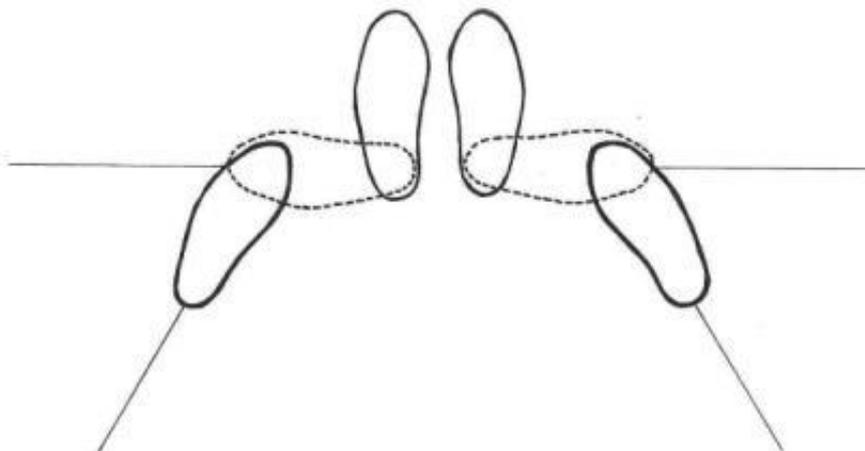


THE VING TSUN BASIS STANCE

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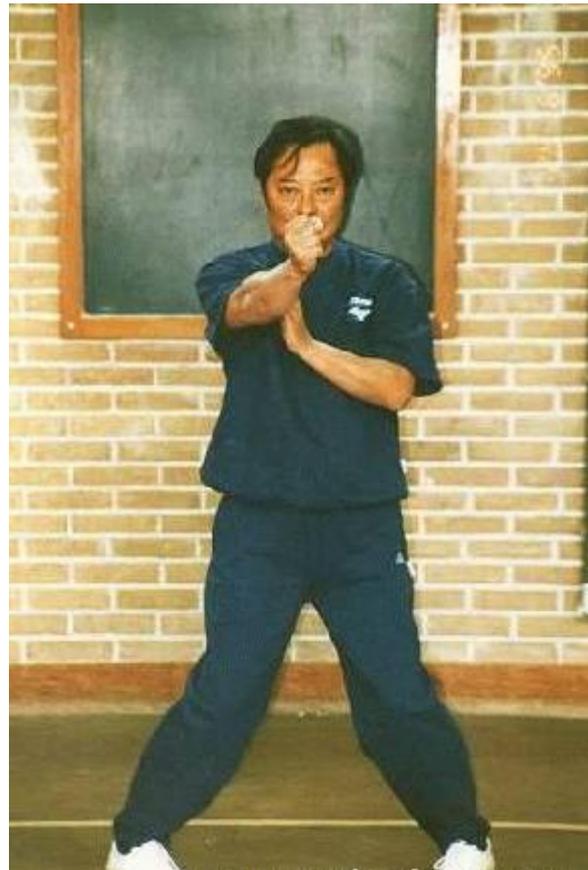
Opening of the first and second forms

- ❖ Stand straight up. Put your feet together but not tightly. Let your arms hang at your side and look straight ahead.
- ❖ Raise your arms until they are exactly horizontal, with your hands pointing forward, your arms parallel and spaced with the width of shoulders, and the palms of your hand downwards.
- ❖ Pull both hands simultaneously to the side of your body. In the middle of this movement, your hands should turn in 180 degrees and closed into fists and pulled up to our armpits as high as possible, without changing the position of the shoulder. The fists should not be pressed tight against the body, but maintain a little space between your arms and your body. At the end of the movement, the front of the fists should level with the front of the chest, seen from the side. Your forearms must be held parallel to the ground. The elbows are now pointing backwards and the fists towards the front.
- ❖ Bend your knees while keeping your upper-body straight.
- ❖ Turn your feet out to the side while using the heel of the foot as rotation point. The feet should now almost be completely in one line with each other.
- ❖ Turn your heels outwards using the front of the feet as the rotation point. Your feet should now be pointing slightly inward.
- ❖ The feet are now wider apart than the width of the hips, your knees are bent and push your hips forward.



Why this stance?

By standing in the basis stance of Siu Nim Tau, we are conditioning the body to learn a position that is stronger, more in balance and more mobile than the comfortable postures we assume naturally. In the 'easy' positions in our everyday life, we stand with our feet outwards, the knees stretched, the arms down and the elbows outwards, as if we train ourselves against our Ving Tsun method. We hold these positions all the time when we are not training. If you train (only) two hours per day, you also train the opposite for the 22 hours you are sitting, walking, sleeping, watching TV, writing, reading or, for example, making coffee. The point I want to make here is that in order to make progress and get some results one must exaggerate certain things in training, because our daily routine always weakens everything.



