



Great Masters

# TAI KARATE CHIN NA

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It is typical of this magazine to honor the **Great Masters** since we understand that it is to them we owe the basis from which to develop our present and our future. The experience in **Martial Arts** can only become **Mastery** when accompanied by knowledge. When two **Great Masters** join up to enrich our cultural patrimony, our pleasure is double. **David German** is an essential reference to understand **Ed Parker** and the **American revolution** in the **Martial Arts**, which took place starting in the **1960s**. His style reflects that particular way of doing combat that many, all over the world, learned from his great friend and colleague, the deceased **Ed Parker**. Our readers the world over have already been getting to know him, and today we will go deeper into his work with **Chin Na**, a **Martial Art** focused on the area of dislocations that is undoubtedly awakening the interest of students of real combat and traditional formulas more and more. The connection and the friendship of both has allowed us to join these two great figures in this article that we hope will be of interest. As if that were little, two new videos are in the post-production stage so that those who are most interested can go even more deeply into these Arts in a more direct way.

Text: Jennifer Keating

# DAVID GERMAN DR. HARFOUCHE



## CAUGHT IN THE WEB! SHORITE RYU TAI JUTSU AND THE ART OF CHIN NA



Have you ever seen the beauty of a spider web glistening in the afternoon sun? It looks harmless, even decorative to a certain extent, but for the unsuspecting insect it becomes an inescapable trap—invisible and foreboding.

So it is with the ancient Chinese art of chin na. Chin, meaning to seize or catch, and na, meaning to hold and control, is the system of seizing and controlling techniques used by martial artists for centuries to snare and subdue an opponent. The chin na expert is able to spin a powerful yet pliable, sticky web of locks, stops, twists, and turns that can capture a victim unaware and neutralize his ability to fight.

Enter the spider himself, Grandmaster Dr. Christian Harfouche, creator of the revolutionary shorite ryu tai jutsu (victorious hands body arts). With thirty-five years of martial arts experience and thousands of hours of training, research, and refining, Dr. Harfouche has seamlessly woven the expansive art of chin na into his innovative combination of traditional martial arts to create a virtually impenetrable system of control and domination.



## Spinning the web

Harfouche's passion for the martial arts was awakened at the age of twelve in Beirut, Lebanon, when he discovered a booklet, handwritten in Arabic, containing diagrams of karate moves. When his family immigrated to the United States two years later, his interest in the arts evolved into a real-life means of surviving on the brutal streets of Los Angeles and led him to enroll in formal training under Grandmaster Tak Kubota at the Hollywood International Karate Association.

At age seventeen, Harfouche's entire concept of karate was transformed when he met the highly respected and innovative Grandmaster David German. German's roots in the martial arts ran deep. A master in American kenpo, he maintained a lifelong friendship, partnership, and collaboration with its founder, the legendary Edmund K. Parker. Years of training with such martial arts greats as "Judo" Gene Lebell, Al Thomas, founder of budo jujutsu, and the illustrious Mas Oyama, founder of kyokushin karate, shaped his philosophy and sparked his own developments in the arts.

German fused his kenpo expertise with grappling techniques to create a hybrid system known as TAI (Transition, Action, Incorporated) karate. His fighting style was unlike anything Harfouche had ever seen. German incorporated aspects of kung-fu and other Chinese arts into his karate, giving the teenager his first taste of the seize and control art of chin

na. Harfouche so impressed German with his ability to pick up the new material and transition from striking techniques to grappling techniques that he handpicked the young karetakea to train with him personally.

Studying intensively with German, Harfouche earned his 6th-degree black belt in TAI karate, as well as black belt level ranks in five other systems. As his skill increased, the scope of his vision expanded, and he began to conceive a unique style of full-body boxing that would utilize every aspect of the body in a comprehensive system for all ranges of combat. Blending techniques from karate, kenpo, kung-fu, judo, jujutsu, boxing, and other fighting arts with the dynamic holding and grappling methods of chin na, his body arts had all the elements necessary to be a living, relevant, and complete system of self-defense for any encounter. Years later, after obtaining his 10th Dan and being named the official heir of the TAI karate system, Harfouche unleashed his shorite ryu tai jutsu on the world and took the martial arts community by storm.

