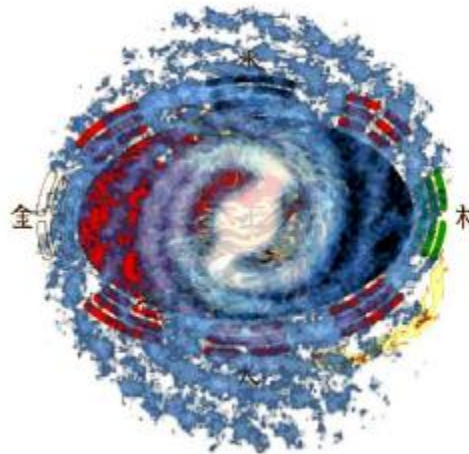




### **Interpretation of Motion**

The universe is based on movement. "... That among entities there must be some cause (essence) which moves and combines things ... There must then be a principle of such a kind that its substance is activity (Aristotle Metaphysics) .The item to be aware of is if the movement follows correctly and naturally its governing (Philosophy) principles . As society and man has evolved, we have become unnatural. The goal of this system is to research, and reeducate (reclaim) the mind, the body, and the spirit so that all movement and action returns to the natural instinctive abilities of the human body. If the movement is natural (Form) and performs its correct (Function) the action will always be right.

The key factor to making movement and action correct is basing it on Philosophy = Principles (Strategy) Tactics and Techniques not vise a versa. The use of techniques is functional for drills or practice; but for true application at all times, a Principal must be present. That is base on a specific natural Philosophy. Through the use of these principles= martial and health Strategy will arise and, power will be engineered. NMS power of an art is the transfer (engineered) of (Shen) spirit, (I) intention, (Chi) energy, (Li) power and (Liang) Force, will be manifested. Example: In martial, its / main purpose is for self-defense (Touched, Hit, Manipulated and Controlled) application. Strategy is the plan (map) and principles .that all tactics adhere to and include. Tactics are the specific methods of techniques executed .Strategy and tactics are in fact the foundation of NMS training program and instruction. Since no two combative encounters are same, the mastery of effective strategy and tactics allows techniques in dynamic (Changing) situation.





### **Motion / Strategic Stepping**

Strategy is the combative plan and principles that all Tactics must adhere to and include. Tactics are the specific methods of offense and counter-offense techniques executed in combat. In NMS, the effective application of Strategy and Tactics are taught throughout the system and are in fact the foundation of the training program and instructional method. Since no two combative encounters are the same, the mastery of effective Strategy and Tactics allows the practitioner of NMS to execute offensive and counter-offensive techniques in dynamic situations. This fluidity of movement and adaptability of technique is characteristic of NMS.

The foundation strategy of NMS Philosophy is Principle = **STRATEGY - TACTICS – TECHNIQUES**

- Protection from all attacks (Multiple opponents)
- Shutting down of opponent(s) weapons (Bladed mind)
- Angular attack, controlling the back gate of all opponents and neutralization of all threats (Strategic stepping)

Combat NMS tactics are executed according to this strategy. Tactics and training must provide skills for protection, evasion against opponents' strikes, and the ability never to be hit (Don't get touched). The bladed mind provides instant realization of this principle. Protection from strikes and attacks are accomplished by Strategic footwork mobility and maneuver, counter-offensive strikes (Crossing). Domination of close-quarters combat is executed by approaching, quartering, controlling, and neutralizing the threat regardless of terrain, environment, or multiple adversaries. The question of strategic footwork versus "toe to toe", the answer lies in the system of NMS; the answer is not either or, but of both.

NMS is a combat Bladed Mind system. This principle dictates that you do not want to be Touched, Hit or controlled with any weapons and protecting yourself should be your first priority. Strategic footwork is the foundation of NMS and the key to fighting strategies. Footwork provides protection, offensive and counter-offensive maneuvering and quartering. Footwork is one of the first signatures you see of the NMS system. Regardless of how you employ your weapons, footwork is vital to survival. It is your first method of protection. The same is with modern military strategy. All great military leaders have employed some form of maneuver warfare.

**The most important thing that a NMS Martial Researcher does is Step.** Everything else in NMS derives from the Strategic stepping step. As a result, the Stepping Method of NMS is very sophisticated - involving linear (Square), angular (Triangle), and circular (Circle) methods derived from the underlying natural Philosophy and Principles.

