

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

(Second Chapter)

**Warming up and strengthening the muscles and joints
without using fitness equipment**



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.

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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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**KUNG FU TO'A
SCHOOL**



**IN
GERMANY**

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Chapter two

Warming up the body, Body conditioning, Gymnastics, strength training without using fitness equipment:

Like in other martial arts warming up the muscles and joints before the beginning of defense and striking movements in Kung Fu TOA is important. The gradual increase of exercise will improve the performance of the techniques and TOA fights and helps to prevent injury while doing different movements.

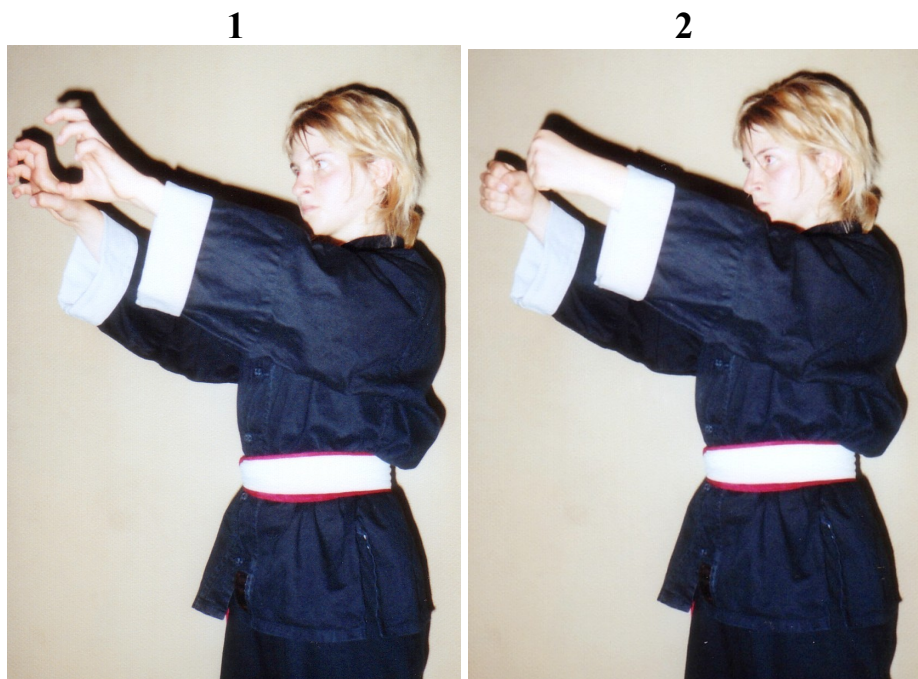
The variety of foot strikes in TOA forces athletes to focus on making the muscles of hip, groin, knee joints, and ankle more flexible and powerful.

Various and constant exercises of abs training, chin-up, and push-up increase the speed and power of the TOA practitioners in performing their classical and non-classical techniques and also in sparring.

The warm-up before the main TOA training depends on the climatic conditions and the physical fitness of the student(s). Generally, warming-up in the morning takes more time than that of warming-up at afternoon or night. In the winter, due to cold weather endurance-training is easier and warming up and exercise lengthen more than those in summer.

Although a professional athlete needs 10 minutes to warm up his body, the warm-up usually takes almost 35 to 45 minutes (in some gyms up to 60 minutes) to prepare oneself to perform the TOA main techniques.

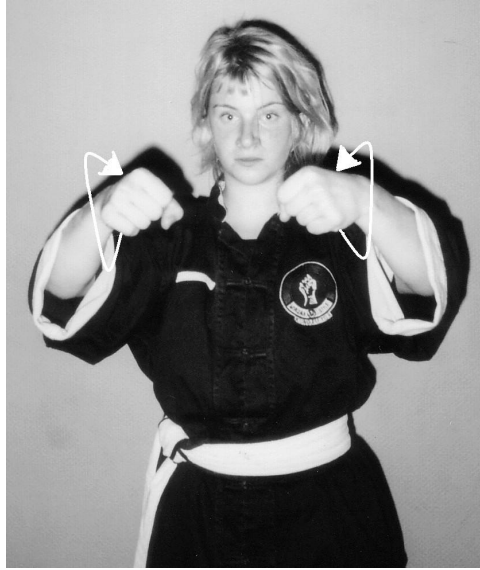
1. Exercise for hands: before starting the power exercise, performing slow movements for hand muscles are useful. (Pic 1 to 11)



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6



7



8



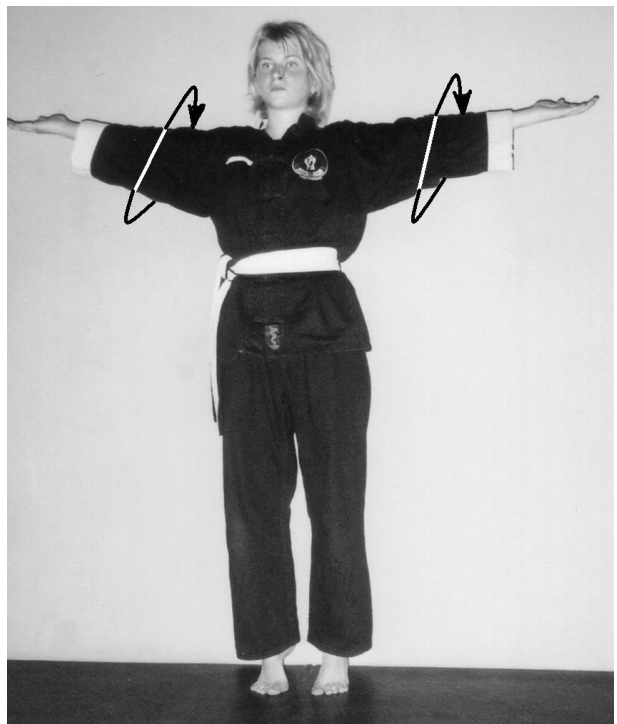
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10



11



2. Exercise for neck muscles: Moving head and neck to the front, back, right, left direction and finally moving head and neck with open eyes from right to left and vice-versa is the main exercises to protect the sensitive spine and spinal cord. (Pic 1 to 4)

1



2



3



4



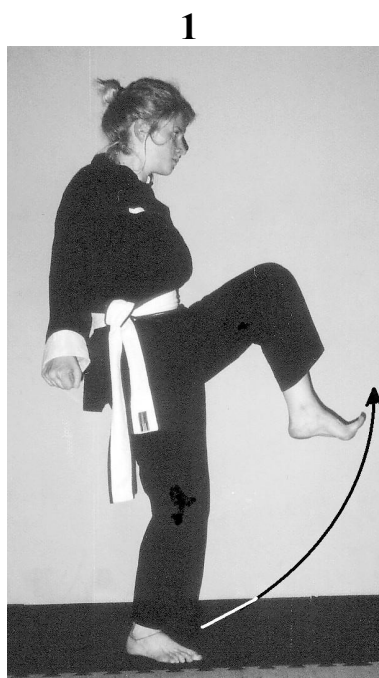
3. Warming-up and Body conditioning: the first and most important way to warm up the body is to run slow and constant. For Best results it's recommend to run the last 100 to 300 meters as fast as you can.



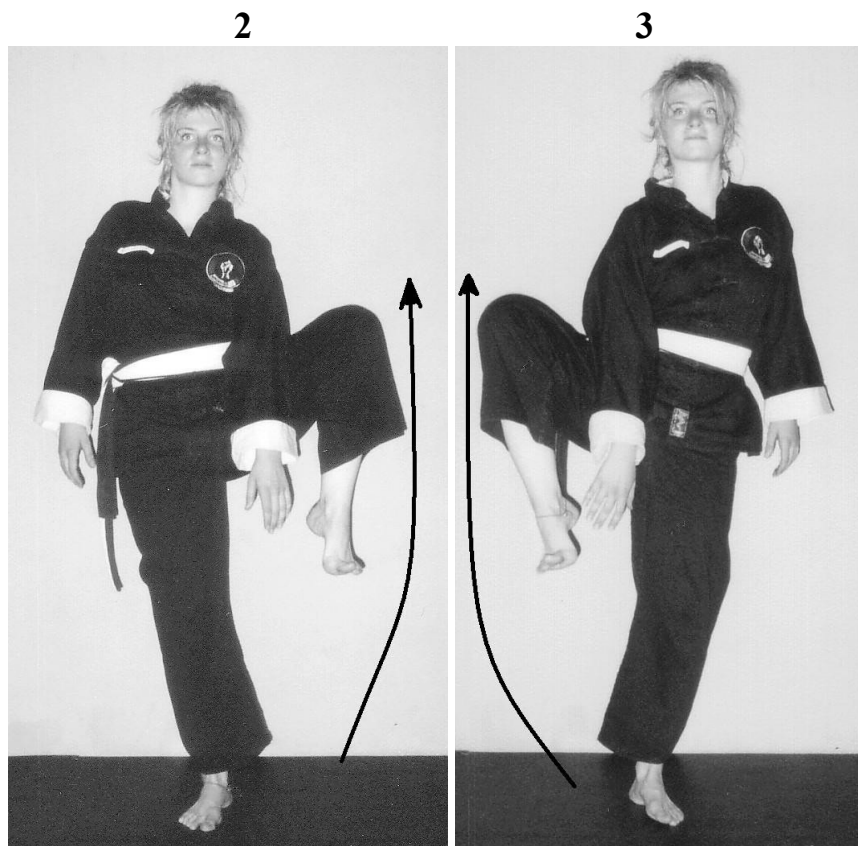
After running, you should not stop abruptly but decreasingly run and continue exercising.