## What's the catch?

Dr. Harfouche applies the ancient locking and trapping methods of chin na, in conjunction with various methods of striking and defense, to successfully bring any opponent under submission. These techniques have been a part of military, security, and law enforcement training for thousands of years, used to deflect force, disarm weapons, and restrain criminals. Expertise in multiple systems and years of fighting have given him the knowledge and practical understanding necessary to teach others how to use the methods of chin na effectively and prepare for any self-defense encounter.

Shorite ryu tai jutsu is full of chin na techniques (joint locks, wrists controls, finger holds, arm bars, knee bars, foot locks, neck cranks, sleepers, chokes, come-alongs, etc.) for arresting an attacker. In order to teach students not only the techniques themselves, but how to apply them in a dynamic combat situation, Dr. Harfouche created a comprehensive two-man slipping set—268 combinations of locks, throws, and chin





# Chin Na



na holds designed to flow smoothly and effortlessly from one to another. With 100 maneuvers performed in close-quarters from a standing position, as well as 168 ground variations, his slipping set teaches basic and advanced methods of holding and grappling that cover all the fundamentals.

All chin na techniques fall into the five categories of attack included in the full-body boxing curriculum: displacing the muscle or tendon (fen jin), displacing the bone or joint (cuo gu), sealing the air (bi qi), sealing the blood (duan mai), and pressure point manipulation (dian mai). The grabbing techniques are used to control and lock an opponent's joints or muscles, potentially tearing or dislocating them to render him immobile.

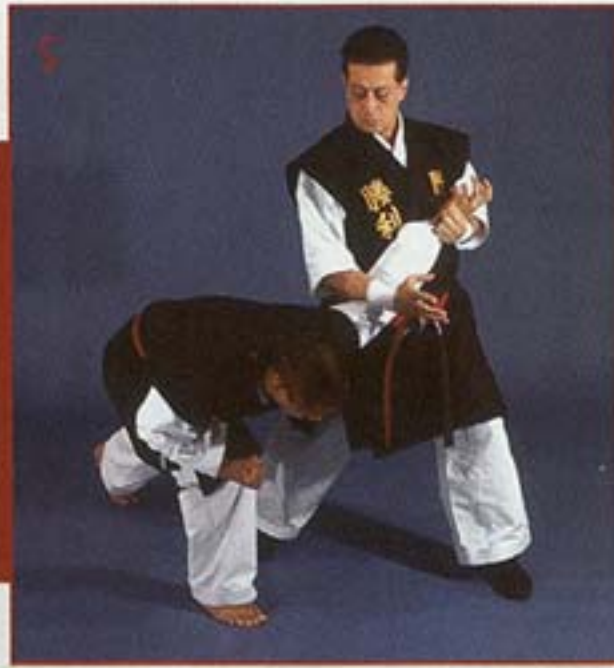
With its myriad of holding and grappling methods, Dr. Harfouche is proving that the expansive art of chin na is adaptable to every style and a perfect match for all the ranges. "When we put the chin na connection into any martial art, from taekwondo to karate to kung-fu, we not only complete the art, but we give the martial artist an alternative way to extreme violence, a means of subduing an opponent by