All of the stepping methods in NMS, when performed in a continuous and fluid manner, provide the NMS practitioners with the fast and unpredictable movement ability that characterize NMS and surprises an opponent. Geometrical Foot work represents strategies, which include a particular mind set.



## *Strategic Stepping (Foot Work)*

### *Geometrical Footwork diagrams*

When describing Geometrical Strategic Stepping as a "footwork diagram", one should be aware that this does not just mean "a diagram for stepping". These geometrical strategic steps define the correct angles for Tactics and Techniques. It represents a different strategy or set of strategies.

Geometrical Footwork diagrams are defined relative to the NMS researcher's location: wherever he is, he should be aware of a set of Geometrical Footwork diagrams defined by the present locations of his feet. This presents the facet of Multidimensional Geometrical Footwork diagrams. Each time the feet are moved, the set of Geometrical Footwork diagrams or patterns that have been used are voided and a new set is created. Therefore the NMS researcher should always be in position to sweep, evade attack, reposition or enter.

Geometrical Footwork diagrams are also defined relative to the researcher's stance.

NMS researcher is expected to practice their Geometrical Footwork diagrams and evolve to a multidimensional mind set. An example of the multidimensional mind set is that of the Geometrical Diagrams on the body. The researcher begins by executing GFD on the straight line (side to side, forward and back, combinations-cross pattern) and (Square). As the NMS researcher evolves, he then moves to the Triangle as represented in the diagonals, combinations as in Y and V patterns, and multidirectional patterns as seen through the Diamond pattern and 8- Directional pattern. The evolution of the GFD will continue to Circle patterns that are based on angular rotation. These circle patterns can be seen multi-circle stepping, spiraling, and nine place patterns.

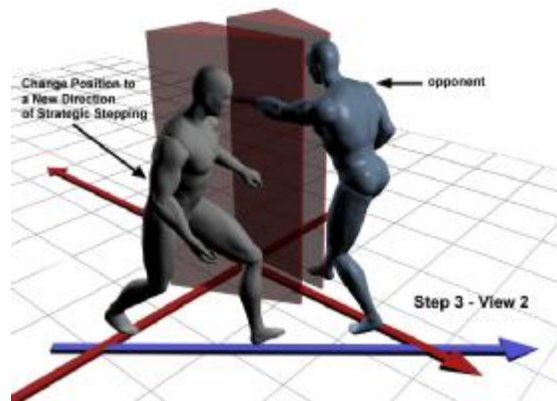
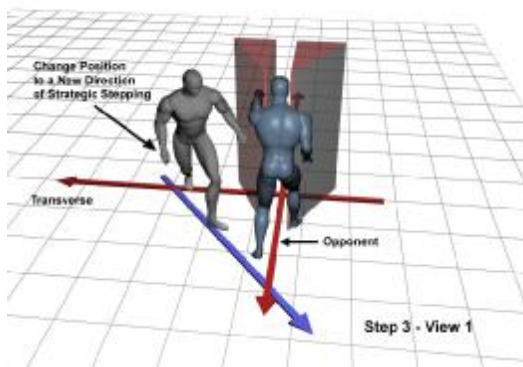
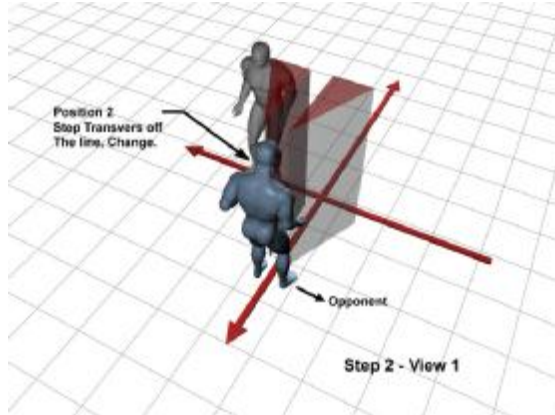
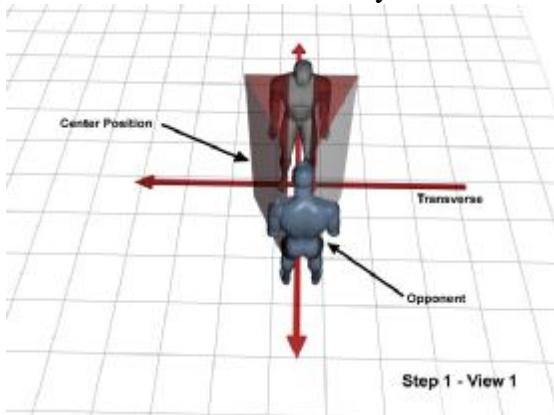
## *GFD Movements*

