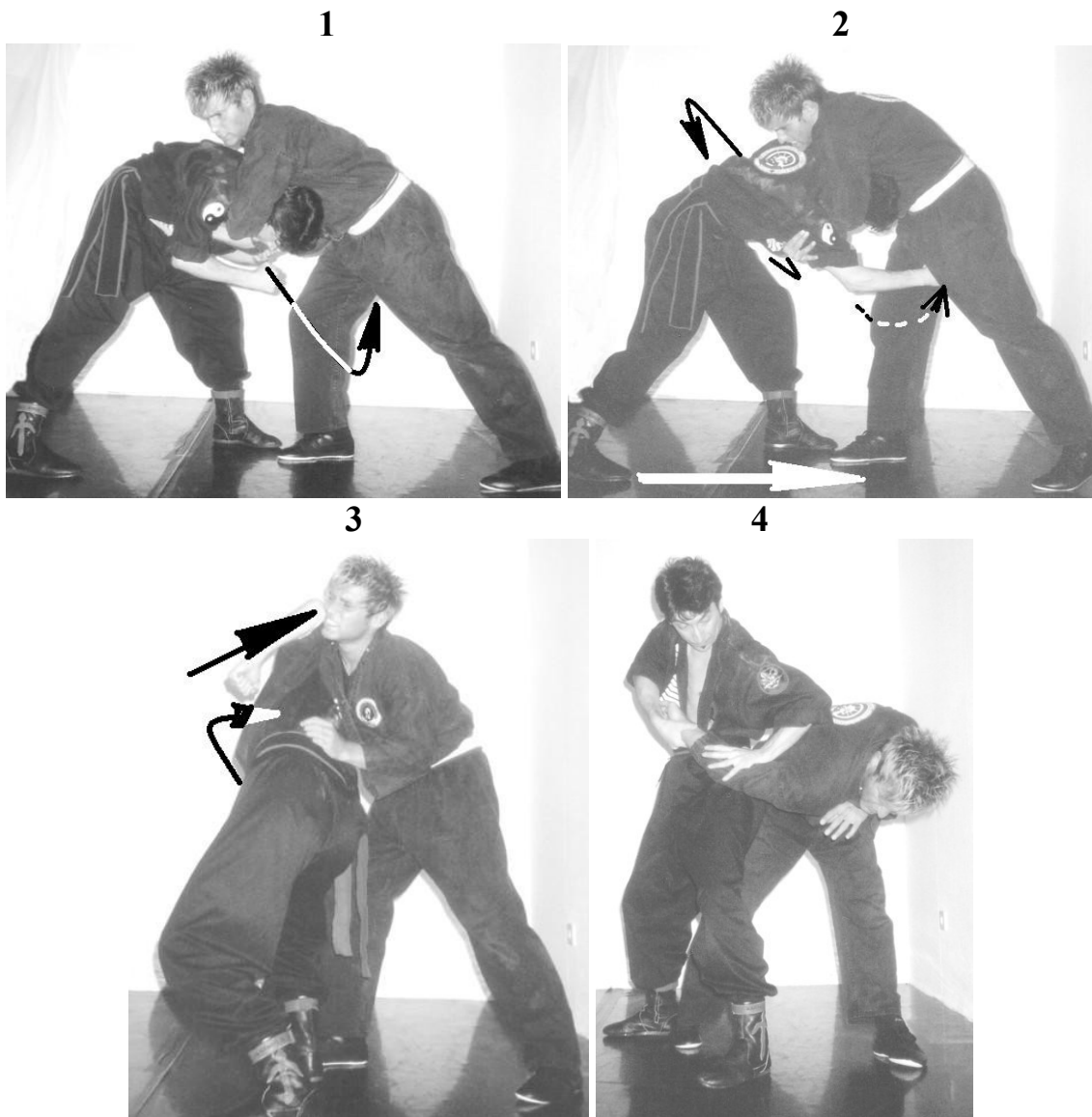




11. Pictures of 1 to 4 show the defensive technique of “headlock” from the body side on the floor.



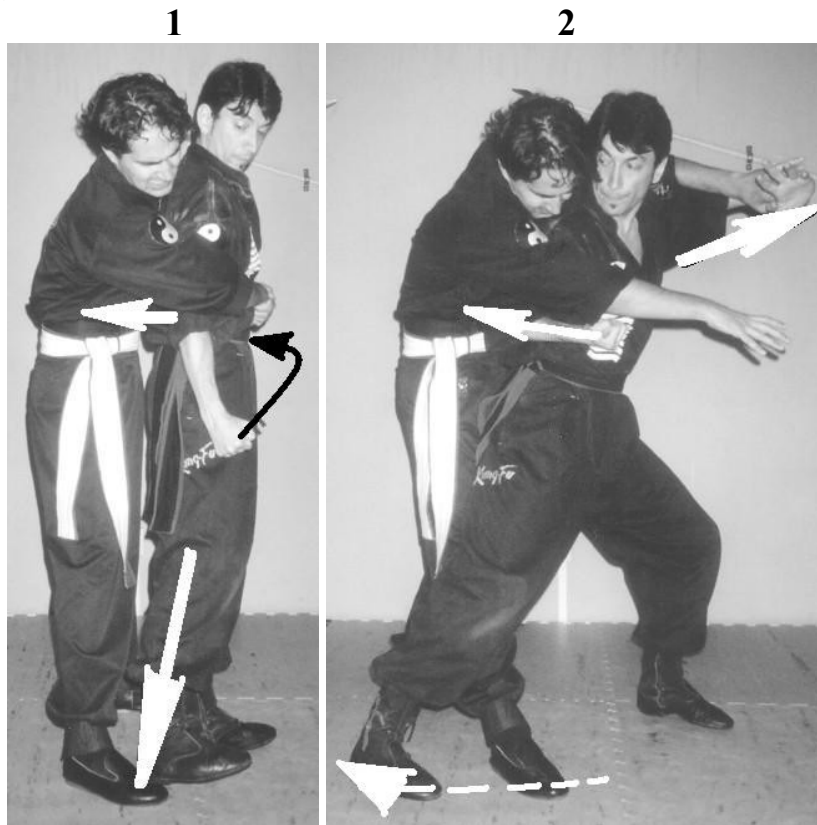
12. Pictures of 1 to 4 show the defensive technique of “headlock” from the front.



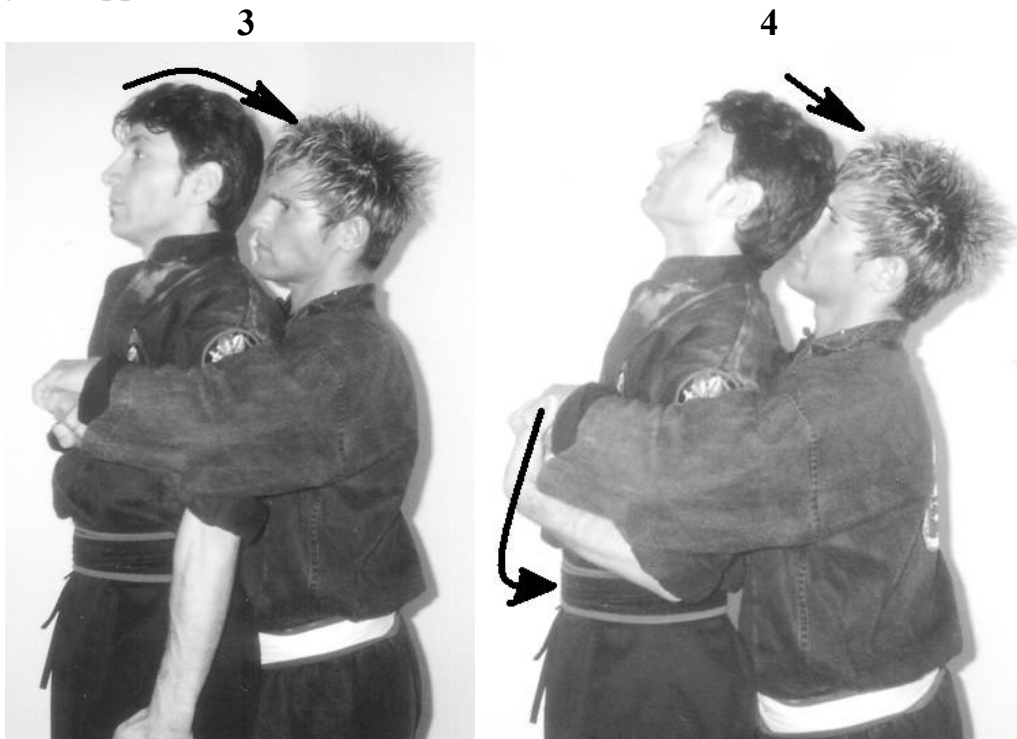
13. Pictures of 1 and 2 show “Snake Fist” to pinch the opponent’s ear as the defensive technique, while you are located under the opponent, on the floor.