Note: All of the following exercises and movements should be repeated 7 to 20 times.

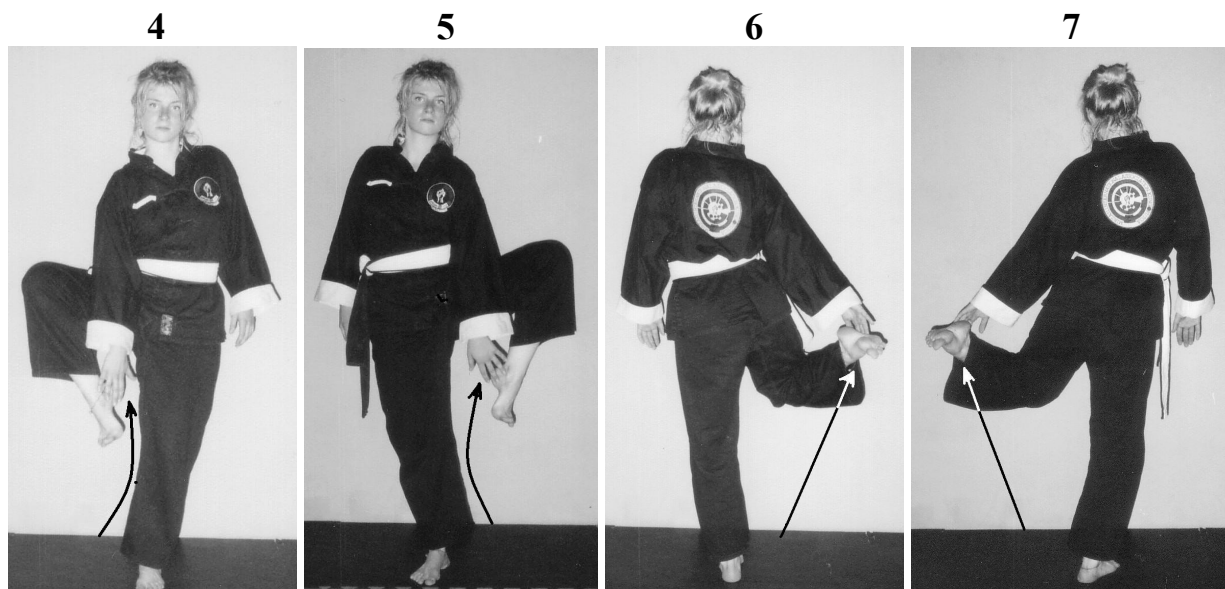
4. Strength trainings and gymnastics: While exercising, rise up your knees one after another. Note that this is like a jumping exercise. (pic 1)



Without any break, lift your leg sidewise one after another like on the pictures below. Note that this movement is done with a bent knee (in a jumping position). (pics 2 , 3)

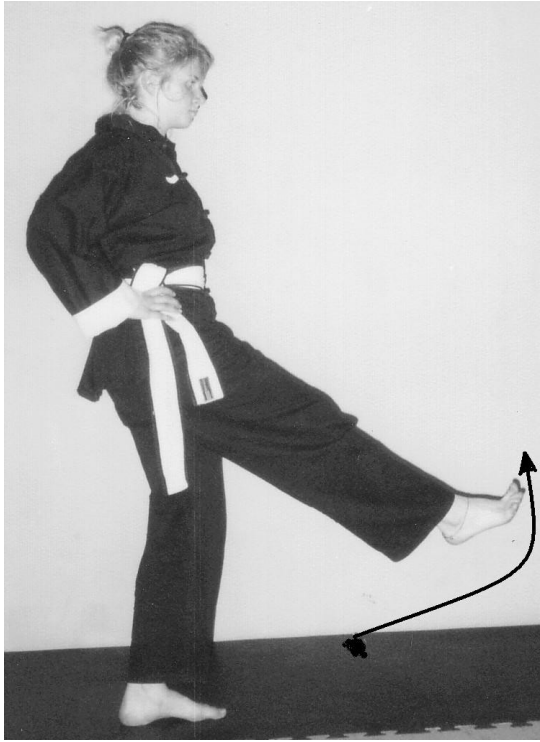


Without any pause touch your right foot with right hand and the left one with the left hand once from the front and after from behind. Note that like the above the movement is done jumping (in a jumping position). (pics 4 to 7)

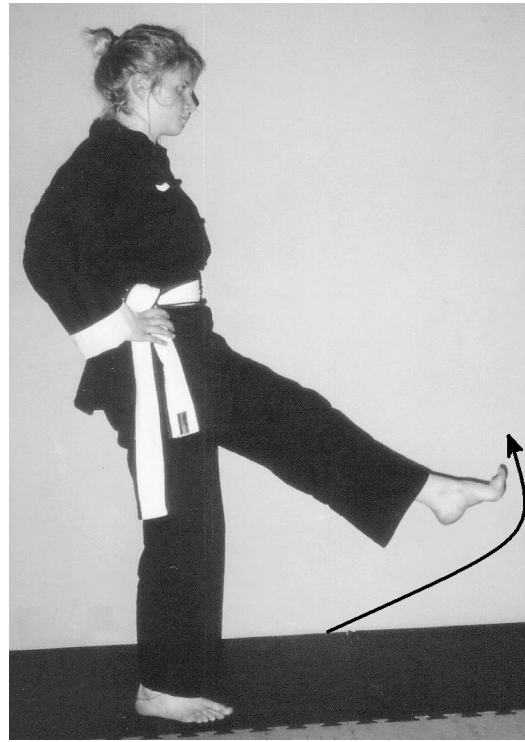


Finally, legs are stretched upward completely from the front side. Note that this movement is done jumping (in a jumping position) as well. (Pics 8 , 9)

8



9

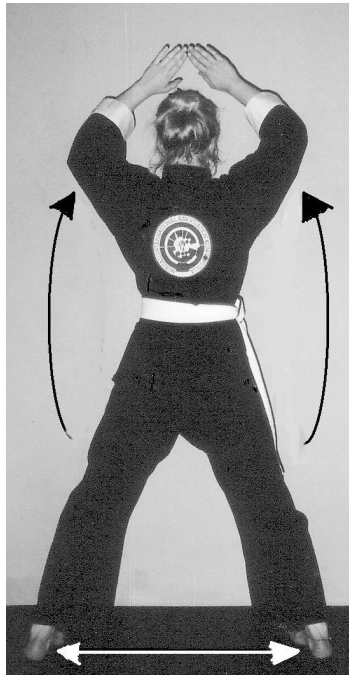


5. Strength training and gymnastics (Jumping Jack): While jumping, move the hands and legs on the sides of the body. (pics 1 to 3)

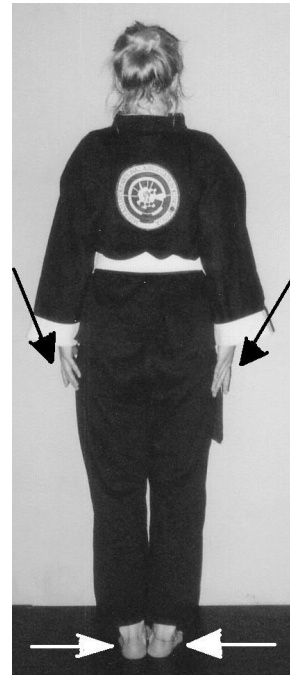
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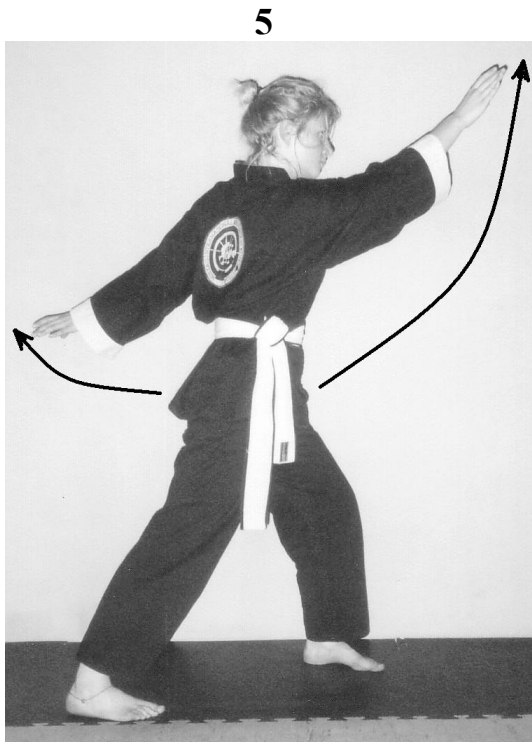
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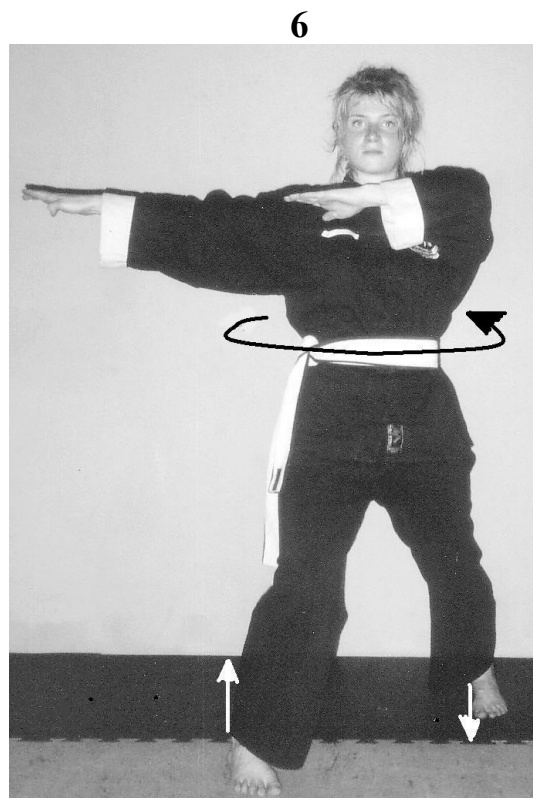
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Front side jumping jack: With no break right hand moves with left leg and left hand with right leg, these movements are done jumping first in the front position then in the back one. (pics 4,5)