They can easily be combined together to cater for any situations during a self defense situation. Foot movement is of high importance. NMS is not a standstill art, thus it requires great flexibility and continuous movement. This continuous motion and great flexibility is what helps to disorientate the opponent and establish greater attack areas for the NMS researcher to exploit. This movement also enables the researcher to respond to self-defense situations with multiple opponents at any one time.

Hand movements are closely linked to foot movements. NMS is very coordinated, although naturally so rather than formally. NMS is nowadays also known as the "**Dance of the Hidden Sword**" as its movements center around the bladed mind, demonstrated in the motion of the hand, and the coordinated movements are visually gracious. There are many hidden or concealed movements in NMS which are difficult for an opponent to defend against. Such movements are often used to end a self defense situation quickly so that the NMS researcher can move on to the next opponent in the battlefield without unnecessary loss of energy.



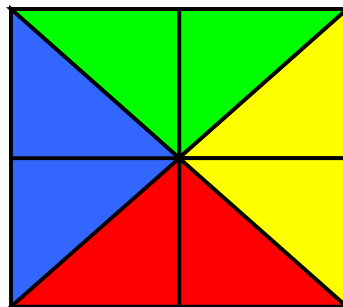
## Natural Motion Systems “Martial & Health Sciences”



### Natural Motion Systems Symbol

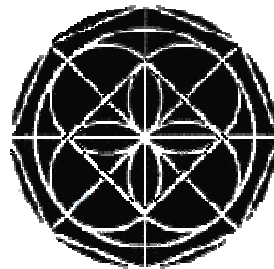
### Master Su Dong Chen Map

This map describes direction (forward and back / right and left / up and down / centripetal and centrifugal). Methods: Linear / circular / Spiral Dimensions: height / width / depth. Danger Zone / Advantageous Zone / Disadvantageous Zone / Safe Zone





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### Universal Map

Three dimensional patterns of movement and a directional key to movement. Useful to enhance knowledge of motion, systematically understanding the interrelationship of linear and circular movements and the paths in which they travel. It can be applied to self defense, forms, freestyle and etc. Correlating moves within the pattern, alternative moves become instinctive and spontaneous. The manner of study is not important but the reason involved within the study



# 太極拳

*Fluid Body Method*

The Chinese characters for Tai Chi Chuan can be translated as the 'Grand Ultimate state, Fist'. There are a number of forms (sometimes also called 'sets'), which consist of a sequence of movements. It is a form of martial arts (and perhaps even more ancestrally as a practice of the natural movements of animals and birds and how it related, To nature). For the NMS researcher the focus in doing them is both, martial (myogenic), and a health (neurogenic) exercise for the body. In Chinese philosophy and medicine, there exists the concept of 'chi', a vital force (energy) that animates the body. One of the goals of practicing Taiji is to foster the circulation of this 'chi' within the body, so that the health and vitality of the person are enhanced. This 'chi' circulates in patterns that are closely related to the nervous and vascular system and thus the concept is related with that of the practice of acupuncture and other oriental healing arts. Another aim of Taiji is to foster a calm and clear mind; by focusing on learning the precise execution of these movements, it provides a practical avenue for learning about such things as balance, alignment, focusing your mind (intention), rhythm of movement, the genesis of movement from the body's vital center (core). The Tai Chi Chuan movements have their origins in the martial arts, practicing them does have the tremendous benefits on martial art applications. In a two-person exercise (drill) called 'Push-hands' (push body) Tai Chi Chuan principles are developed in terms of being sensitive to and responsive of another person's (chi) or vital energy, intention and movement. One the concepts of Tai Chi Chuan is yielding (diffuse) is on being able to channel potentially destructive energy (in the form of a kick or a punch) away from one in a manner that will diffuse the energy or send it in a direction where it is no longer a danger to oneself. Tai Chi Chuan also has, particularly amongst eastern practitioners, a long connection with the I-Ching a Chinese system. There are associations between the 8 basic I-Ching trigrams and the five elements (metal, wood, fire, water and earth), which is closely related to the thirteen basic postures (methods) of Tai Chi Chua

“The movements become like rituals for a martial artist, the student becomes one with the movements. First the movement becomes evident, then the movement disappears, then the student becomes evident, then the student disappears.”