14. The below pictures show two kinds of defensive techniques against "Rear Grab".  
**The first type:** free oneself with using the "tread on the toes" and "elbow" strike.  
(Pictures of 1 & 2)



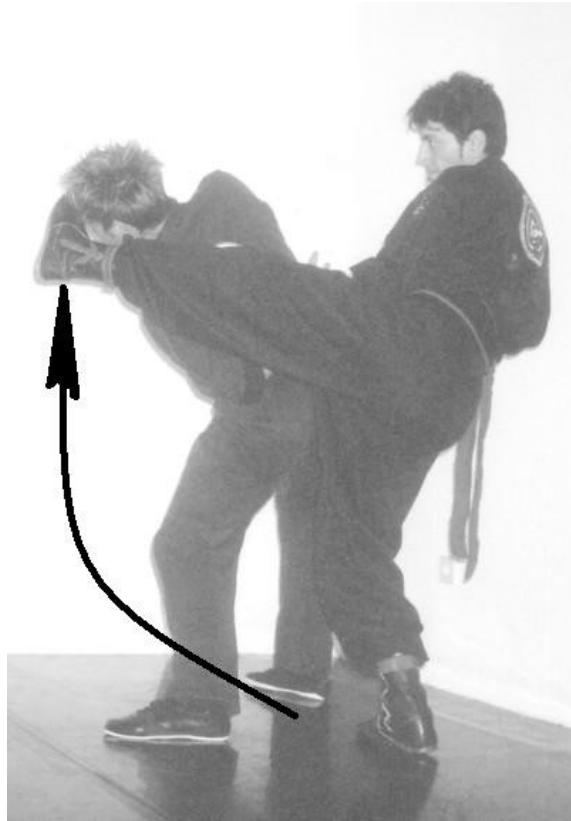
**The second type:** free oneself with hitting the opponent's nose with the back of his head and twisting the opponent's wrist backwards. (Pictures of 3 to 6)



5



6



15. The below pictures show two types of defensive techniques against “Front Grab”.  
 The first type: free oneself with putting one’s thumb under the opponent’s nose. (Pictures 1 & 2)

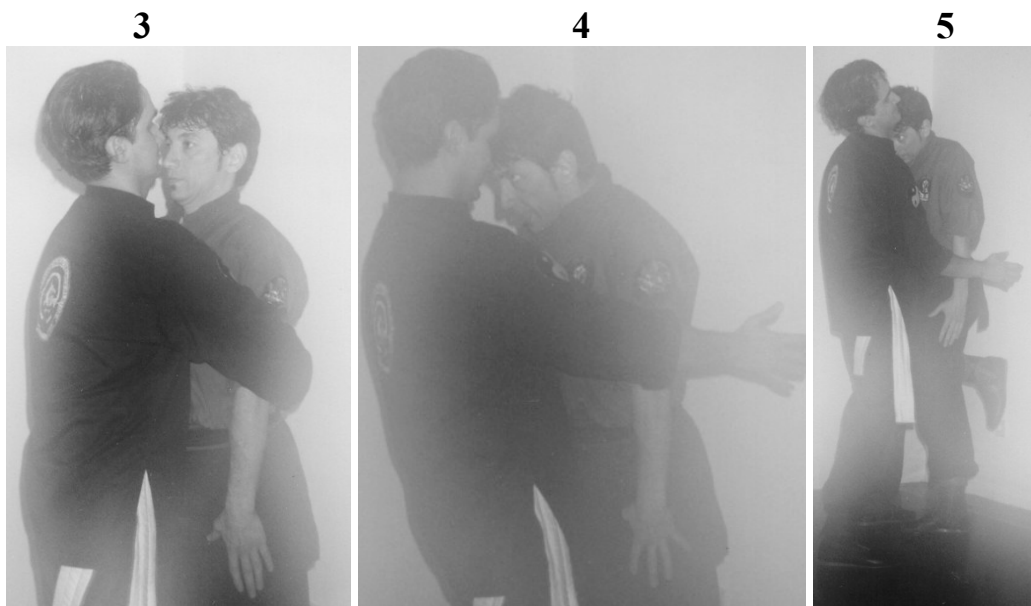
1



2



**The second type:** in case the hands are not free, one can hit the opponent's nose with his forehead and with a knee strike to the lower stomach part and free himself. (Pictures of 3 to 5)



**16. The below pictures show four types of defense against the opponent's punch.**

**The first type:** One defends the opponent's punch with one hand and he would attack at the same time to opponent's eyes with "Finger Jab" of other hand. (Picture 1)



**The second type:** the punch defense and attack to the opponent's eyes with one hand (Pictures of 2 & 3)



**The third type:** the punch defense and attack to the hand joint of the opponent with two hands (pictures of 4 & 5)

4



5

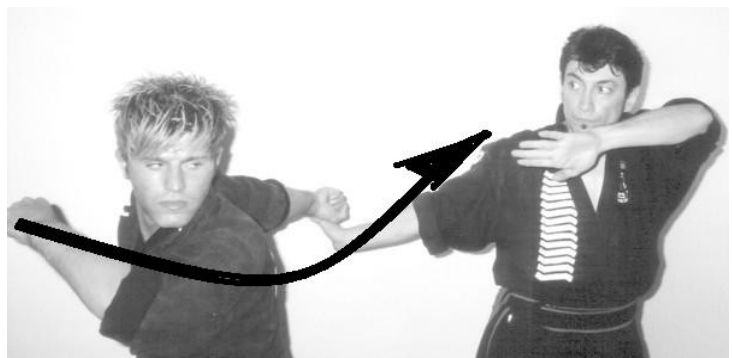


**The fourth type:** The direct punch defense with hand palm and attack to the opponent's hand against his rotating fist strike (Pictures 6 to 9)

6



7



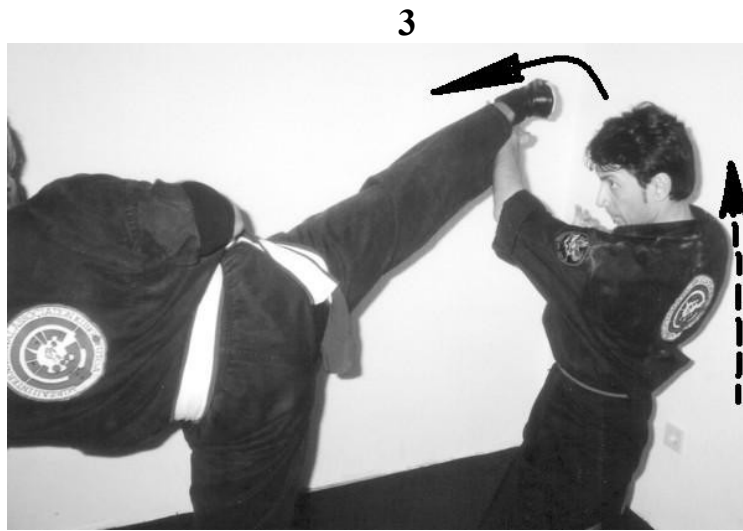
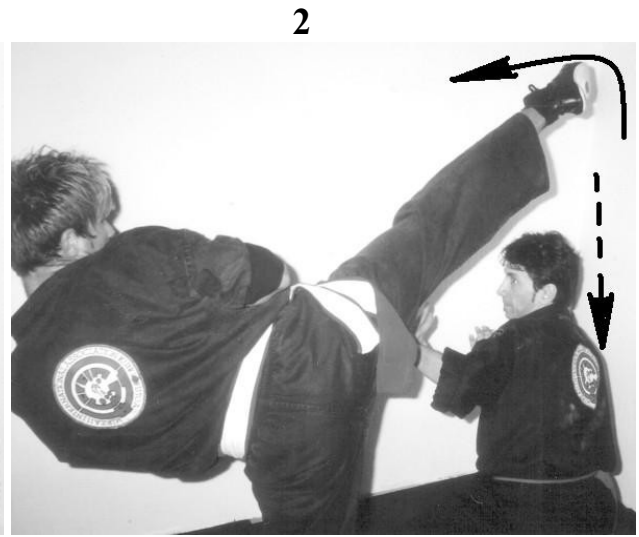
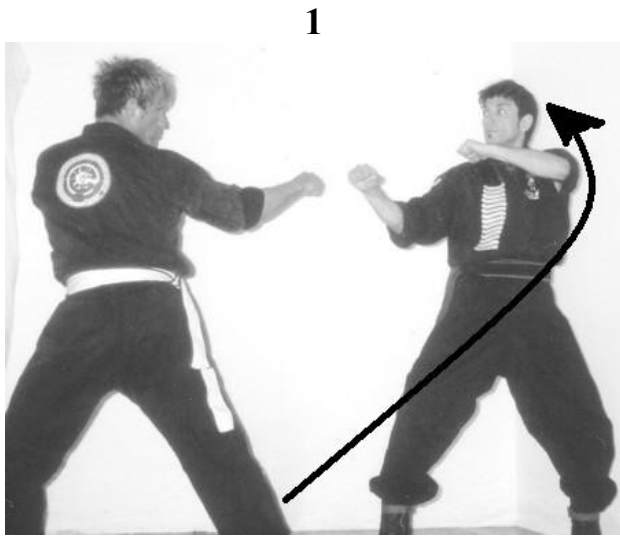
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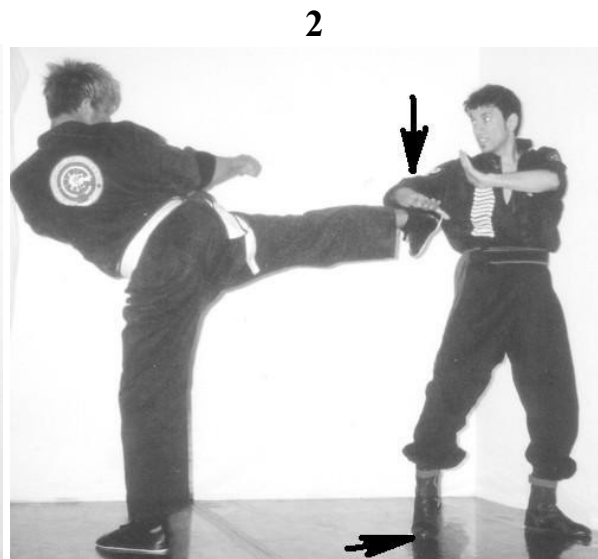
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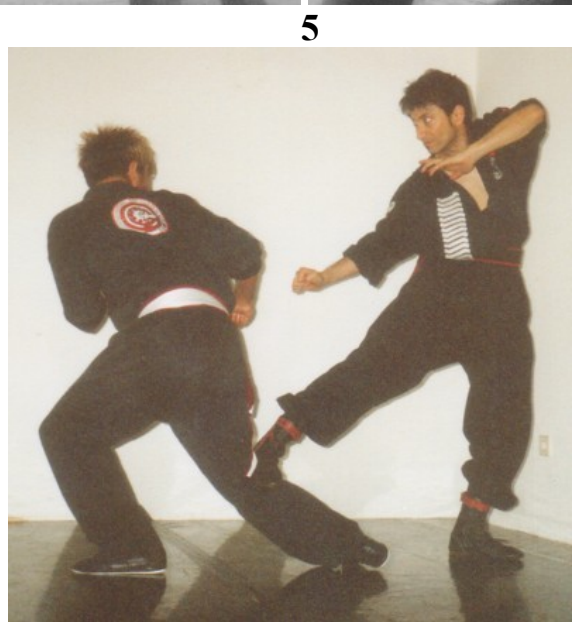
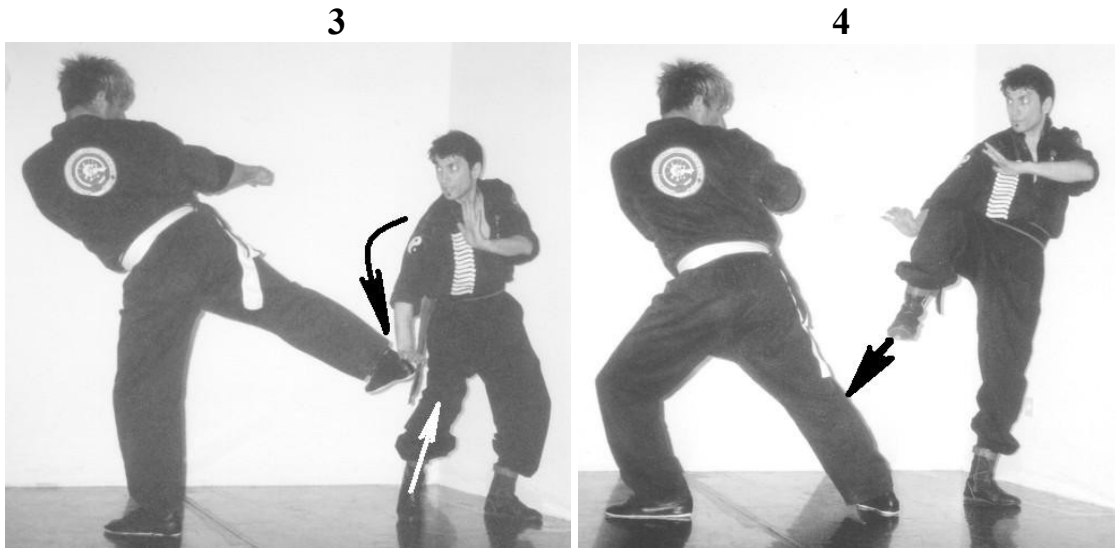