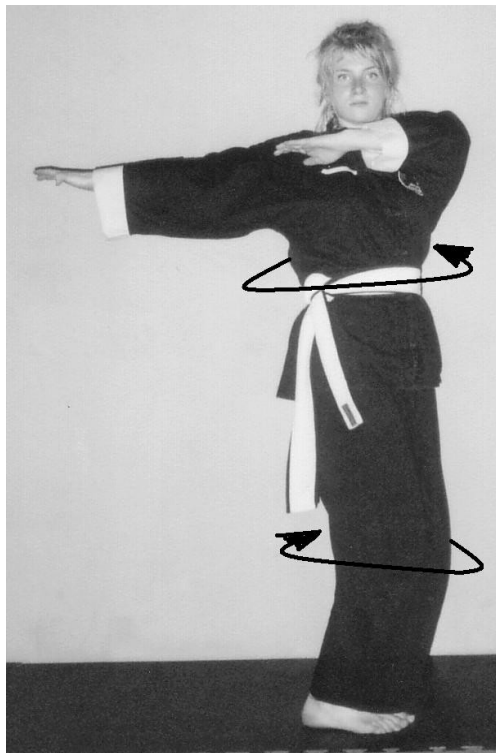


Then legs will follow the same rhythm and simultaneously the hands and the upper part of the body will move in the right and left directions. (pics 6,7)

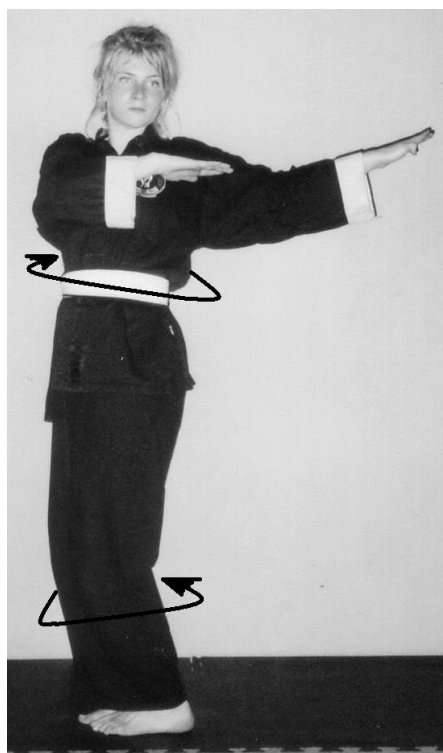


For preparing the spinal cords, the muscles surrounding them, and the muscles of the hip move your hip and legs to the right and left direction. (pics 8,9)

8



9

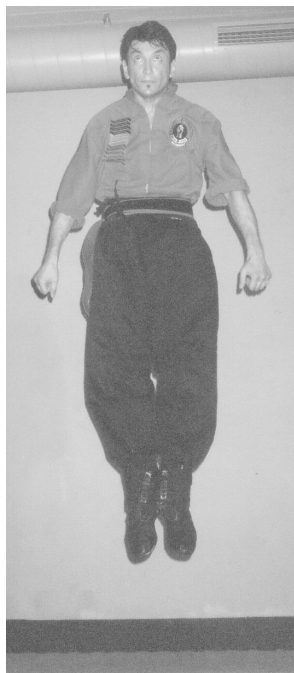


In the below one can see the jumping with legs stuck together, close to the body, and wide open. (pics 10 to 12)

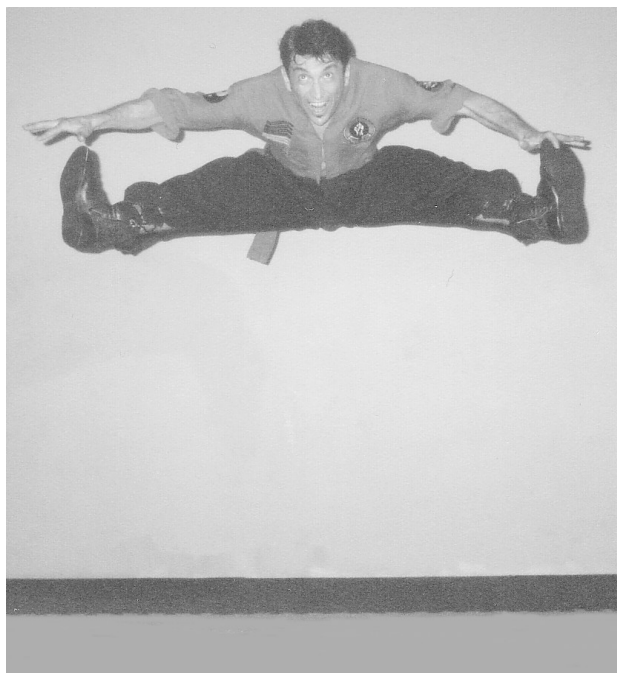
10



11



12



Jumping over a person in a lying, sitting, kneeling, bent forward or standing needs more practice, and aren't recommend for rookies. (pics 13 to 15)

13



14



15



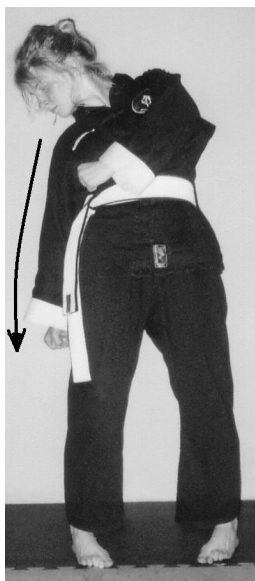
6. Strength training and gymnastics: Slowly decrease activities and stop and set your feet in to shoulder length and then point your toes inward (the Kami-Cema position). First bend to the left side and then to the other side. Note that the knees should stand straight. (pics 1,2)

Then bend to the front direction and still the legs should stand straight. (pic 3)

At the end the upper part of the body is bent towards the back direction. Note that the legs could be slightly bent. (pic 4)

These four mentioned exercises strengthen the stomach, sides, waist, hip, and thigh muscles and should be performed first one by one and then regularly.

1



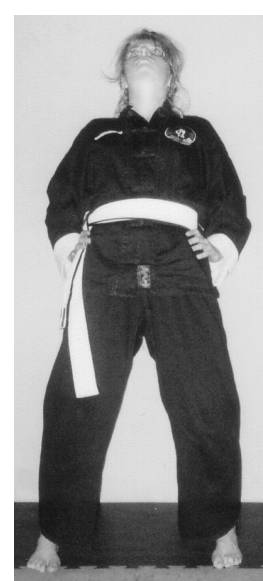
2



3



4



We stand straight (still) and bend over and then come back to the former state and we bend the knee a little and direct towards the back. This exercise is done three times to the front then to the back and finally is done constant. (pics 5,6)

5



6



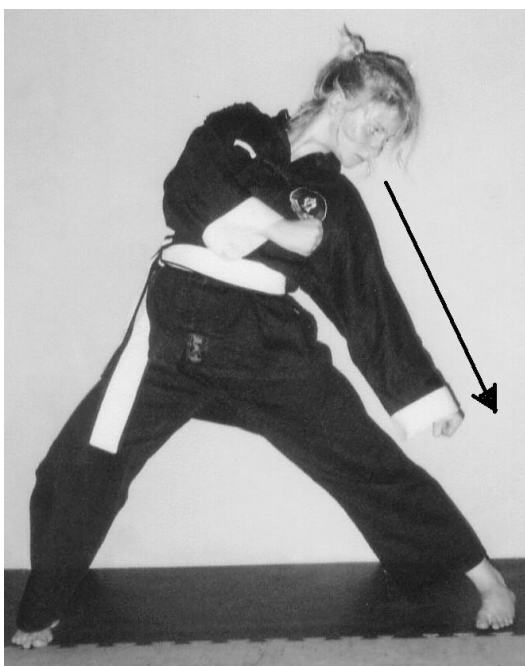
7. Strength training and gymnastics:

We open our legs measuring 1.5 or 2 times of the shoulder and we bend one of the knees then direct towards the opposite side and vice versa. (pics 1,2)

1



2



We open the legs and hook the hands from the back. First we bend over to the front for three times and then once on the back direction and at the end we repeat the exercise to all directions once constantly. This exercise is to warm up the shoulder, waist, and groin. (pics 3,4)

3



4



Wide stand and folded hands. (pic 5)

Bend over so that the right hand touches the left foot and the left one touches the right foot. (pics 6,7)

Finally, bend over completely (pic 8) and then stand still Repeat this exercise for 4 times.

