

## BASIC ARM TECHNIQUES IN QWAN KI DO

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**Abstract:** *Martial arts designate a group of disciplines based on combat techniques, practiced worldwide for sports, self-defence, and improving physical and mental fitness. Qwan Ki Do is a complex Vietnamese martial art that responds to the needs of spiritual and physical development through several forms of manifestation, such as: Song Dao (fighting techniques with one or multiple opponents), Thao Quyen (sequences of fighting techniques individual execution), Co Vo Dao (sequences of fighting techniques with the help of traditional weapons, performed individually or with a partner), Tam The (psycho-body gymnastics). This study focuses on the presentation and illustration of the most used arm techniques in the Qwan Ki Do method. The benefits of practicing the martial art Qwan Ki Do are analysed at the end of the study.*

**Key words:** *Qwan Ki Do, martial arts, sport activity, arm techniques.*

### 1. Introduction

Martial arts designate a group of disciplines based on combat techniques, practiced worldwide for sports, self-defence, and improving physical and mental fitness. The practice of martial arts is based on the repetitive execution of movements and techniques, with or without physical contact [6]. Martial arts are varied, each style having specific principles, techniques, and features.

The study focuses on the Qwan Ki Do method (Quan Khi Do), a Vietnamese Martial art founded by Master Pham Xuan Tong in 1981. The name Qwan Ki Do can be translated as "the body's energy path." Qwan Ki Do is a complex martial art that responds to the needs of spiritual and physical development through several

forms of manifestation, such as: Song Dao (fighting techniques with one or multiple opponents), Thao Quyen (sequences of fighting techniques individual execution), Co Vo Dao (sequences of fighting techniques with the help of traditional weapons, performed individually or with a partner), Tam The (psycho-body gymnastics) [7], [10], [11], [12].

### 2. Arm techniques in Qwan Ki Do

The Qwan Ki Do method involves a multitude of arm techniques. In the following we will present two categories of arm strikes, depending on the execution method, as well as some examples of the most used arm techniques.

Depending on how is performed, the arm techniques can be divided into:

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- Direct strikes: a) Thoi Son; b) Di Son; c) Bat Son; d) Thoi Son Thuy De; e) Thoi Son Long Dau [8].
- Circular strikes: a) Am Duong Quyen; b) Am Duong Ta Chi; c) Thoi Son Ban Ha; d) Thoi Son Ung Trao; e) Thoi Son Con Cau [8].

### 3. Illustrated presentation of arm techniques in Qwan Ki Do

**Thoi Son:** the technique is performed from the **Dinh Tan Tien position** (the front leg is bent, the sole and the toes are facing forward, the rear leg is stretched, and the

toes are facing forward and slightly sideways, the back is straight and the look is forward); the punch that strikes (the fingers are clenched, with the thumb clenched over the others) is armed above the hip with the fingers facing up, while the forearm is parallel to the ground; at the start, the other arm is in the same position; the armed arm begins a forward movement with the forearm gliding on the body trunk, when the elbow reaches the ribs the fist begins a rotational movement at 180 °, while the other arm retracts to the hip at the same time as the advancing arm moves; perform the technique with the arm corresponding to the front leg.



Fig. 1. *Thoi Son technique*

**Di Son:** the technique is performed in the Dinh Tan Tien position (presented above); the trajectory of the arm strike is identical to that of the Thoi Son technique, the difference being that the execution is performed with the arm corresponding to the rear leg.

**Bat Son:** the technique is performed in the Dinh Tan Tien position (presented above); shifting in intermediate position Lap Tan (legs are close and bent at the knee joint, back is straight and the look is

forward); the punch that strikes is armed at the ear level with the fist's mounts facing the ear, while the other arm is extended forward; the arm advances and the fist makes a rotational movement of 270° outwards until the fist reaches with the fingers pointing upwards; the technique is performed with the arm corresponding to the rear leg, and with the side-inside of the fist at the opponent's chest level.



Fig. 2. *Di Son technique*

Fig. 3. *Bat Son technique*

**Am Duong Quyen:** the technique is performed in the Dinh Tan Tien position (presented above); the arm corresponding to the front leg begins a circular movement in a vertical descending plane inward with the palm open; simultaneously, the other arm performs an upward rotational movement in the horizontal plane; the technique is performed with the outside of the fist in the opponent's face area.

**Thoi Son Ban Ha:** the technique is performed in the Dinh Tan Tien position (presented above); the striking arm performs a vertical rotational movement; at the same time, the other arm performs a downward movement with the palm facing sideways; the technique is executed with the arm corresponding to the front leg, with the outside of the fist at the opponent's waist level or below.

Fig. 4. *Am Duong Quyen technique*Fig. 5. *Thoi Son Ban Ha technique*

**Thoi Son Ung Trao:** the technique is performed in the Dinh Tan Tien position (presented above); the arm corresponding to the front leg performs a circular movement a vertical plane, in the Dinh Tan Hau position; the other arm is armed at the hip level and performs a circular movement from the hip forward to the plexus with the transition to the Dinh Tan Tien position; the technique is performed with the first two mounts of the fist.