**17. Dodging against foot strike “Yad Keyetto”:** while dodging, the body should stay vertically and the opponent should be observed. (Pictures 1 to 3)

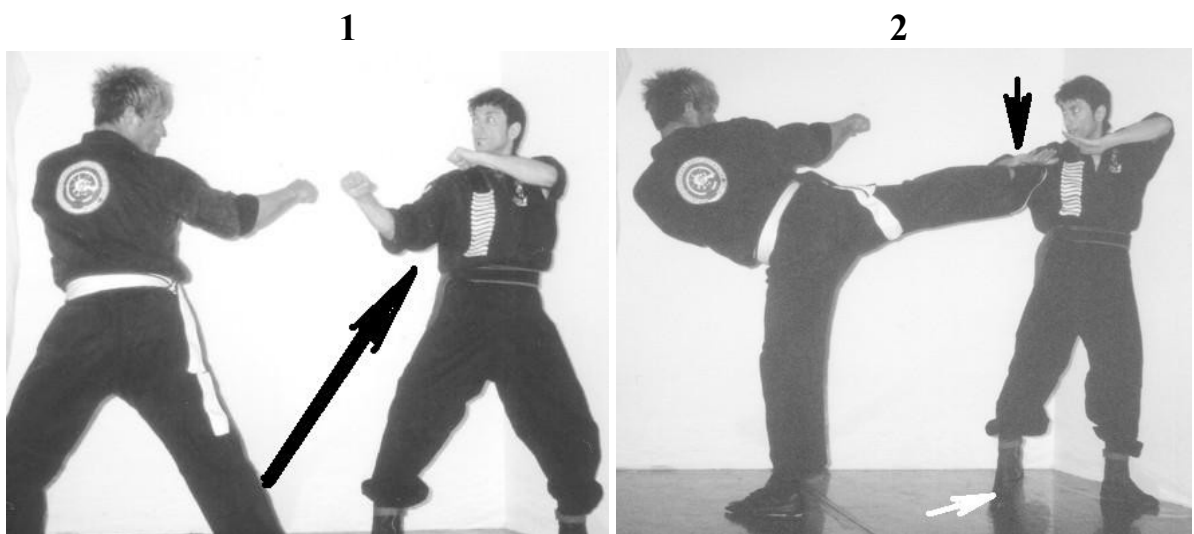


18. The defense technique against “Yette Keyetto” with the direct attack of “Haney Keyetto” with outer edge of knee. (Pictures 1 to 5)





**19. The defense technique against “Yette Keyetto” and a quick attack with “Nima Keyetto” to the opponent’s lower stomach from the back. (Pictures 1 to 4)**





3



4



**20. Combination of “Fake Low Kick” and “High Roundhouse Kick” or “Yad Keyetto” directing towards opponent’s head. (pictures 1 to 4)**

1



2



3



4



21. Pictures of 1 to 8 reveal one of different fighting positions against two opponents.

1



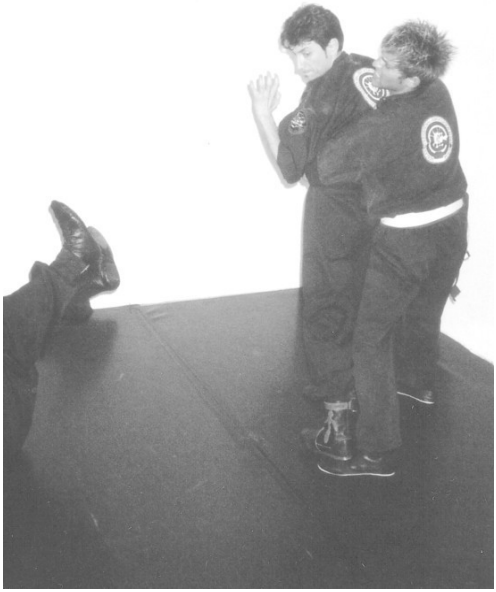
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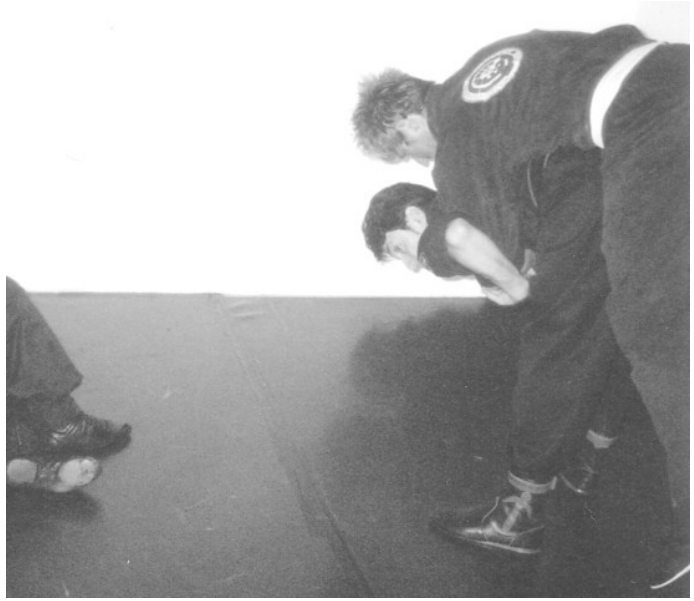
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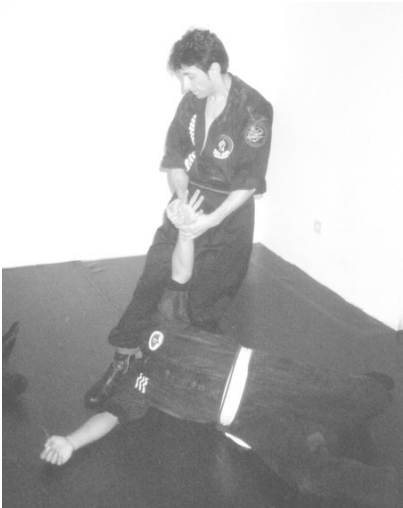
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8



## Empty hand fight against opponent with cold weapons

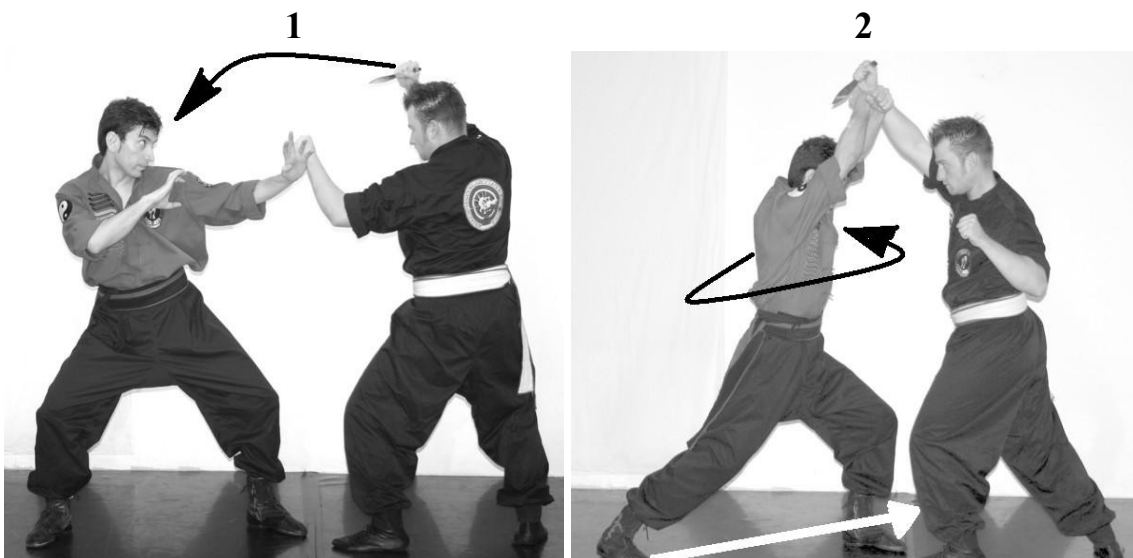
Fighting empty hand against an armed opponent is so dangerous and the chance of winning is so thin. And each experienced master should make his pupils alert of this point. Nonetheless one has to learn the related techniques. In emergency cases such as one's inability to escape (Dead end, elevator, etc.), not compromising on peaceful talks, and one's family being in danger, the chance of those aware of the techniques is much more than those who lack it.

**There exist three main principles which help one in face of cold weapons:**

Regularly exercises against plastic knife or soft weapons and other harmless weapons, decisive decision, pursuing the fight in case of injury, and concentration.