5



6



7



8



Open the legs to wide stand. First, bend the whole body to the right leg and then to the left one and then to the front direction. Hold the position for 10 seconds. (pics 9 to 11)
During these exercises, raise the distance between your feet. (pic 12)

9



10



11



12



8. Strength training and gymnastics: To strengthen the joint muscles we locate the hands on the knees and start moving them in different directions. (pics 1 to 4)

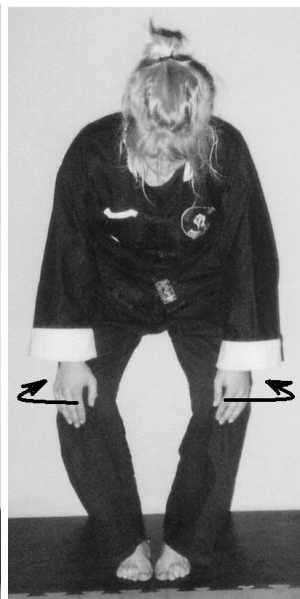
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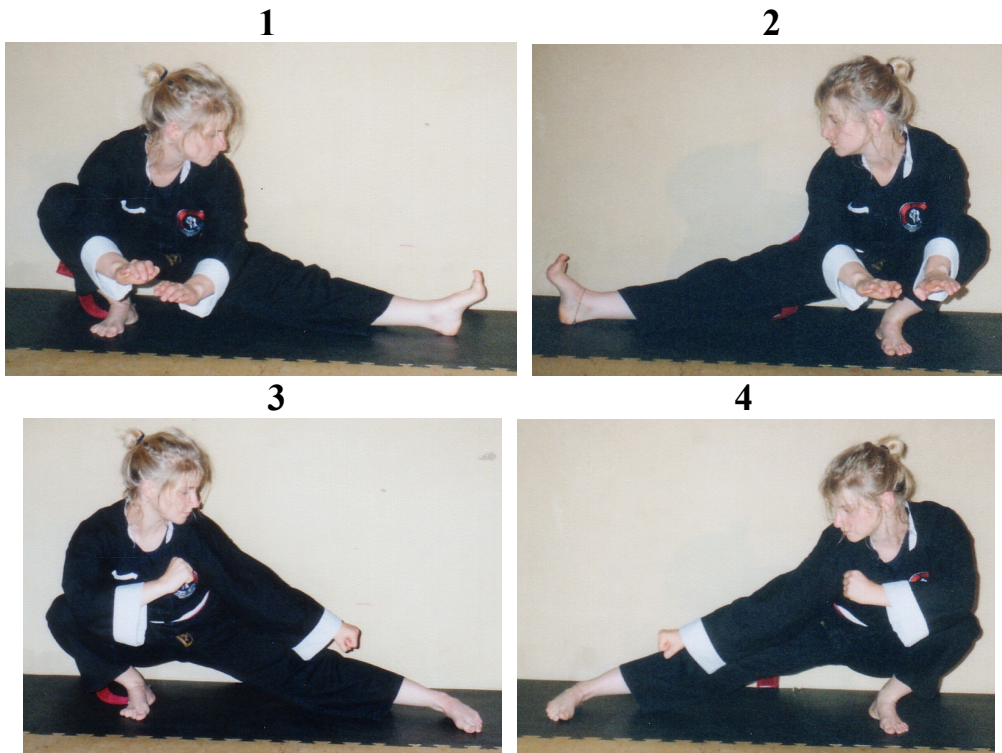
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9. Strength training and gymnastics: Move from wide stand to a sitting wide stand with left leg straight and the toes upward. (pic 1) and then switch position to the left leg. (pic2) This exercise proceeds like the former ones but the feet sole should touch the ground. (pics 3,4)

The order of this exercise is the following: First, we count to 3 on the right leg and then we switch. After that, we shorten the length to one number and switch from one leg to the other one.

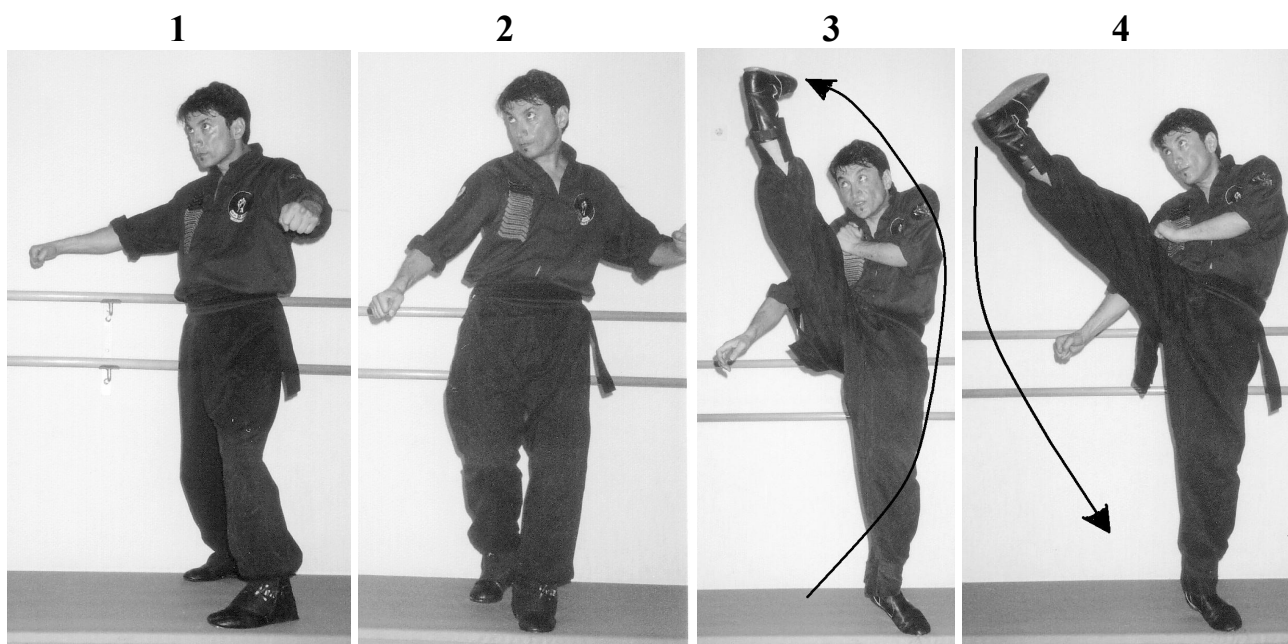
This exercise is useful for the joints and muscles of legs and waist. After this exercise go for exercise number 8 for training the knee joints.