**GRANDMASTER  
DAVID GERMAN**

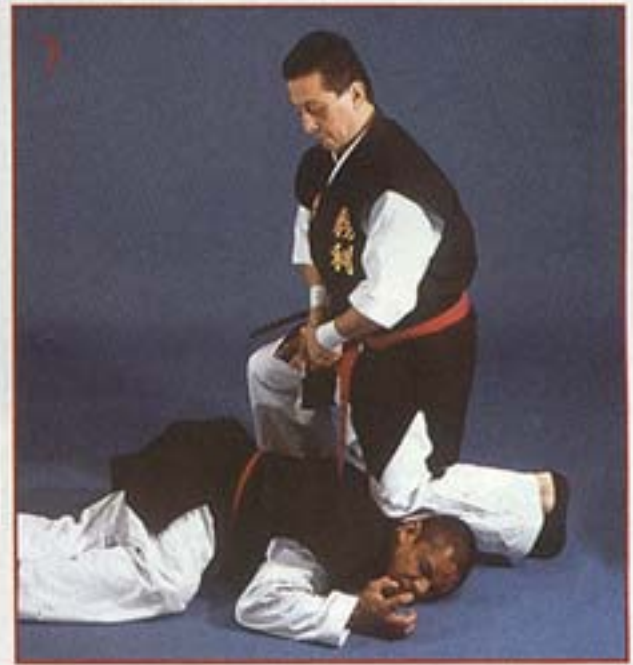
- 10th-degree black belt TAI karate
- Kenpo master
- Expert in budo jujutsu
- Chin na master
- Expert in white-tiger kung fu
- Expert in white-eyebrow kung fu
- Expert in grappling





**GRANDMASTER  
DR. CHRISTIAN HARFOUCHE**

- 10th-degree black belt TAI karate
- 5th-degree black belt in taekwondo
- 4th-degree black belt in kenpo
- 2nd-degree black belt in kyokushin karate
- 1st-degree black belt in budo jujutsu
- Black-belt-level in white-tiger kung fu
- Black-belt-level in white-eyebrow kung fu



**COMING SOON!**

Learn how to dominate an opponent through joint locks, holds, and grappling techniques in a new video soon to be released from Budo International featuring Grandmaster Dr. Christian Harfouche. Follow the master as he reveals ancient chin na techniques and shares a tremendous amount of knowledge about the art of seizing and controlling. Discover how to trap an opponent and neutralize his will to fight through the revolutionary and unconventional system of full-body boxing!

Budo International will soon be releasing Kenpo: The TAI Way, a new training video featuring the highly respected Grandmaster David German and his innovative system of TAI karate.





# TAI KARATE CHIN NA



simply controlling him and putting him in a place where he no longer wishes to continue fighting."

### Setting the trap

When performed circularly, chin na becomes a living method of responding to and following a mobile situation. Dr. Harfouche teaches martial artists how to implement chin na techniques smoothly into their training to enhance any martial style. In coordination with circular stepping, chin na can be used to uproot an opponent. Body shifting can be used to deflect the force of an oncoming attack and set a trap for an unsuspecting foe.

To effectively apply a chin na lock, you often need to fake or strike the opponent first. "The effectiveness of chin na lies in the element of surprise," explains Dr. Harfouche. "As chin na experts, we are

dedicated to virtual invisibility—our opponent's lack of ability to detect our methods." Though you can't see the wind, you feel its effects. Moves must be swift and unpredictable to catch an opponent off guard and set him up for a chin na hold without sensing the angle or feeling the preparation. With speed and accuracy you can dominate your adversary before he realizes that a technique is being applied. If you telegraph your intention, however, a skilled opponent will not cooperate with your moves.

Transforming victim into victor, the art of chin na turns the energy of an attacker against himself by using the concept of giving—not opposing force with force. Giving is the ability of a fighter to yield to an opponent's overwhelming strength in order to gain the advantage and move toward his weaknesses. When you are accosted by a strike or grabbed by the

collar, chin na teaches you how to escape the hold and transform through pliability from becoming the bait into becoming the trap.

Dr. Harfouche maintains that chin na can be practiced safely and effectively as students learn to transition from striking to restraining. In the training hall, students refrain from twisting an opponent's joints faster than the body can move. They practice moves slowly with precision, in order to learn the feel of a particular technique and the angle of its application. With speed and skill, however, chin na can be a devastating method of dislocation. Knowledge of the physical anatomy of the body, diligent training, and practice will build your arsenal of controlling techniques and enable you to wield them swiftly and instinctively to immobilize even the strongest opponent. ✘

#### ABOUT THE AUTHOR:

Jennifer Keating is a free-lance writer based in Pensacola, Florida, and is a student of Dr. Christian Harfouche.