**22. “Crossed Matto” defense and hand joint blockage (Arm Lock) against the attack of knife from top to bottom. (Pictures of 1 to 5)**



3



4



5



**23. Defense, blockage, and twisting the hand joint (Arm Lock) against the attack of knife from top to bottom. (Pictures of 1 to 6)**

1



2



3



4



5



6



24. "Crossed Soyetto" defense, and hand joint blockage (Arm Lock) against the attack of knife from bottom to top. (Pictures of 1 to 7)

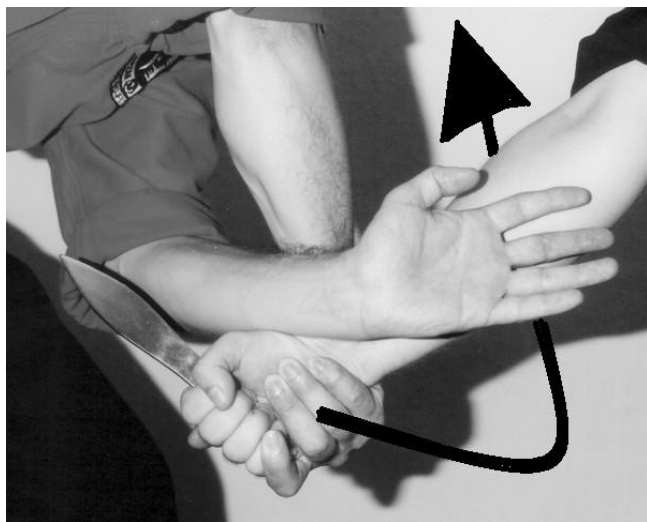
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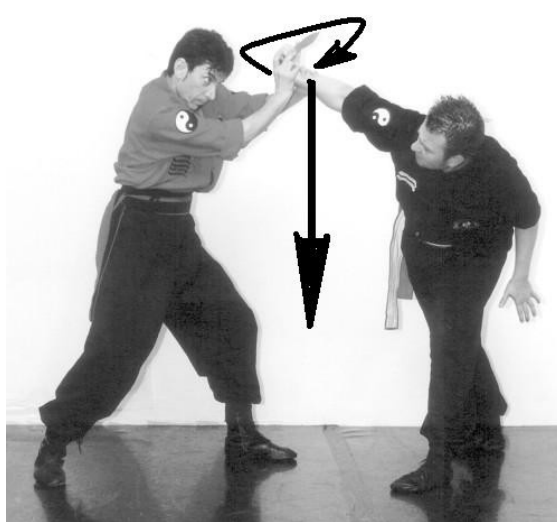
2



3



4



5



6



7



25. "Soyetto" defense technique and hand joint blockage (Arm Lock) against the attack of knife from the body side. (Pictures of 1 to 6)

1



2



3



4

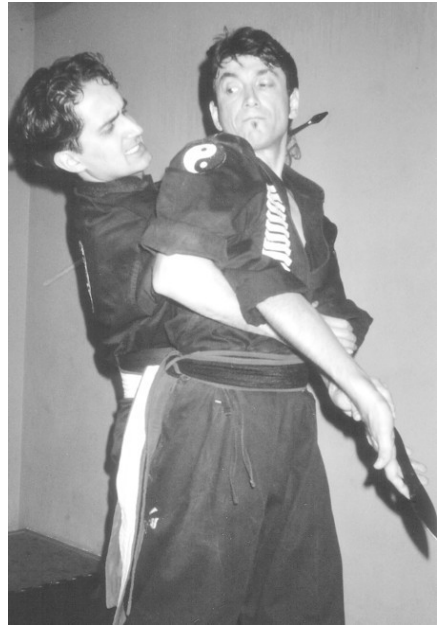




5



6



26. "Soyetto" defense, blockage and twisting the hand joint (Arm Lock) against the direct attack of knife. (Pictures of 1 to 7)

1



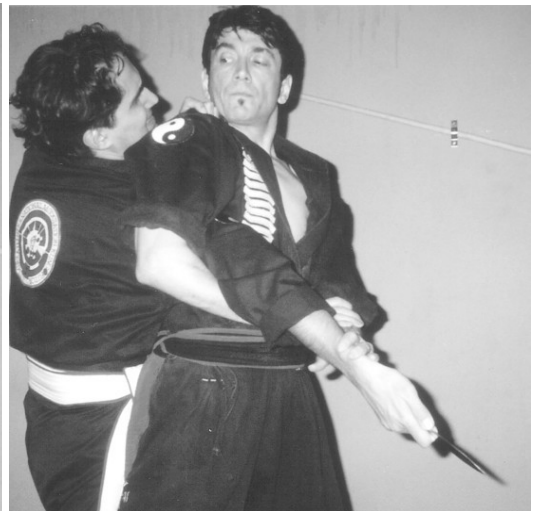
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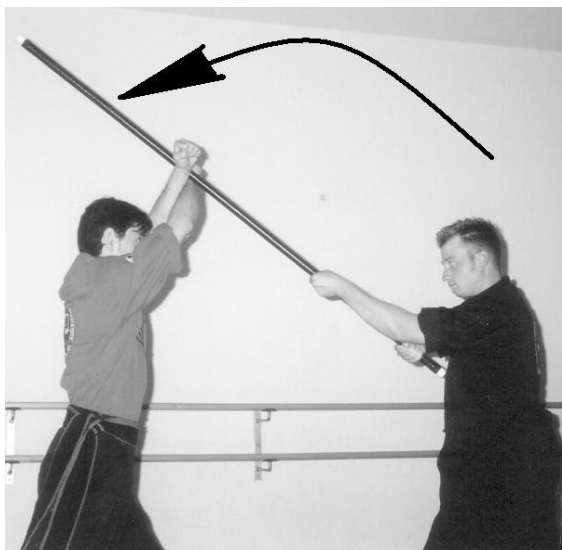


7



27. “Crossed Matto” defense against the attack of a long stick from top to bottom;  
 (Pictures of 1 & 2)

1



2



**28. Defense and strike to the lower stomach part and the opponent's face against the attack of a long Stick from top to bottom;** (Pictures of 1 & 2)

1



2

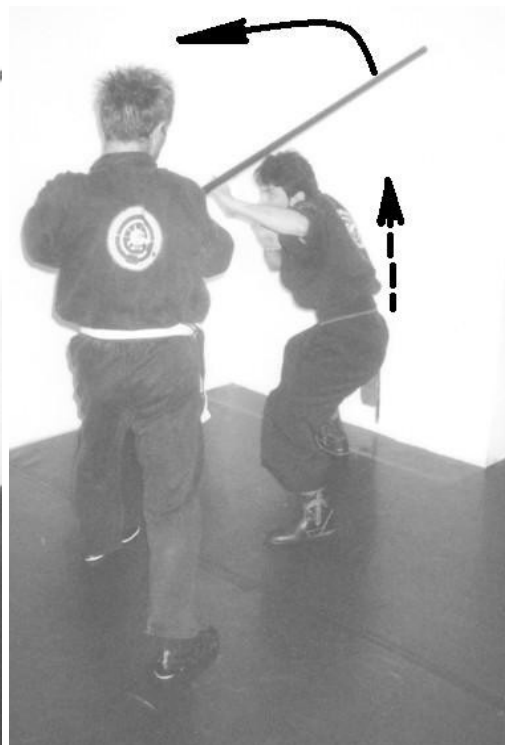


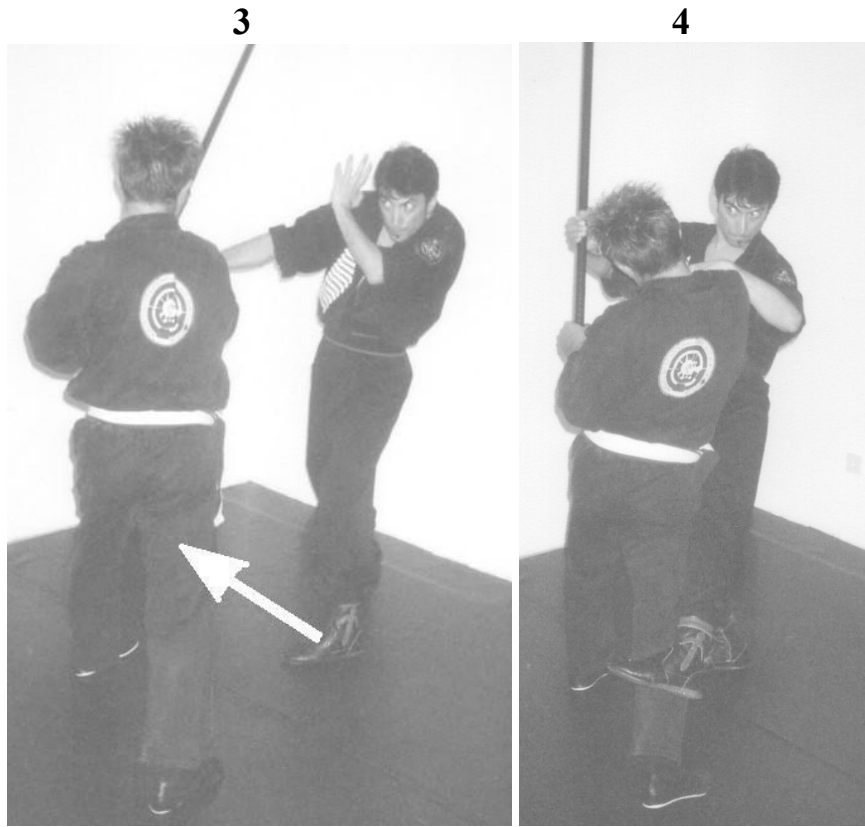
**29. Dodging technique against the opponent's attack with a long Stick from body side and using the foot technique of "Heyma Keyetto" from the body side to the opponent's knee;** (Pictures of 1 to 4)