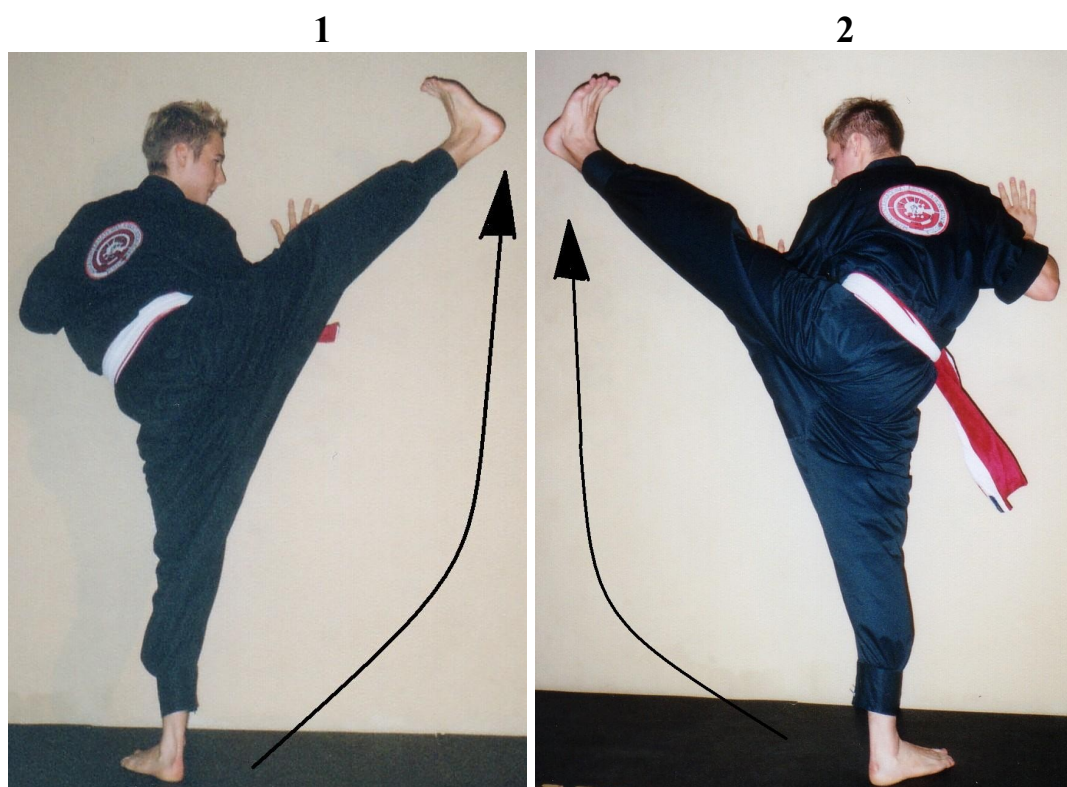
10. Strength training and gymnastics: From “Rato” position which will be discussed in chapter 3 of this book, we stretch the back leg and lift it up in front of the body. Then we switch the leg. To prevent injury it is recommended to bend the front knee and also this exercise should be performed on a slow pace and then faster.



11. Strength trainings and gymnastics: Like the former exercise, the back leg of the “Rato” position moves from inward to outward direction and then we switch the stand of “Rato” and pursue the exercise with another leg. (pics 1 to 4)
This exercise could be done in reverse direction as well i.e., from outward to inward.

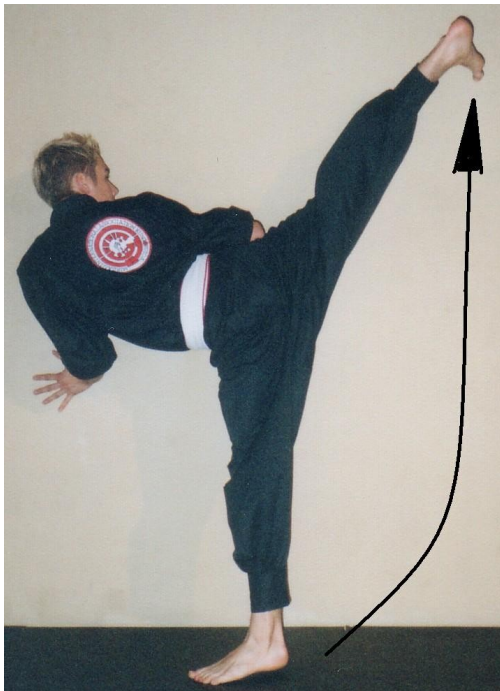


12. Strength training and gymnastics: This exercise is performed while leaning on the wall or to a second person. First, one of the legs is lifted to the side. In this position we should try not to bend the body that much and also the toes should stand upward. Then this exercise should be done with the other leg. (pics 1,2)

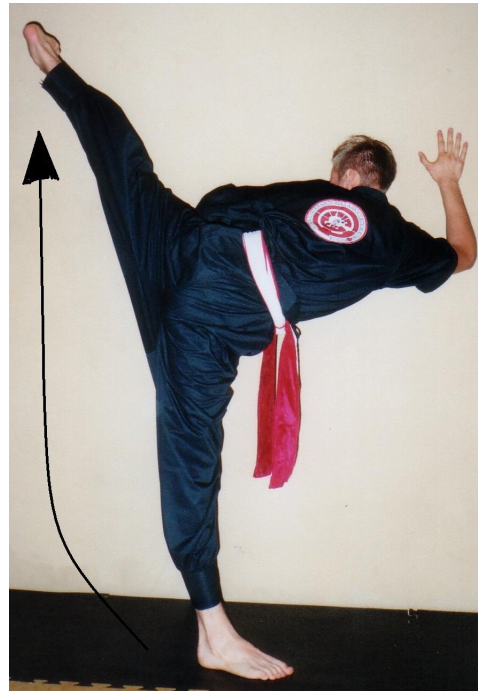


13. Strength training and gymnastics: Like the former exercise we lean to the wall and lift up one leg from the side. In this exercise both legs should be hold straight and the heel should stay upward. The important point is that the hip should stay inward. Then, this exercise is repeated with the other leg. (pics 1,2)

1



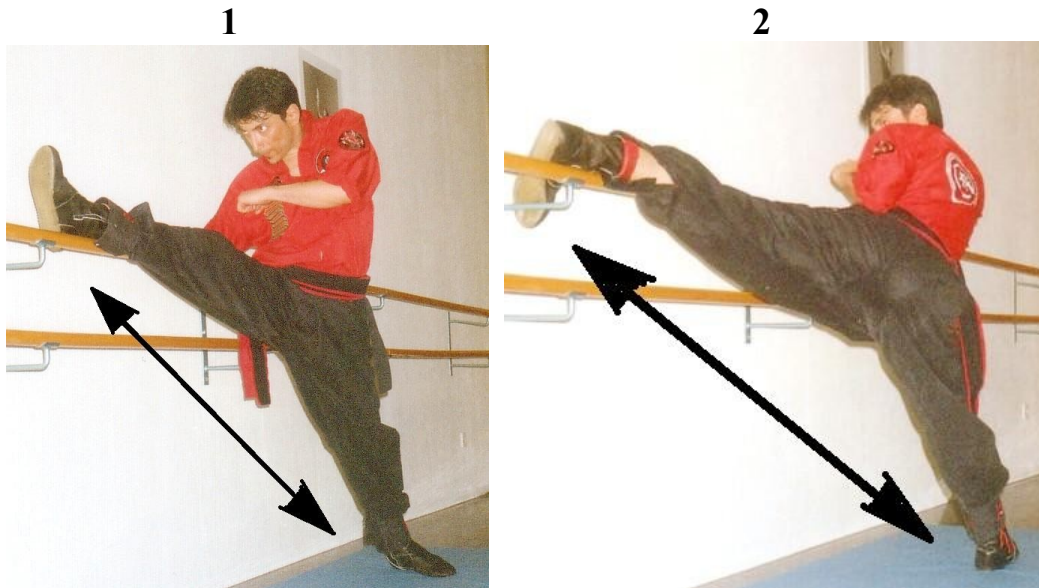
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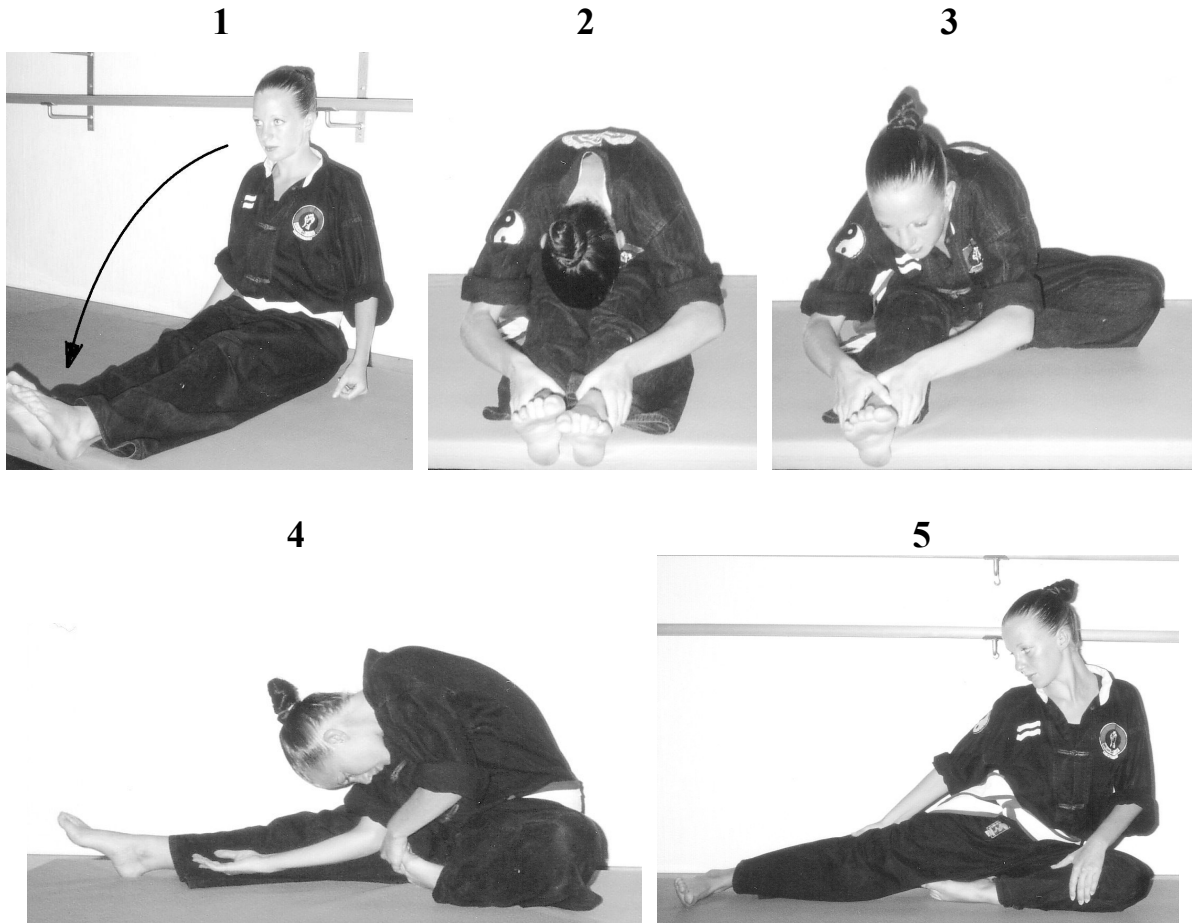
14. Strength training and gymnastics: Like the former exercise we lean to the wall and one of the legs is lifted backwards. Here, both legs should stand straight and the heel should stay upward. Then this exercise is repeated with the other leg.



