

Stage III - Dazzling Hands: Dynamic Free Flow



Dazzling Hands is based on destructive speed strikes and employs the natural open hand and body as a lethal weapon. This style that I developed is based on Daoist internal kung fu. It embodies formlessness as presented in early Daoist texts, such as the *Dao De Ching*, by transcending the structured motions of JKD and Shaolin Five Animals. It uses internal power epitomized by tai ji and ba gua and xing yi. From the traditional internal perspective, Dazzling Hands embodies the zenith of martial arts power as it culminates in dynamic free flow.

The goal in this stage is to, after learning all of the structured movements, break free of them. This is accomplished through the development of sophisticated ways of relaxation, refined biomechanics, vital points (Dim Mak) and internal power.