1

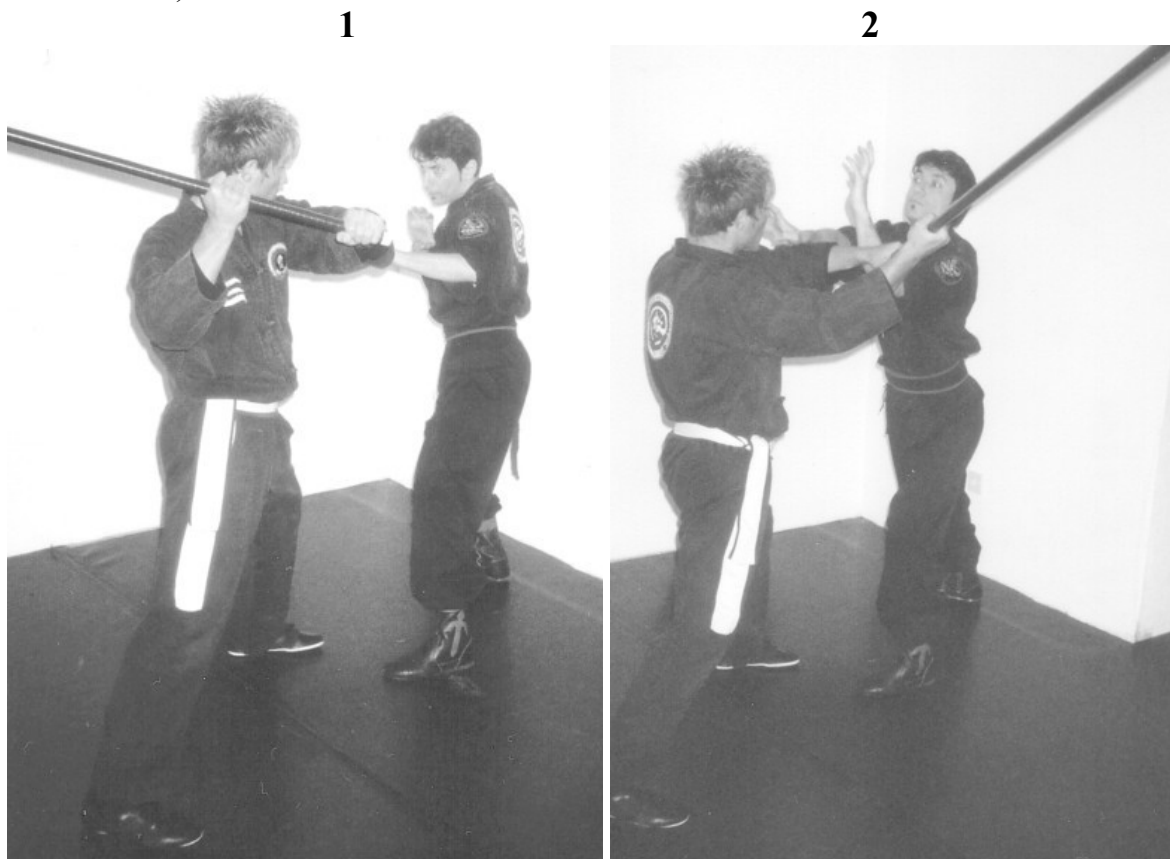


2

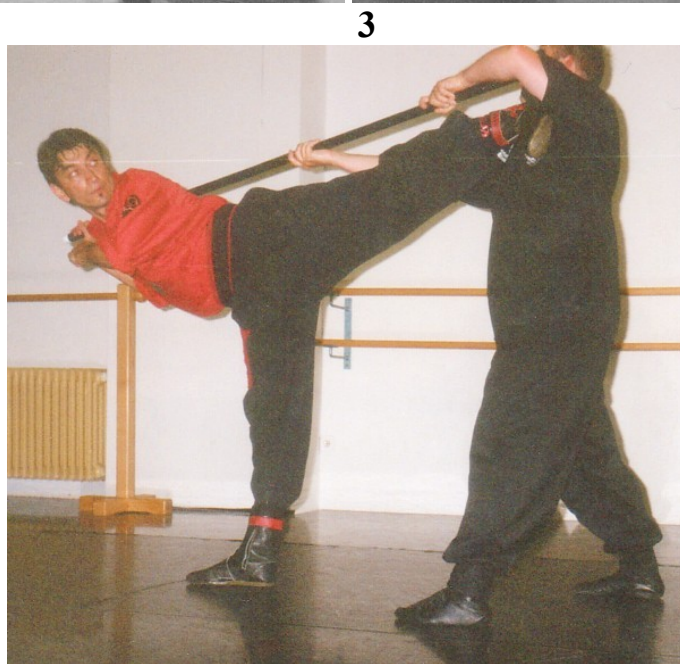
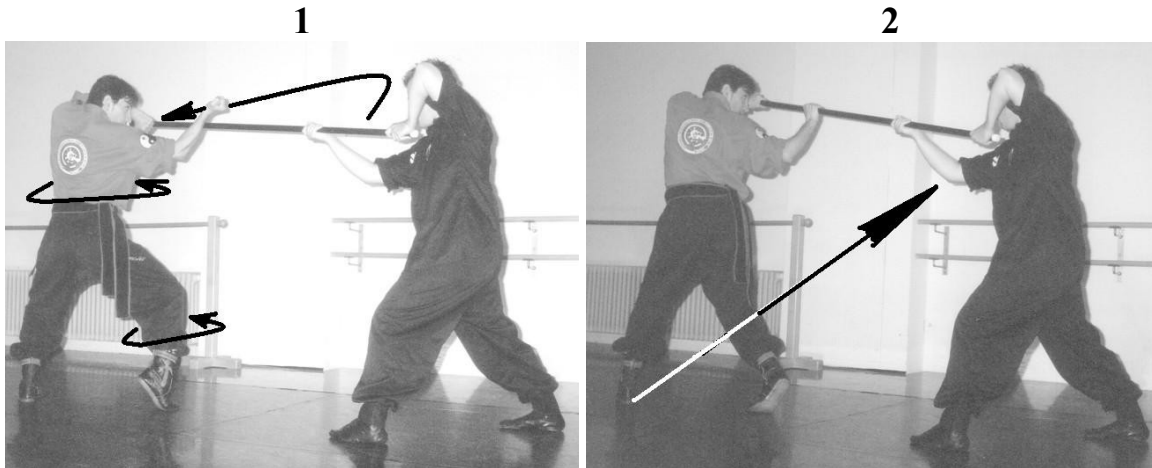




**30. Blocking the opponent's hand with "Soyetto" and the attack to the opponent's eyes with the "Finger Jab" against the attack with a long stick from the body side; (Pictures of 1 & 2)**



31. "Oranto" defense and kick attack with rotating "Osaya Keyetto" technique to the opponent against his attack with a long Stick from the body side; (Pictures of 1 to 3)



32. The blockage of a short stick with one hand and "Soyetto" attack (the inner edge of hand) with another hand to the opponent's head; (Pictures of 1 & 2)



## A cursory look on the defensive and attacking techniques of cold weapons

Attacking with cold weapons like Stick, sai, sword, and knife to the car tires would fortify the practitioners' power, speed and improve performance in using these weapons.

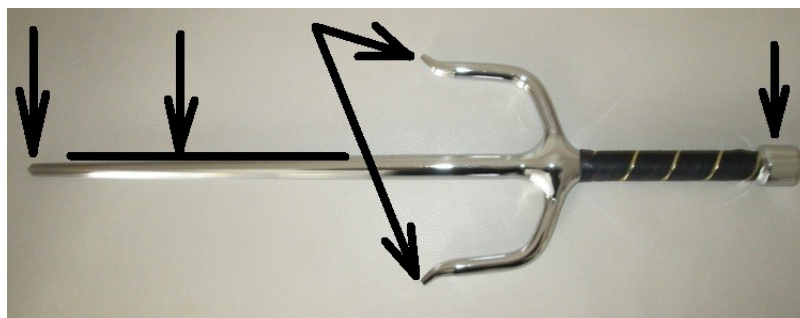


### Sai Weapon

The age of Sai weapons is not known to historians yet. Although most Japanese masters regard this weapon as of their own country, other masters believe this weapon belongs to countries like China or India.

As a rule the length of this weapon is between 50 cm to 60 cm long and is kept in different positions in hand. This weapon is good to defend against the opponent armed with weapons like sword, a long stick.

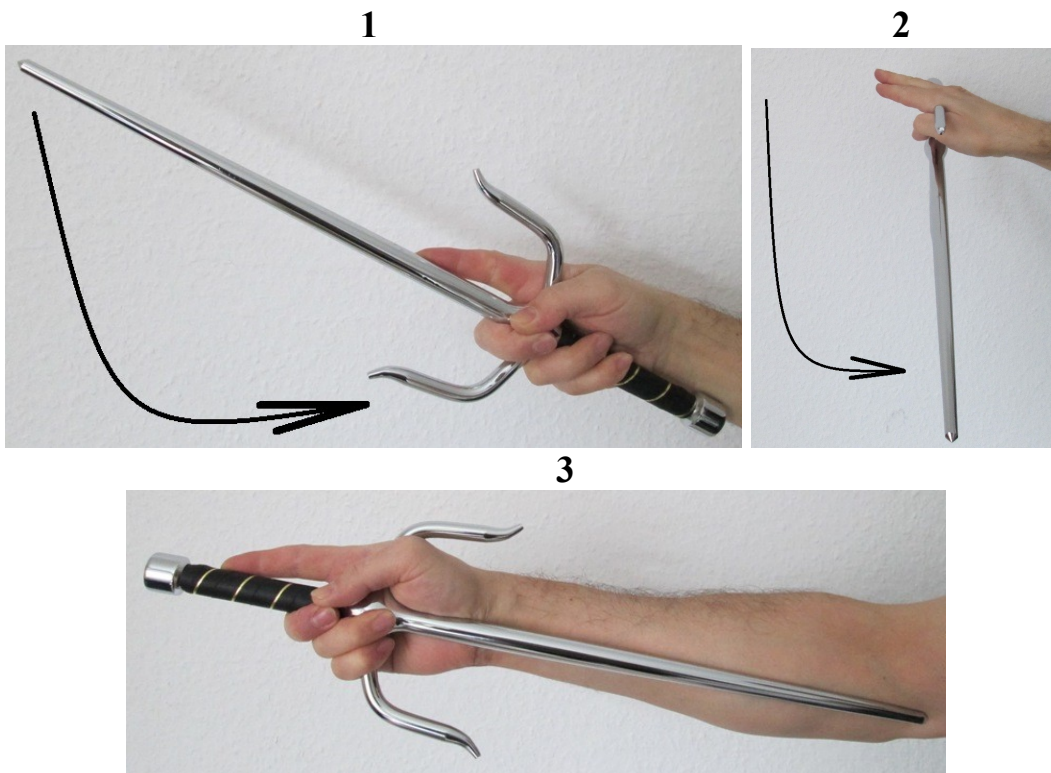
Also, different parts of sai to attack the opponent are as follows: “the top of sai”, “the long edge of the blade”, “the two top of the hand guard”, and “the end part of sai handle”,