15. Strength training and gymnastics: The stretching of the legs in different directions on various things or a second person is good to prepare the thigh and bowstrings in order to strike rotational techniques in TOA martial art which are useful. (pics 1,2)



16. Strength training and gymnastics: We sit while stretching the two legs and slowly bend the body on the feet. Also, we do the exercise with one leg and then switch (pics 1 to 7). These exercises are useful for jumping techniques of the legs “Toranma”.



6



7

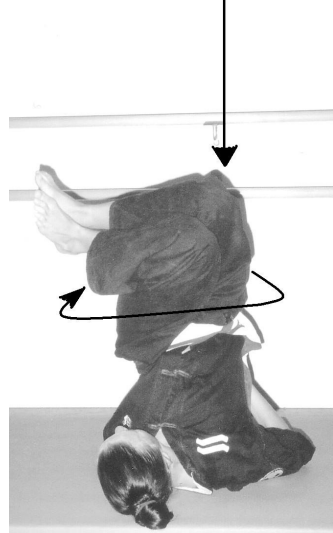


We lift up our legs and body vertically while lying on the shoulder. At the same time we rotate the waist and move the legs from right to left and vice versa. (pics 8 to 15)
 In this state, bicycling movement of the legs is useful.

8



9



10



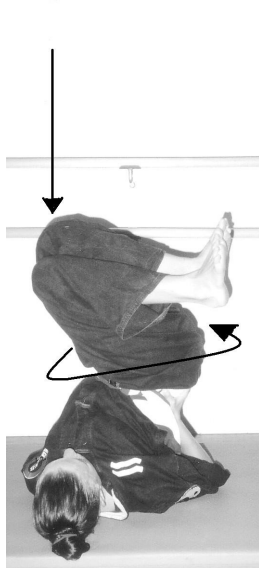
11



12



13



14



15



For bending backward position we need more exercise. (pic 16)

16



Picture 17 shows the butterfly exercise which is useful for the thigh and hip.

17



17. Strength training and gymnastics: We open the leg to the most possible extent. First, we bend over to the right leg and then the left one and finally toward the front direction. (pics 1 to 5)

In each state we linger for about 10 seconds.

1



2



3



4



5



18. Strength training and gymnastics: Two persons sit back to back while one's leg is stretched straight and the other's leg is not. They clasp their hands, and then one whose legs are not stretched pressurizes the other one's back. Three seconds downward and one second upward and then the other one. (pics 1,2)

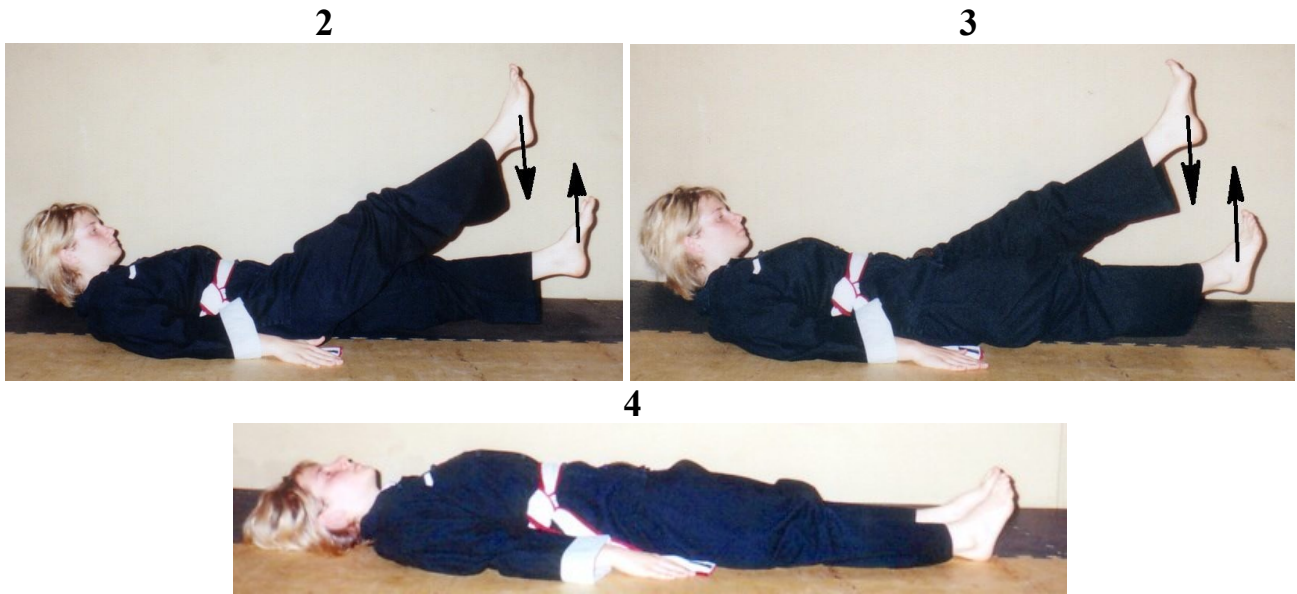
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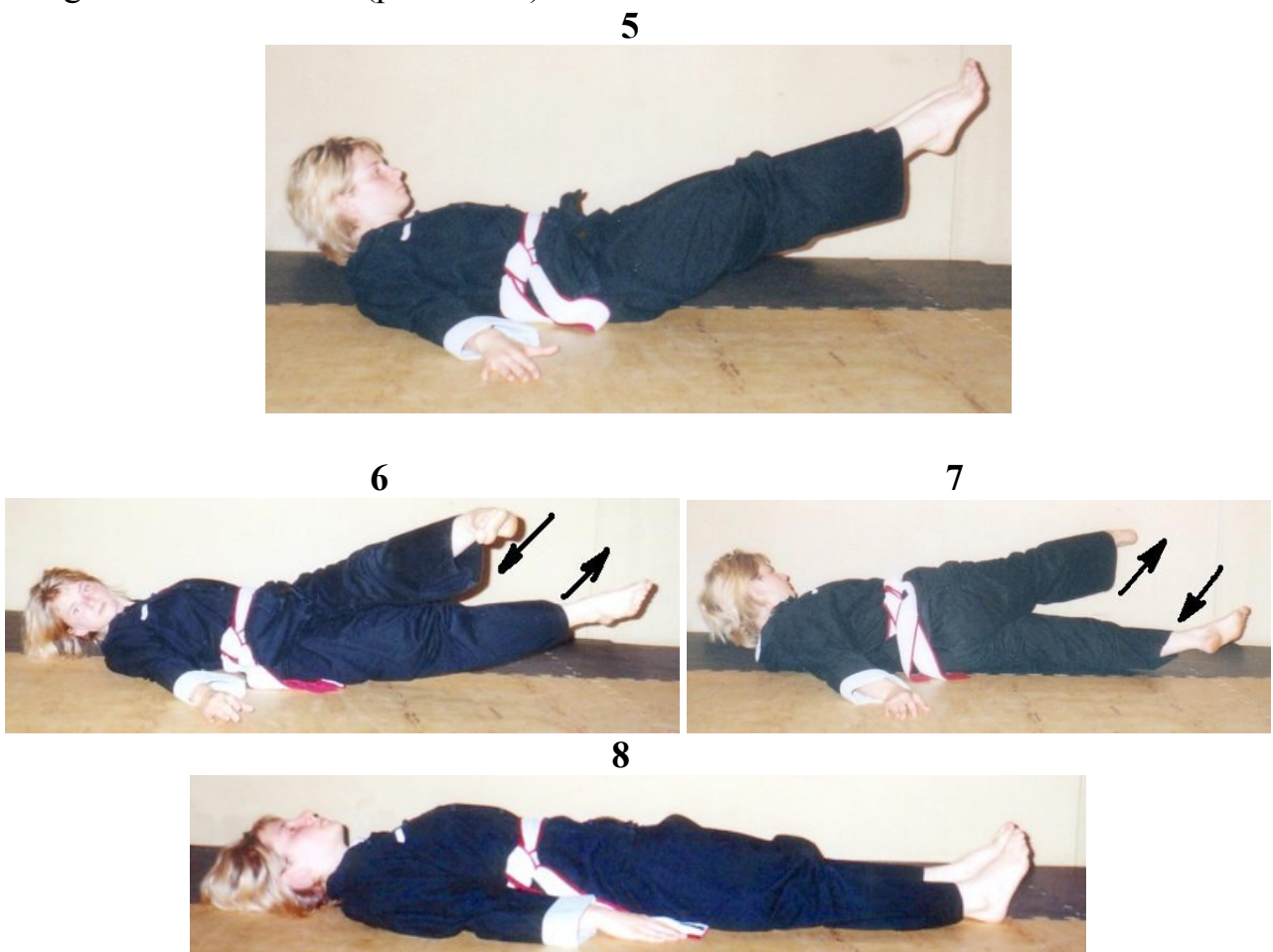
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After a while we change the position of our legs and hold them vertically. Massaging the stomach muscles in the resting time is useful. (pics 2 to 4)