- Chinese Master



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## **Precepts of Equilibrium Movement**

### **Physics**

Tai Chi Chuan may resemble a snake and crane in movement (joint articulation) and power (engineering) or yielding power. An example of this is the movement of a rubber ball when pushed or thrown. It is going with the movement of the opponent's body.

To achieve this, the body must be taught to relax then one will be connected. The mass of the body moves as one unit in the same direction.

There are 13 (methods) known as the Governing Principles of Tai Chi Chuan:

1. Expansion (Peng)
2. Pressing (Ji) - Compression
3. Pulling (Lu) - Contraction
4. Pushing (An)
5. “Elbow” (Zto) - See-Saw / Leverage Effect
6. Shoulder (Cow) - Leaning or Crowding in
7. Plucking / Picking / Inside
8. Splitting / Outside

5 Directions of Tai Chi as represented by 5 Elements:

1. Center
2. up-down
3. left-right
4. forward-back

Tai Chi Chuan is both hard (myogenic) and soft (Relax- nurogenic) at the same time, both can deliver a devastating strike from a long (big- yang) or short (small-ying) distance, both can attack with any position reflexively. It is important how the direction of all our movements (five phases) relate to each other and how and when we use this power. It is all relative to the situation. There must be balance (three internal and three external harmonies). The efficient use of energy and movement towards the weakest moment and position of our enemy. Tai Chi is the formal foundation of the movements.

*One stage you learn to move slowly (constant speed), then accurately, then fast, and then explosively. This is referred to as “Controlled Insanity” - **Internal Master***

Explosiveness comes in many ways. Differences in use, speed, length, texture, and contact point. In NMS the use energy, otherwise known as Chi or Jings. Yielding, also known as dissipating, instead of trying to block a strike; in NMS the goal is try to cross or re-direct it. It is important is to always maintain your balance and to unbalance the opponent. When the opponent has lost their balance, they are struggling or fighting themselves, instead of you. They cannot properly block your power or get away from it because they are focused on trying to regain their balance. The researcher does not need power to strike or control our opponent. We may start to dissipate (cross) an opponent's power but turn that into or engineer a strike. With the use of NMS sensitivity training (I.e. push body and push hands), the NMS researcher becomes aware as to when to use the appropriate action. The focus is on relaxed (shi-zung) naturalness and speed. The goal of NMS is to create energy with our mind, known as intent, and we use our body



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momentum as a means of delivering power which flows. This intent and motion provides fluid dynamic power.

Momentum is a powerful friend. An example of momentum is that of the NMS researchers hits are thrown not punched or forced. The delivery is almost invisible and indefensible. When the NMS researcher increases speed (constant –speed), momentum is increased. The NMS researcher always uses body weight or potential power to strike. All parts of the body as weapons. This is seen as a possibility mind set or multidimensional mind set. The NMS researcher uses the body like a whip, known as dragon body. In NMS, the researcher wants to be at an angle, represented via quartering the opponent; this will allow the most advantageous position (GFP), which is to control the back. The upper part of the body is relaxed and directed by the hips and into the lower part of the body. The same body mechanics or engineering that is used in other professional sports. The focus is reflexive supple power, known as Jing.

Tai Ji Chuan movements feel effortless (natural), like a tornado (natural –force). Our muscles trained with a natural relaxed tension. This stops from using useless muscular tension. Relaxed does not mean limp (soft), like a rag doll. We reclaim our body alignment and body structure. We need (Jing) energy expression. Add (Chi) energy like snapping or whipping a wet towel example; snake –crane. The flow of (energy-circulation) Chi relaxes the body, thus creating more momentum and (constant-speed). The researcher avoids locking our body to brace against the attack (fear reactivity). The researcher has an energy created by our mind (intention) that keeps us constantly moving, internally as well as externally. Having the ability to hit an opponent anywhere on his body should interrupt his flow (containing the force). The researcher train to penetrate (example; hammering, nailing and sculpting power)