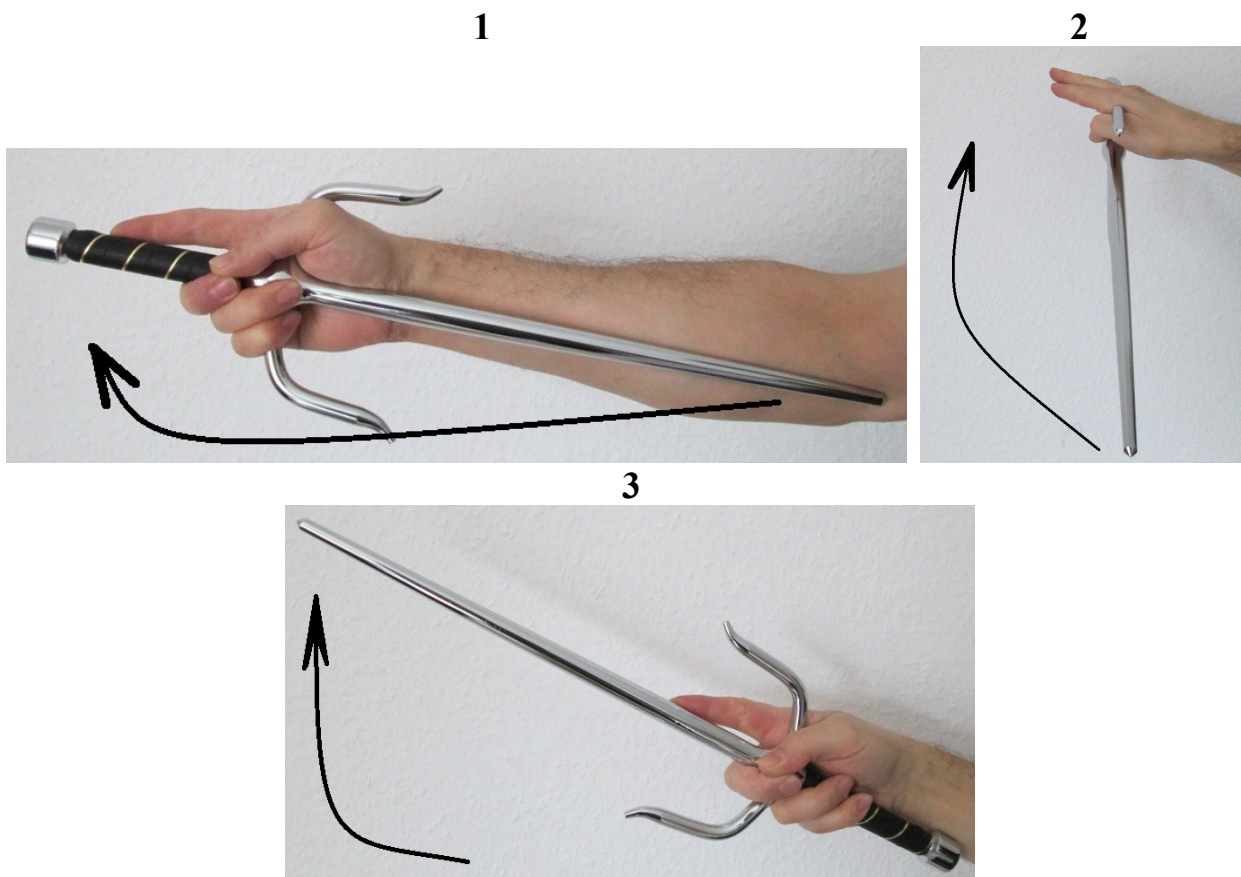
The below pictures depict seven different positions of keeping “Sai” in one hand.



**Closing Sai: (Pictures from 1 to 3)**



**Opening Sai: (Pictures from 1 to 3)**





**The open defense position of “Sai” against attacks from the top**

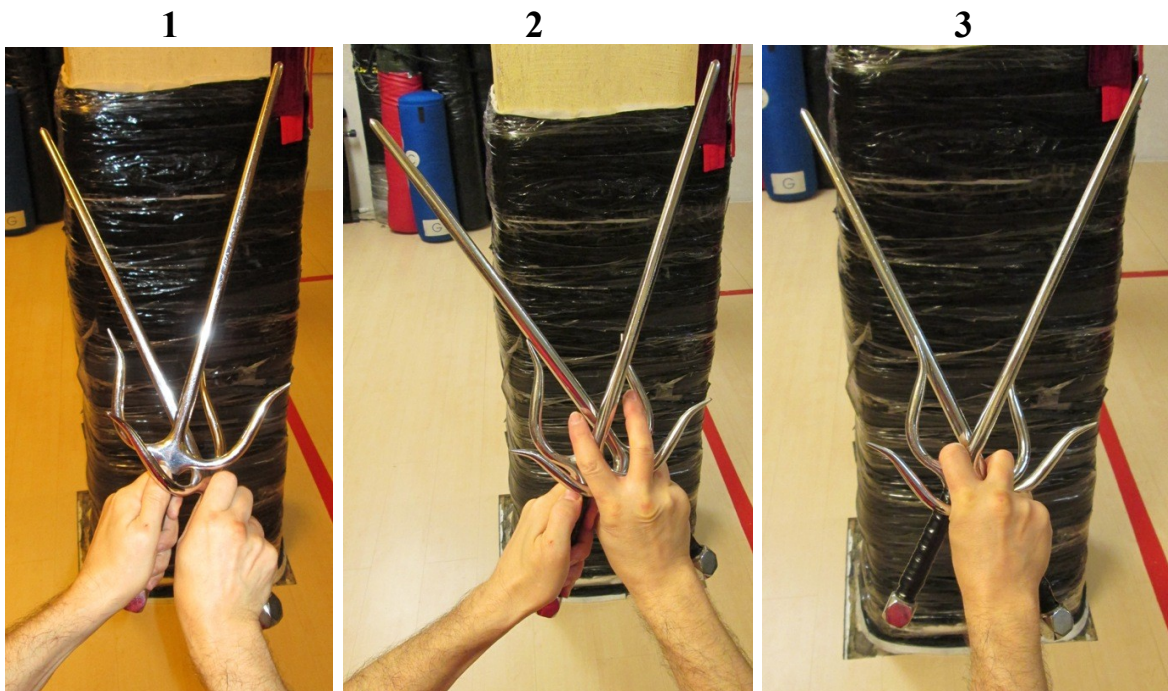


**The closed defense position of “sai” against the attacks from the top**



**The below pictures show two types of “Crossed Sai with one hand” or “keeping both Sai with one hand”**

**1. The first type: keeping both sai with “two fingers” (Pictures of 1 to 5)**



4



5



**2. The second type: keeping both sai with “thumb” (Pictures 1 to 3)**

1



2



3



## “Ri-Keyma” Weapon

As a rule the length of this weapon is 100 cm and because of its long handle (measuring three fists), most of the time it is kept with both hands.

Defense with this weapon is done with the side and back of the blade. Due to the sharpness of this weapon and its control with both hands, it is ideal for powerful attacks from different directions to the target.

Due to the fact that still there exist no outfit, helmet, and other protective shields for man-to-man practice in “Ri-Keyma”, “wooden Ri-Keyma” is recommended.



### The position of keeping “Ri-Keyma” or “wooden Ri-Keyma” with both hands



The below picture shows “Jayma” technique with the performance of “big Rato”. This technique is performed in the Form of “Ri-Keyma” with the right foot directing front.



Guard after the technique of “Jayma”



Guard after the technique of “Tesso”



The below picture shows the defending technique of the body front in the Form of “Ri-Keyma”.



**The below picture shows two ways of keeping the knife**



**The below picture shows the defensive and attacking practice of training partner with knife which is done with great control and accuracy.**



**TOA-School in Germany 2012**

The below pictures show the individual practice with cold weapons.



Performance of Individual techniques in German Freestyle competitions in 2004



The below picture shows the practice of “ Tak Tonfa”.



The below picture shows one of the guards of “Do Das” or “double Sickles” weapon.



The below picture shows the group practice of “Do Tonfa” or “Double Tonfa”.



Practice with cold weapon of “Nunchako” is forbidden in Germany as of 2006.