The second abs training: We lift up the head and legs at the same time. After a while we move our legs horizontally and after inserting enough pressure to the stomach, neck, waist, and thigh muscles we rest. (pics 5 to 8)



The third abs training: We keep the legs stretched and do the bicycling. This also could be done in the reverse direction. (pics 9 to 12)

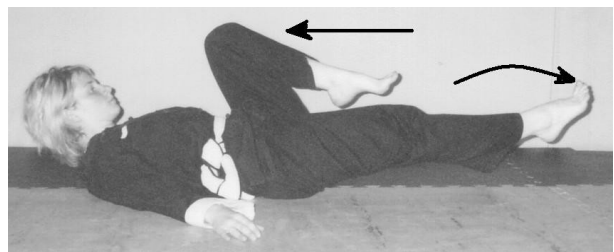
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11



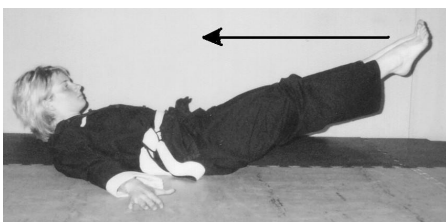
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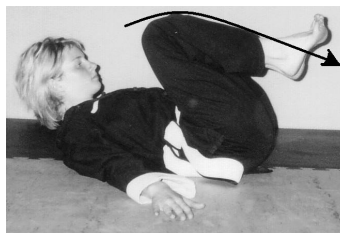
The fourth abs training:

We keep the both legs stretched and pull them together towards the stomach and then push them to the first position. (pics 13 to 16)

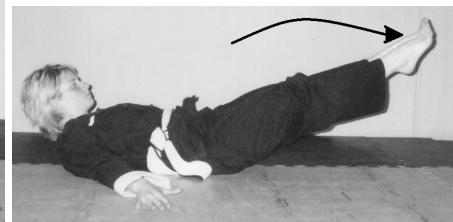
13



14



15



16



The fifth abs training: We lean the upper part of the body on the elbow and stretch the legs. Then we lift up the legs in a rotational mode from inside to outside and then lower them and hold them close to each other. (pics 17 to 20)
This exercise should be done several times and then in a reverse state.

17



18



19

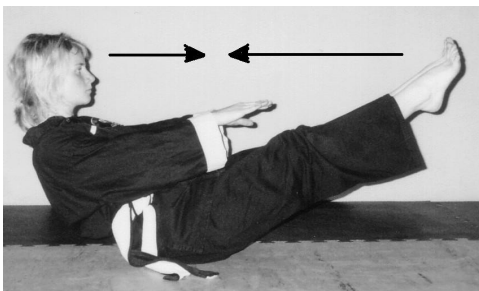


20



The sixth abs training: While lying on the ground with stretched legs, we lift up the legs and upper part of the body so that only our hip touches the ground. At the same time we hold the body and the knees close to each other and then distance them in a way that only the hip touches the ground. So we come from a lying “V” position to a sitting position and back. (pics 21 to 24)

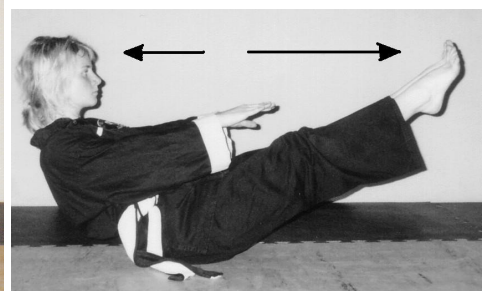
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22



23



24



The seventh abs training:

Sit-up while hanging on a bar. (pics 25,26)

25



26



The eighth abs training:

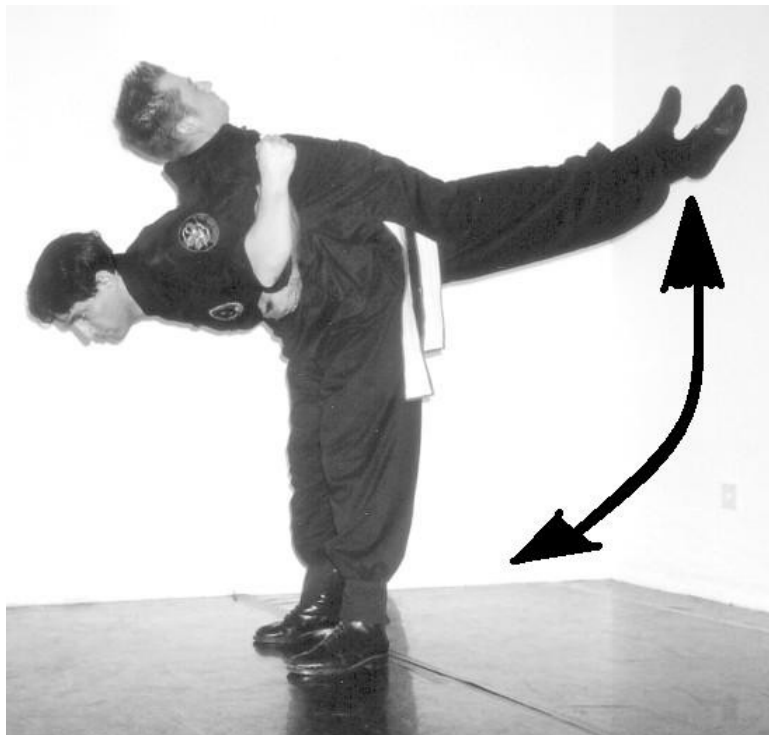
Leg raise while doing Chin-up (pic 27)

27



The ninth abs training: Abs training of two by two is done in various ways which here we refer to two types. Bent-over and double Sit-up (pics 28 to 30)

28



29



30



Push-up (Press-up exercise)

Generally speaking, different practices of push-up not only strengthen the muscles of hand, arm, and chest but also it adds up pressure to all parts of the body (joints, ligaments, and muscles) they strengthen all parts (from head to toe).

Here, we refer to various kinds of push-up and their effects on strengthening the athletes. The number of push-ups depend on the physical readiness of the people however they are repeated between 5 to 20 times. Resting while sitting on the knees (look at the picture below) is common and useful between exercises.

Push-up exercise on asphalt with Master Jalilzadeh and his Trainer-Team in the park (in the year 1982)



To strengthen the wrists and two joints of fists in TOA martial art, we place the back of the fists on the rough ground such as marble, asphalt, or two wooden boards during push-ups. (pics 2,3)

In TOA martial art the clenched fists is called “Matto”. Note that while doing the push-ups, the chest, stomach, and knees should not touch the ground.

2

3



The first Push-up type: We place the fists to the length of shoulder on the ground and hold legs close to each other and keep them in line with the upper part of the body. We keep all the body weights on the fists and the feet toes.(pics 4,5)



The second Push-up type: We place fists to the length of the shoulder and then we fold the right leg and left leg stand straight. We keep the head straight up and pressure the back and also change the order of legs each time. (pics 6,7)

The change of legs happens first on counting of three and then in a reverse order.



The third Push-up type: We place the fists open to the shoulder length on the ground and we sit on the toes like on the picture blow. And then with one jump throw your legs to the back. Keep your head up at the same time and your back a little curve. We throw our legs back and forth in an order. (pics 8 to 10)

The jumping and throwing the legs should be done on counting to three for the back leg and counting to one for the front leg and then in a reverse order.



