

AUXILIARY EQUIPMENT TRAINING IN THE CHINESE MARTIAL ARTS



FIGURE 1

The use of auxiliary equipment training isn't as common in the Chinese martial arts as it once was. There was a time when strength and power was seen as a valuable asset;

continual repetition of movements brings skill, but the use of bags and weights adds power and striking ability. Weights were made from stone or metal, the lighter ones were swung in pat-

terns, increasing upper body flexibility and range of movement, and heavy weights were used in one-off lifts. The photograph [figure 1] shows Wang Tzu-Ping with a weight similar in design and use to a Kettlebell, popularly called a stone padlock¹. It's used much in the same way. The round stone weight [figure 2] is typical of



FIGURE 2

round weights that varied in size which were used either individually or in pairs.

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www.chinafrominside.com



FIGURE 3

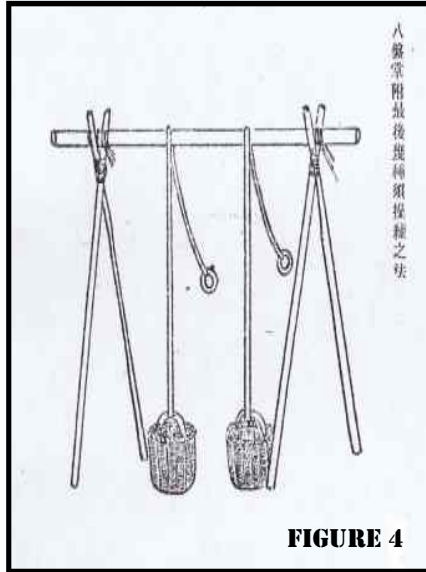


FIGURE 4

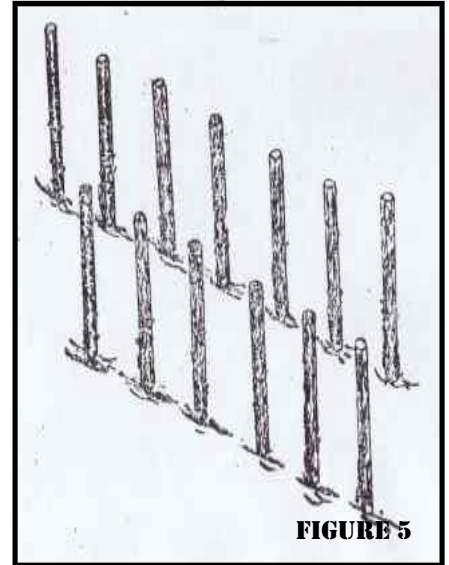


FIGURE 5

Punch bags were either secured to a solid back board [tree or fence] or sometimes placed in groups, allowing the trainee to move between them [figure 3].

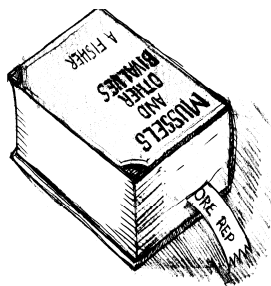
The piece of equipment in figure 4 was used to develop pulling power used in grabbing prior to striking or grappling.

Posts spaced out in various patterns were useful in the development of agile footwork for training against multiple opponents - for instance in crowd control. [figure 5].

NOTES:

¹ The stone padlock is called **shí suǒ** [石鎖] in Mandarin Chinese. It is also used in Okinawan Karate as a strengthening tool when it is called a *sashi* [Jap.].

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Book Review

The Kettlebell Bible
by
Rob Beauchamp and Stan Pike
Bear Publishing

Max Newton

Have you ever bought all the books you could find on a subject, all the magazines, searched the internet, only to find all the information you need in the last book you bought? It happened to me! I've taken up Kettlebells and needed some accurate training advice. I found it in **The Kettlebell Bible**, written by Rob Beauchamp and Stan Pike. It's a massive volume, packed with detailed advice [no padding!] A cautionary note: I would advise the beginner to get some hands-on advice before they start. I did. I believe Stan Pike does kettlebell courses. [www.ukka.org. Ed.]

The Kettlebell Bible is published by **Bear Publishing**