**33. Three types of defensive and attacking techniques of two “Sai” against “Ri-Kayma”**

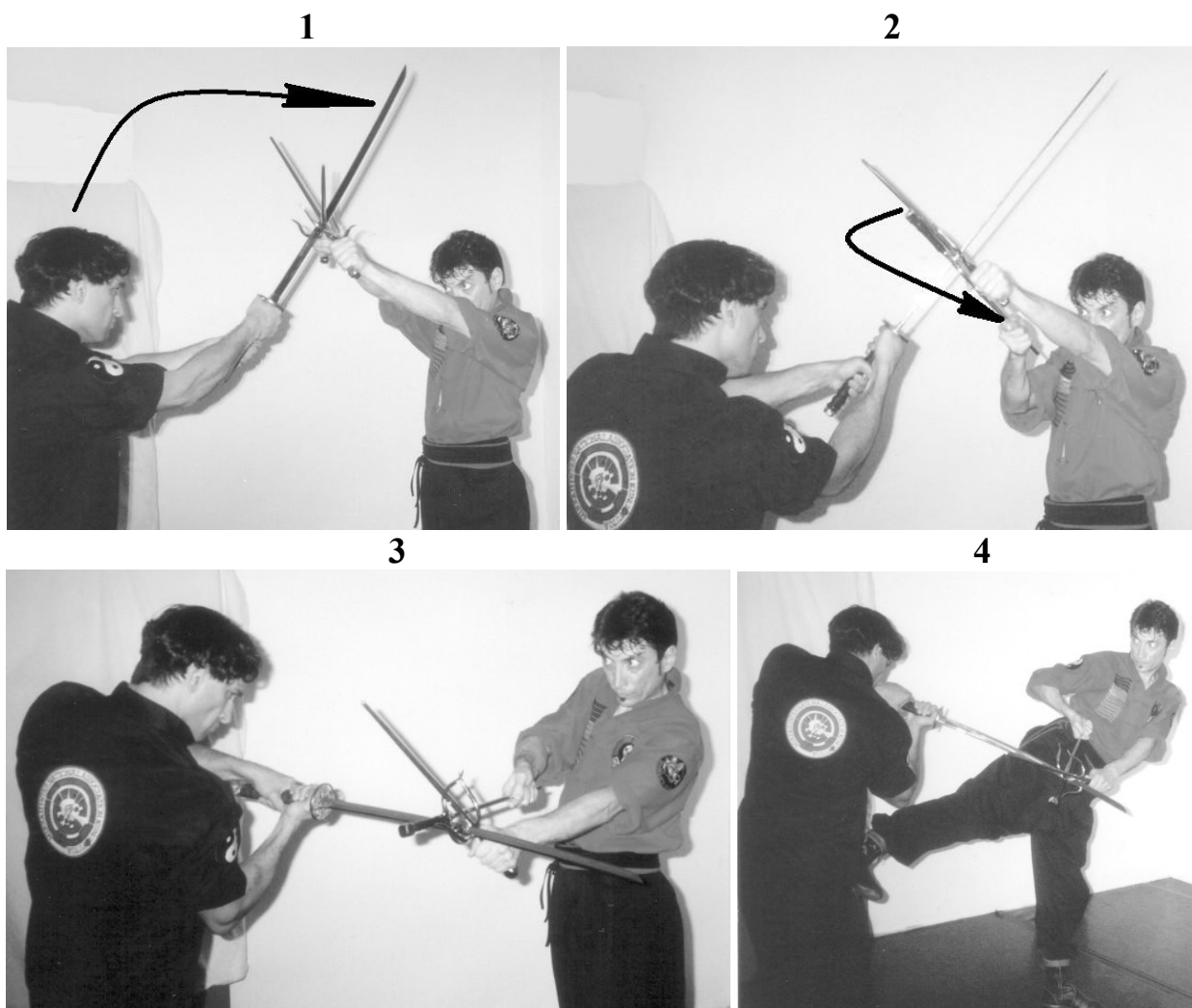
**The first type:** the cross sai defense (Below Picture)



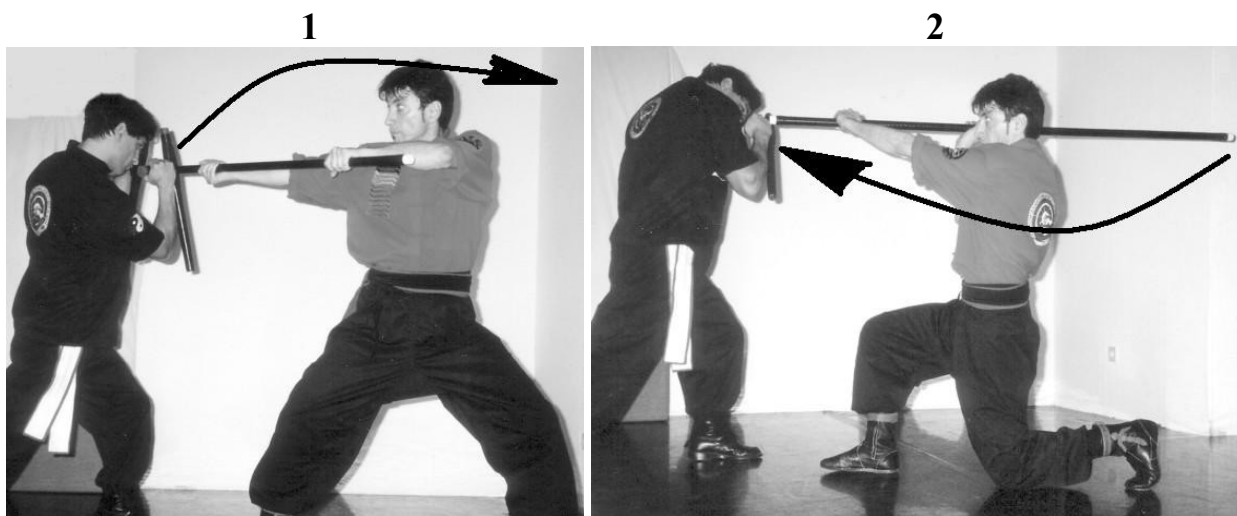
**The second type:** the combination of defense and attack of two “Sai” at the same time. (Below Picture)



**The third type:** one of the types of “Sai block” with two hands (pictures of 1 to 4)



**34. Two types of “long stick” attack against “Do Tonfa” or “double Tonfa”:**  
**The first type:** long stick attack from sides (Pictures of 1 to 3)

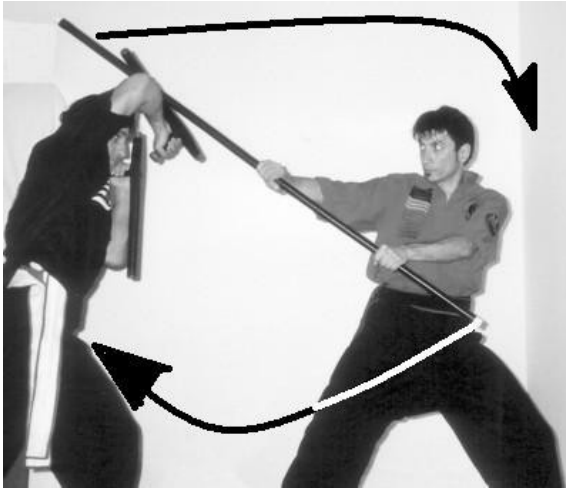


3

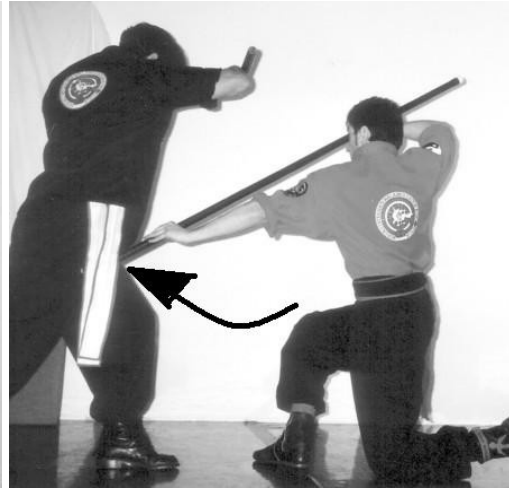


**The second type: long stick attack from top and bottom (Pictures of 4 & 5)**

4



5



**35. Two types of defense and attack of “double Tonfa” against “double sticks”:  
The first type: the direct defense and attack (pictures of 1 & 2)**