9

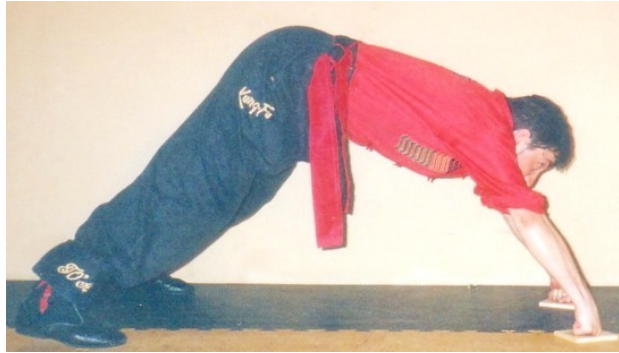


10



The forth Push-up type: We open up the fists and toes shoulder length and place them on the ground. Then we move the body up and down in a wave form and back and forth. Next, we follow the reverse movement and get back to the starting point. (pics 1 to 9)

1



2



3



4



5



6



7



8



9

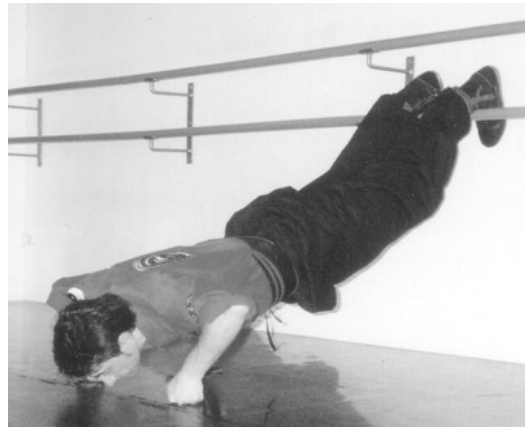


The fifth Push-up type: The place the fists shoulder length on the ground and hold the legs close and put your feet on a higher stand in a way that the body and the legs are in one line. As mentioned before, the body does not touch the ground. The important point here is that the more practice we do the leaning stand will be higher as well. (pics 1 to 5)

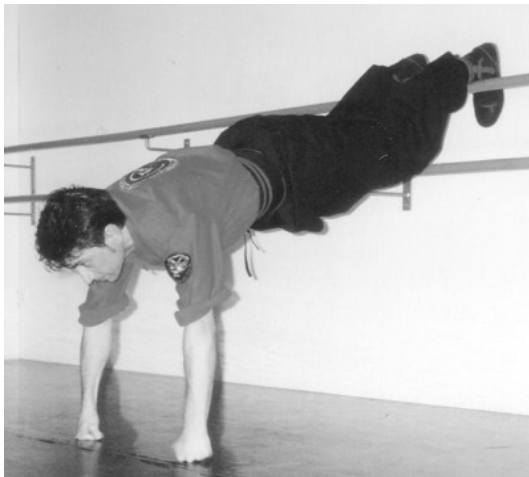
1



2



3



4



5



The sixth Push-up type: The combination of the first Push-up type accompanied by jumping and clapping (pics 1 to 6)

1



2



3



4



5



6



The seventh type of Push-up: Push-up on the outer edge of the hands (pics 1,2)

1



2



The eighth type of Push-up: Push-up on the wrist (pics 1,2)

1



2



The ninth type of Push-up: We open up the legs and keep hands together like picture one. And then we move our chest close to the hands and then move away. (pics 2 to 6)

1



2



3



4



5



6



The tenth type of Push-up: We do the push-up on different fingers (pics 1 to 10)

1



2



3



4



5



6



7



Push-up on the thumb: We place the hands on the ground and keep the body as far as possible from the hands. Then, we put pressure on the right thumb and shift it to the left one and we change.

8



9



10



The eleventh type of Push-up: Doing push-up on the elbows (pics 1 to 5)

1



2



3



4



5



First, we put pressure on the right elbow (and count) and then on the left elbow and then on the right elbow again. Changing the elbows should be done at least twice. (pics 6,7)

6



7



The twelfth type of Push-up: We keep the legs distant and do the push-up on one hand. (pics 1 to 4)

1



2



3



4



The thirteenth type of Push-up: The push-up is to strengthen the neck muscles. (pics 1, 2) You can do it reverse: with your back towards the ground (back bridge). Experienced students may change from front to back bridge in one spinning movement. This power exercise is done in Judo and wrestling.

1



2



Chin-up exercise

Chin-up from the front (pics 1,2):

1



2



The Chin-up from the back (pics 3,4):

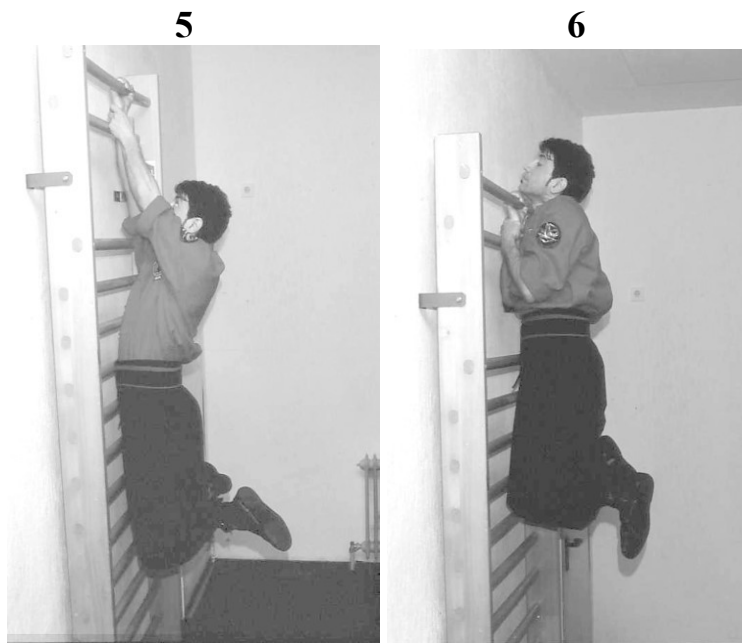
3



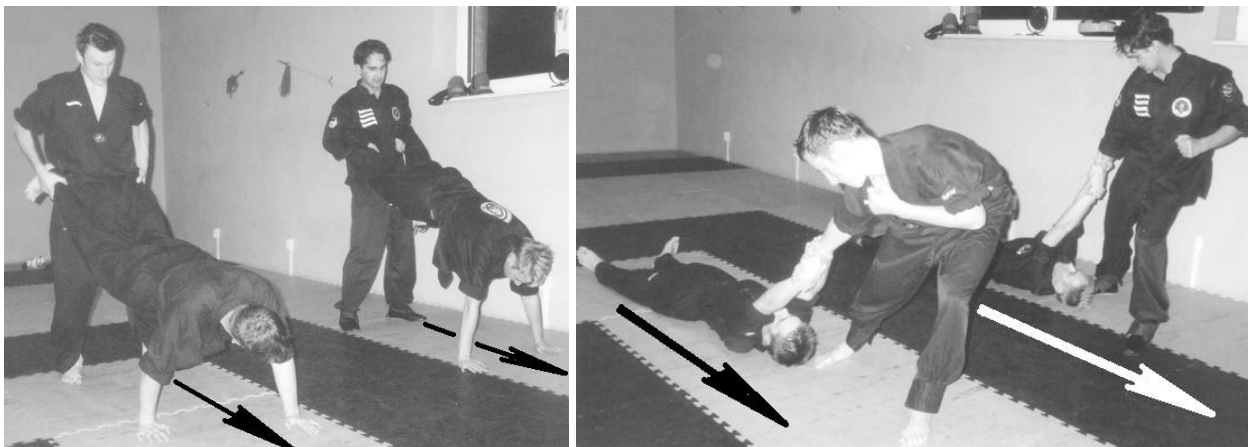
4



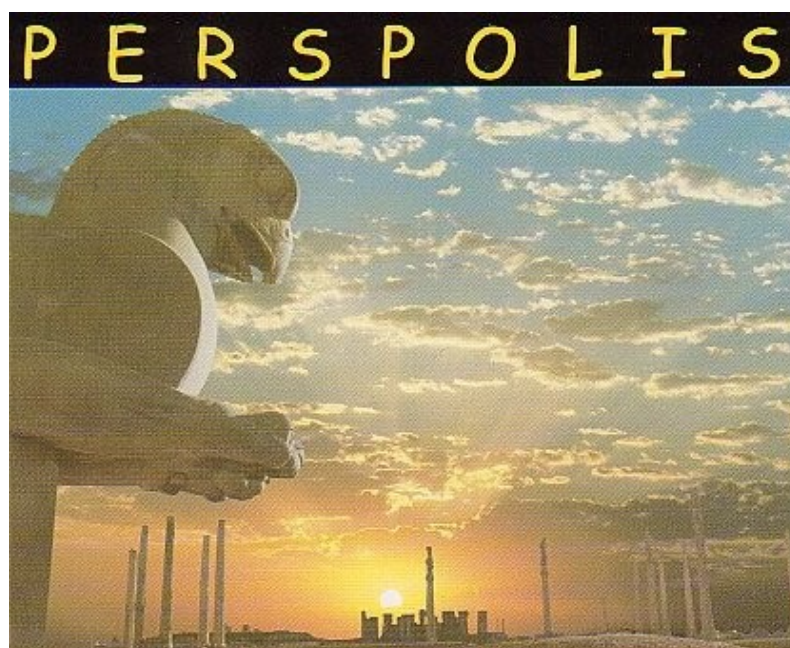
Chin-up with one hand (pics 5,6)



Other samples of power exercises to strengthen the athletes' body (pics below)



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

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