#### 4. Ways to practice Qwan Ki Do-specific techniques

During Qwan Ki Do training, arm techniques are learned and improved gradually and regularly, reason why they must be repeated several times in order to be mastered and controlled at the optimal level.



Fig. 6. *Thoi Son Ung Trao* technique

Another common mistake is to move the forearm away from the body' trunk, a movement which decreases the effectiveness and speed of the technique. To avoid this mistake, the technique will be performed at low speed in order to be aware of the trajectory of the movement and the mode of execution. After learning and mastering the execution of the technique, the Qwan Ki Do practitioner will start working as much and as quickly as possible without moving his forearm

The most common mistakes encountered by beginners and not only are related to the technique arming, the observance of the trajectory, the completion of the strike, or the level at which the strike is performed. For example, most strikes start by arming above the hip level and with the arm parallel to the ground, which advances in a rectilinear movement, through gliding the forearm on the body trunk. It is incorrectly perceived that the execution will enhance the techniques' strength and speed.

In order to improve the techniques executions, it is recommended to perform the strike with a partner in order to observe the trajectory and the finalization point of the hit, and also the alignment of the fist to the extension of the forearm.

away from the torso. After several repetitions of the correct technique, the practitioner will be able to perform the technique in different situations and ways of working, combining several techniques, gradually forming more and more complex sequences.

To reach the highest possible level, the practitioner must pay full attention during training, practice the techniques regularly, and also have a positive attitude towards the instructor and the way of working.

## 5. The benefits of practicing Qwan Ki Do

The Qwan Ki Do method is a martial art that offers its practitioners various opportunities to learn self-defence and fighting techniques (Song Dao and Thao Quyen), traditional weapons (Co Vo Dao), and also, to relax through physical and mental exercises (Tam The) [9][10]. Practicing any of the Qwan Ki Do branches may determine health benefits. Qwan Ki Do is not only for young people, but also for middle-aged practitioners, helping them to substantially improve their aerobic capacity, balance, strength, body weight, and flexibility, compared to sedentary groups [5].

In practice it has been shown that this martial art does not attract violent and uneducated individuals, nor does it promote violence. Beginner practitioners who wanted to start training to study self-defence techniques developed confidence by participating in this type of training and later training.

Children who started practicing Qwan Ki Do from an early age developed better physical and mental health, as the martial art emphasis is on respect, moral education, self-confidence, teamwork, social interaction, self-control, making their own decisions, as promoted in the method's principles. Usually, instructors recommend stopping training for practitioners whose behaviour does not match the philosophy of martial arts [4].

Teamwork is important in the development of character traits in both children and adults. Practicing Qwan Ki Do is helping them to understand and gain confidence in the possibility of working with others, by teaching them to work as a team. Furthermore, the developed skills may be used, with the same attitude and approach, in other circumstances such as work, school, or home activities, by

performing tasks faster and even more complex. Qwan Ki Do practitioners gain self-control after many months or even years of practice, depending on how often and intensely they train [4].

Basic technique training has the role of improving balance as well as body shaping as a whole, as it corrects body posture, thus improving respiratory capacity and proper functioning of internal organs while some advanced technical procedures, determine Qwan Ki Do practitioners, to become more aware of their own body and the different segments engaged in motion [2].

As mentioned before, respect is one of the pillars of the Qwan Ki Do method. The first thing athletes learn when they step into the gym is to have respect for the place they train, to keep it clean and to greet it on arrival and departure, to respect nature, their training colleagues, and their instructors.

This Qwan Ki Do tradition includes a very old process of knowledge that goes back in time, probably, to the origins of humanity, when in the face of nature people were preparing for the great struggle of life. The fight is one of the oldest sports activities known in history and no matter what its name, they have points of tangency both in terms of the specifics of the effort and the principles, methods, and procedures used [1].

## 6. Conclusions

The Qwan Ki Do style of martial art contains a very solid educational component in terms of the development of positive character traits as well as a correct formation of the psychological profile of both children and adults. From a somatic and functional point of view, taking into account the specific features of each age, the Qwan Ki Do elements are

optimally dosed and may have a positive influence on the harmonious physical development of practitioners, regardless of their gender or age.

During the practice and development of this method, it was practically necessary to divide the basic technical elements of Qwan Ki Do into smaller and much more accessible information quantities. In this way, the method is easier to understand, especially at the level of children and beginner adults, mainly in the phase in which the foundations of the knowledge are laid and when the elementary dynamic stereotypes specific to Qwan Ki Do are formed, on the basis of which will be developed the future technical progress.

In this regard, the present study focuses on the basic technical elements performed with the arms, techniques which are included in the Qwan Ki Do method' international evaluation system for the first level - beginner examinations.

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