



# BAC FU DO

## COMBAT CONCEPTS

Article by Morgan Buchanan.

Bac Fu Do (White Tiger Way) Kung Fu is a powerful composite style martial art taught by veteran Australian Kung Fu master Sifu David Crook. Bac Fu Do reflects its founders diverse training background, incorporating Wing Chun, Choy Lee Fut, Western Boxing, Defendo, Ju-jitsu, Atemi-jitsu and the Chinese internal arts to form a highly effective and powerful method of self defence. In this instalment Sifu Crook talks about the value of fluidity and adaptability in the Bac Fu Do system.

# BAC FU DO KUNG FU

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Bac Fu Do (White Tiger Way) Kung Fu is the first martial arts system to be featured in IMA's Combat Concepts column. In each issue we will look to cover core principles and concepts of self defence that make a particular martial art effective and unique.

I met David Crook about four years ago and was immediately struck by both the effectiveness of his system and the ability he had to communicate it's principles. I travelled recently to Canberra where I asked him to break down and discuss the essential principles of the Bac Fu Do system.

There was so much material that we will be running this article in instalments over the next three issues of IMA.

I asked Sifu Crook what was the single most important concept of Bac Fu Do. His response - "fluidity and continuity" are the focus of this introductory article.

"Traditionally most martial arts are very structured, in their movement and in their mentality."

Crook believes that structure is essential for a student when learning a martial art, the danger is that the student can become too comfortable within the structure of their art and not develop a fluid method that adapts to the changing, chaotic situation of combat.

"Being spontaneous and adaptable is essential to survival in a real life situation in which there are so many variables. In this situation it can literally be fatal for a student to be relying upon a 1-2-3 method of self defence. The same idea can be applied to nations that are using military principles and tactics that were successful in the last war they fought, but which are not appropriate to the current war they are fighting, a lack of adaptability in the face of a changing environment."



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