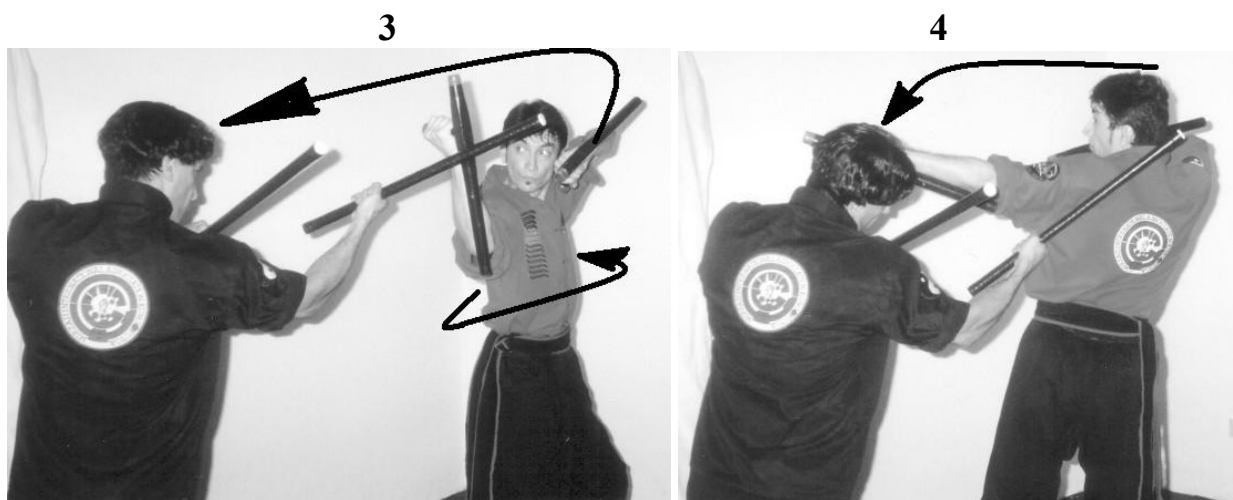
1



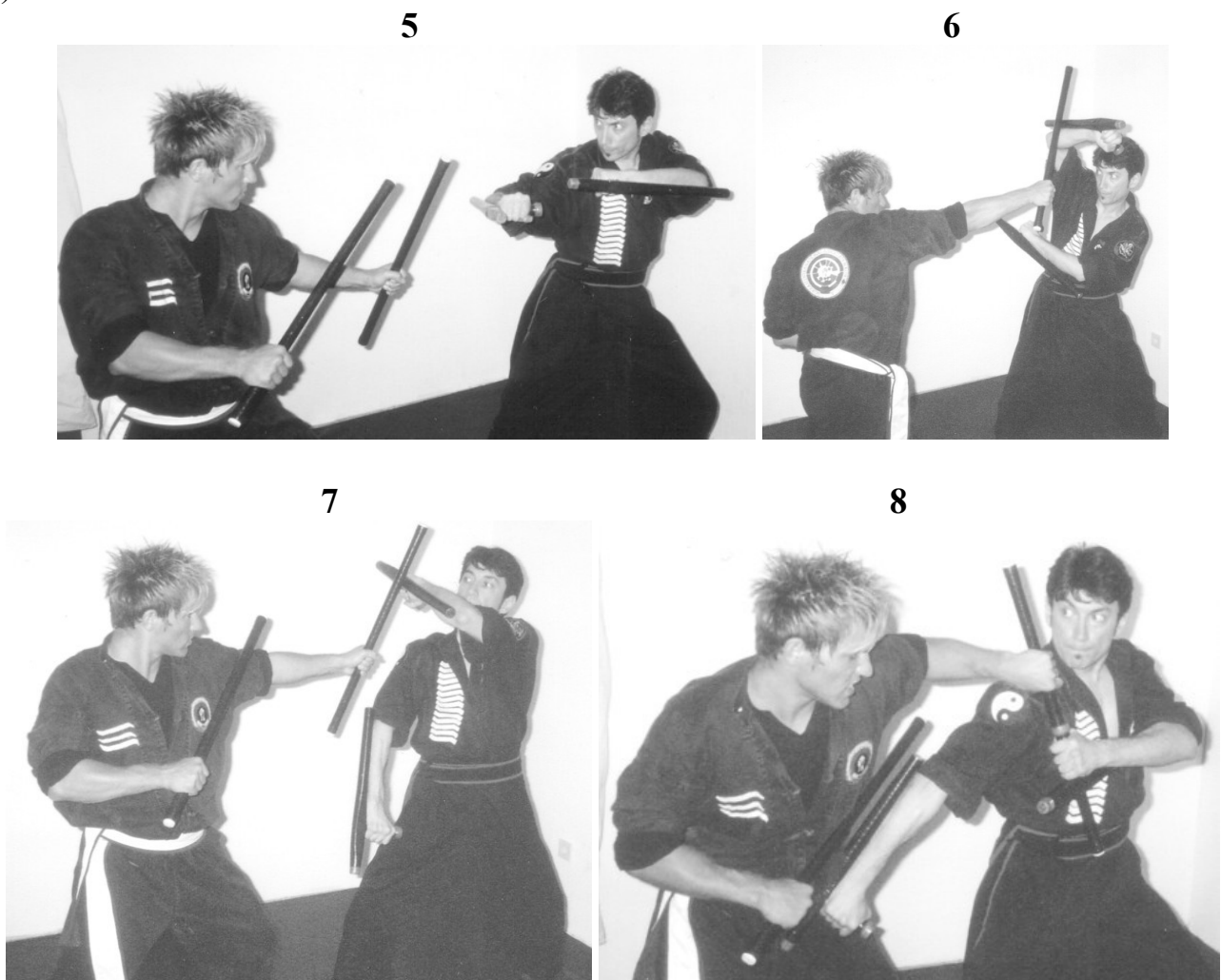
2



The rotating defense and attack (Pictures of 3 & 4)



**The second type:** the direct defense and attack to lower stomach and face (Pictures of 5 to 10)



9



10



36. The below picture shows the simultaneous defense and attack of “double short sticks” against a “long stick”.



**37. The defense and attack of a “short stick” (neck blockage) against the attack of another “short stick”. (Pictures of 1 to 5)**

1



2



3



4



5



# Appendix

**At the end of this section, I would like to draw the attentions of all dear companions and readers to note the practice with some of Iranian's traditional cold weapons.**

The below pictures depict my practices with cold weapons following Iranian's traditional martial art in Germany.

## “Kard” or “Persian Knife”

**Master Farajian's hand made with brass handle and Buffalo Horn handle**



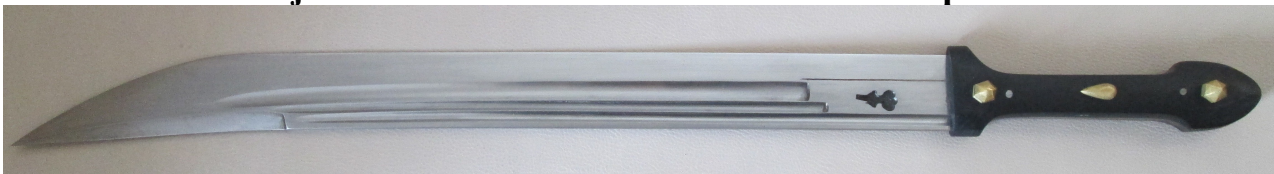
## **“Khanjar” or “Persian Dagger”**

**Master Farajian’s hand made work with known stamp of “Reza act”**



## **“Ghadare” or “Persian short sword” (single-edged sword)**

**Master Farajian’s hand made work with known stamp of “Reza act”**

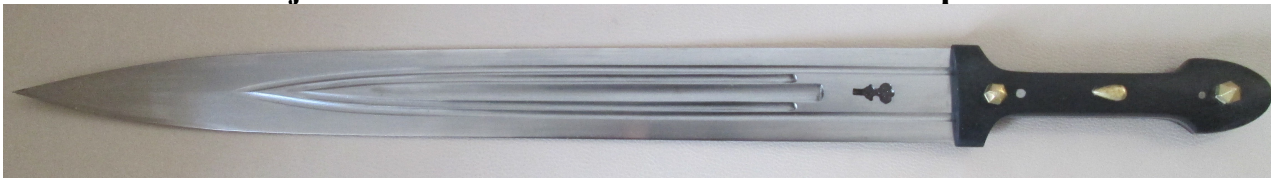






**“Ghame” or “Persian short sword”  
(double-edged sword)**

**Master Farajian’s hand made work with known stamp of “Reza act”**



## “Separ” or “Persian Shield”

Iranian’s artefact with four “Ghoppehs” and leather handles



The below picture shows the attacking technique of “Separ” or “shield”.



## **“Shamshir” or “Persian Sword”**

Tempered steel made in India and tested in England similar to the Iranian sword



The below picture shows the attacking technique of “Bar Shaneh Zadan” or “hitting the shoulder” in the practice of “Persia Sword”.

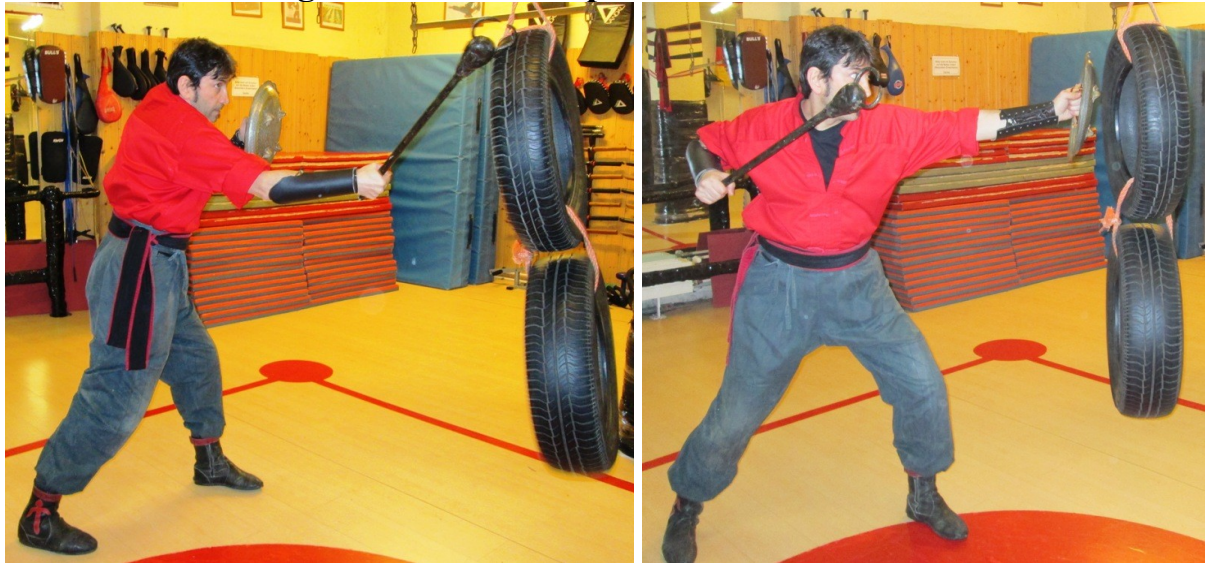


## **“Gorz” or “Persian Mace”**

Iranian handicraft “mace with demon’s head”



The below picture shows the attacking technique of “Bar Gardan Zadan” or “hitting the neck” in the practice of “Persian Mace”.



## “Tabar” or “Persian Axe”

Iranian’s handicraft (Isfahan)



The below picture depicts the attacking technique of “Bar Sar Zadan” or “hitting the head” in the practice of “Persian Axe”.



## “Neyaze” or “Persian Spear”

The tempered and hammered steel with the length of 40 (cm) made by a Dutch master following a medieval style similar to Iranian’s spear



defense with “Spear”



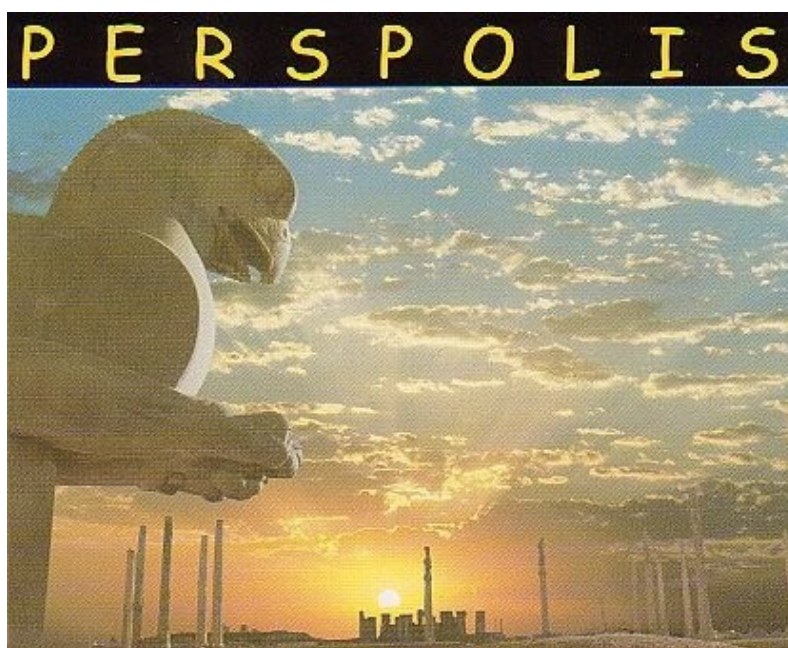
A direct attack with “Spear”



“Leather Arm Protector”, made in europe following medieval style



**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**

For further info: Website: [www.kungfuto-a.de](http://www.kungfuto-a.de)  
Email: [babakt64@yahoo.de](mailto:babakt64@yahoo.de)