



觀氣道武門國際聯合會 INTERNATIONAL QWAN KI DO FEDERATION

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Further to the previous text published by ourselves concerning the subject:
" Đoàn kết thời sông or the union immortalizes the strength to live "
We publish below, the following of our cultural adventure of the Qwan Ki Do ...
Good reading to all

Principle of the unity

The story of "chopsticks" evoked by the previous text reflects the state of mind and the strength of the union, such as reminded it the popular proverb: "unity is strength". From the strength, raises itself the question of the origins of the martial art.

Legends reached us enlightening us on this state of mind wich took shape in the technique to give birth to the Art ...

Somewhere in the medieval China, an old warrior, a retired general, leaves to hunt. An extraordinary scene arises which surprises and subjugates him. From this event his vision of the military strategies will be completely modified.

A tiger of the wildest is tackled by a group of foxes. Yet, this invincible powerful and renowned tiger, tries in vain to deal with this wild troop highly determined to bring him down . it fights bravely but undergoes attack on attack, and finally, being in the incapacity to resist, it eventually succumbs to his aggressors.

Back from hunting, lasting of numerous days, this old experimented warrior remains haunted by the scene he observed. Finally to mark for ever this illustration of the strength that " the Union " can get, he decided to make engrave on a stony block in the entrance of his house, a sentence which is going to cross the centuries and will become a classic of the Chinese literature:

« **Mãnh Hổ, nan địch quần hồ** »

(**Even a wild tiger cannot overcome alone a group of foxes**)

This storm brought this general to meditate for a long time, after what he deducted a number of applicable principles from it both for the army corps and for the human body. Concerning the principle of physical unity, all the elements which the human being possesses in him can become a real wild troop, on the only condition to possess the know-how. Because if we succeed in using each of the members of the body in an optimal and independent way, we can make of each of these elements a full opponent.

In view of the number of available physical weapons in the human being (techniques of head punch, blow of shoulder, blow of elbow, pikes, claws or sudden chill, blow of sharp edge of hand, palm of hand, blow of fist, blow of hip, blow of knees, kick the number of which we have to double by taking into account sides right and left) it is possible to establish a significant number of elements intended as well for the assault as for the defense, just like a military unit.

This general recorded that with only two upper limbs and two lower limbs, an individual correctly trained in their synchronization will have the capacity to quadruple the possibilities of his body in front of an opponent usually limited to a single possibility.

This observation justifies the reasoning of the preservation of the number within the unity. By pushing farther his argumentation, he so envisaged the case where the same individual would deepen his knowledge and his capacities, and could multiply by two, by three, even by four, the number of the opponents whom we could oppose in case of confrontation.

To concretize his plan, he recruited members of his army, while choosing them strictly: the best wrestlers, the best boxers, the best acrobats. The following stage consisted in making so that they are mutually share their know-how. At the end of a few years of diligent training, he noticed with satisfaction that the coordination of the various techniques was acquired, what has allowed these men to possess exceptional capacities in the muscular confrontations ...

The first training in art of fight was born.

At the end of the observation, succeeds a work of preliminary imagination before the realization. It is elements which are all coming from the mental (ÂM or YIN), and represent a real work " of Art ". To reach the realization, was needed an iron discipline, a "Martial" that is to say almost military education (DUONG or YANG). To maintain the cohesion of the set, it is necessary to establish very strict rules of training (honor, rigor, loyalty), and so was born the Martial art.

In this distant time, this new discovery constitutes a military secret, and as such has to remain well kept. But in the course of the centuries, this one eventually popularizes. These knowledge continued over time, the traditional schools of martial arts assuming the transmission in spite of the technical differences and the specificities of each.

If the philosophic influences diverge (Confucianism, Taoism, Buddhism), the spirit of the Martial art is common and settles the base of the educational rules and way of living of the members who embraced the practice.

And in this domain, what was true by this time, what was true in 1956, is always today and it will remain tomorrow.