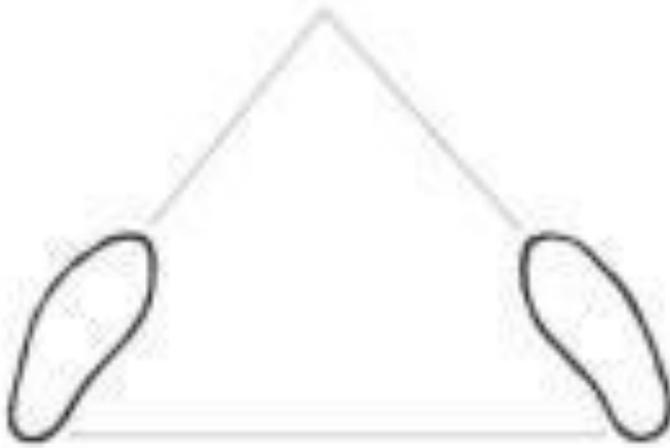
The SNT stance, having both feet strongly turned in, is not a combat position but brings some counterweight into the balance to finally result that your feet are turned more inwards during fighting. Having the feet turned inwards gives more power to the arms because the whole structure is better supported. The force must be divided over the entire body in which all points, like the feet, knees, hips and shoulders, play an equally important role. Although the SNT stance by itself isn't suitable for a fight, the other positions in Ving Tsun are related to this stance. It acts as a type model or blueprint.

The stance teaches you the correct position: head straight up, back straight and shoulders at an equal height. All this will help you to have more control over your own center of gravity while moving, in other words: your balance is not compensated. In Ving Tsun we do not dodge and we also don't lean forward for more reach of the arms, like in boxing. These actions put you in a vulnerable position. Meaning that it might be possible to avoid the first punch from your opponent, but that it isn't possible to avoid a second punch, if your opponent continues to attack.

The goal in SNT is to train specific themes and not so much direct fighting techniques. Furthermore its purpose is to condition the muscles and emphasize the correct body mechanics and arm movements that will be used later in fighting. Therefore the details are of great importance. Even the stationary hand that remains at the side of the body in Siu Nim Tau is equally important as the moving hand. This hand isn't just wasting time until it is used in the next section. The aim of the training is to continuously keep both hands high and both arms in position.

Finally there also the psychological aspect, an area of Ving Tsun which is mainly denied. The training is not meant to be comfortable or easy, but rather a mental exercise in perseverance.

The triangle



In the basis stance, the feet form an equilateral triangle with the heels as corners of the triangle at its baseline. A triangle forms more of a delimited shape than a rectangle would if the feet were standing parallel to each other. The objective of the stance is to develop good balance and grip on the ground when a confrontation with a

forceful opponent takes place. The triangular structure is both stable (because the weight is equally divided) and mobile (because of its ability to move very easily in any direction from a neutral stance).

The distance between the feet is also determined by the size of the feet of the person, which is generally proportional to the size of the body. You then achieve a stance which is anatomical proportional to the size of the body. The distance between the feet must always be wider than the width of the hips. By opening the stance always from the same starting point in the Siu Nim Tau, it is possible through repetition, to perfect the distance of the feet. Additionally, just one distance between the feet is optimal for an individual, considering both stability and mobility.

By constantly standing with the feet turned inwards in the Siu Nim Tau, one sets the foundation for the stance during movement. When moving in Ving Tsun you, of course, have one foot in front, but the rear foot has a tendency to point outward. Because of this, a lot of stability and support to the arm movements can be lost. During the arms movements in Siu Nim Tau, one is also simultaneously training the legs. You are thus primarily training so that the rear foot does not turn out during the action. Thanks to the basic stance, we don't have to train the left leg and then the right leg in Siu Nim Tau. Training both legs at the same time is efficient and saves valuable time.

Attention points:

- heels towards outside.
- correct distance between the feet.
- feet in triangle.
- the upper body vertical and the head straight up.
- fists as high as possible.
- the fists not against the body.
- forearms pointing forwards.
- wrists straight.
- elbows pointing back and aligned behind the fists.
- hips pushed forwards.

Square on the opponent

Combined with the arms, the stance makes it possible to deal with the forward pressure of your opponent by leading it towards the ground through correct support of **six points: wrist, elbow, shoulder, hip, knee and foot**. Keeping the hip forward plays a important role in this. Many practitioners fail in this when they turn or move, thereby 'breaking' their stance. When the power or pressure reaches a certain level a good stance alone is not sufficient. At such a level, you must be able to turn the stance, giving the power a strong impetus or move the stance (by stepping), and benefit from the force in motion.

Finally the basis stance prepares us for the strategy of 'facing' - meaning you are square on the opponent. This is a crucial point in Ving Tsun because that allows us to use both hands equally and simultaneously for attack and defence. This is possible because both hands are the same distance from the target, if you stand square on the opponent. By 'occupation' of the center and protecting the space in front of you makes it more difficult for an opponent to attack, because of the restrained possibilities (space).

Visual versus feeling

The stance must also be evaluated in terms of the visual and physical to mental connections. The physical aspects can be trained by using the six points mentioned earlier. This gives us the right feeling of stance, balance and 'facing' during training. The stance is the pillar of the whole that gives us stability when we move. But as with all basic positions these must also be regarded as training tools. As soon as you have developed 'feeling' for a good stance, learned to deal with power in various situations and learned how to recover your stance, you must also be able to let go of the training tools and behave more naturally in fighting.

When your skills grow the stance should be 'felt' and not just examined visually. How far bent your knees should be must be adjusted to your goal and not applied 100% theoretically (too robotically). But just enough based on the demands. When you move too rigidly, as well physically as mentally, it leaves little room for adjustment and improvement.