

# COMBAT SHUAI CHIAO

AMERICAN COMBAT SHUAI CHIAO ASSOCIATION KUNG FU

## Shuai Chiao Concepts:

The concepts of Combat Shuai-Chiao include kicks, strikes, throws, and locks. The purpose of every move in this art is to take down opponent quickly using any means: Knockdowns, locks, or throws.

However, we emphasize more on throwing techniques simply because it is the more devastating and practical; however, also most difficult to learn. There are two types of competition of Shuai - Chiao: Traditional and Combat. In a Traditional competition, only throws could be used. Combat or Full Body competition allows kicking, punching, and throwing.

## Shuai Chiao History:

During ancient times, Shuai-Chiao's earliest usage was as a military hand-to-hand combat training system. Following the Chin Dynasty (after 246 B.C.), the art of Shuai-Chiao began to disseminate into the general populace with the establishment of safer competition rules. Even from its earliest beginnings, most of the well-known Shuai-Chiao practitioners were also experienced in other forms of martial arts. Because of this, some teachers incorporated the striking techniques from other systems while teaching their students. Thus, strong techniques from other striking arts can be seen during combat situations when Shuai-Chiao is applied.

In order to preserve the essence of Shuai-Chiao's original fighting science and its true application in combat, some of Gransmaster Ch'ang Tung-sheng's students organized the American Combat Shuai-Chiao Association in 1990. Currently, there are four main branches of the American Combat Shuai-Chiao Association. These branches are overseen by the senior-most members of the association who trained with Grandmaster Ch'ang.

In addition to the sport-style competition, we also have developed the combat-style Shuai-Chiao competition. For the safety of the participants, body armor is worn to allow the fullest expression of combat technique under the most realistic situations possible, while mitigating the risk of permanent or serious injury.

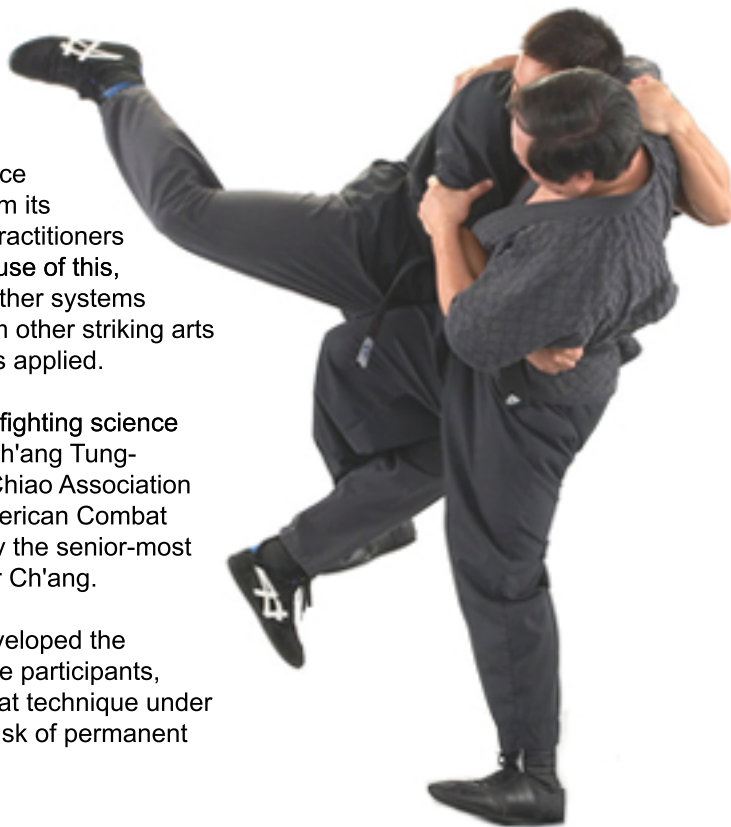
FOR MORE INFORMATION, PLEASE VISIT US ONLINE AT:

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