



Chris Derbaum: Kuntao Silat Combat Arts Martial Arts



Chris Derbaum has over 29 years of experience in the combat arts of Kuntao and Silat. He has been employed full-time in law enforcement as a correctional officer for many years, an experience that has greatly influenced the effectiveness and practicality of his Kuntao. He has taught in the U.S. and in many countries including Singapore, France, Spain and Belgium. He is the author of the book *Fighting Patterns of Kuntao and Silat*. Participate in this interactive class and introduction to Kuntao. Learn movements for hand work, strikes, blocks and parries as well how to apply these movements in combat.

TOP EMBODIMENT TIP: Use your hips for power. Explosion and intensity are key in Kuntao.

Kuntao: Instruction and Demonstrations

- The goal is to redirect the energy of the opponent. Using the strength of the opponent, you pull the person into you as they are striking at you.
- The demonstrations cover blocking/redirecting/avoiding punches and strikes, and landing punches and strikes with hand and knife.
- Kuntao is all about explosion and intensity. Be strong in the hips and move from the hips when striking or blocking.
- When you want to strike the attacker's face or ribs, redirect their striking arm accordingly, to give you access to the area.
- To immobilize them and take them off balance, you can also step on their foot.
- The following drills are fundamental to basic Kuntao combat skills, and work for both right and left punches.
 - Hand Work (Rolling Strikes) Drill
 - Knife Drill
 - Parry Drill and Forearm Strike
 - Elbow Strike to Head
 - Forearm Strike Pad Drills
 - Rib Strike Drills
 - Rib Strike and Knife Drill
- Kuntao is from China, moved to Indonesia and was then brought to the United States by the Dutch.
- Chris would like to thank his teachers, Sifu Lenny Howie and Master Scott Young, for teaching him the art of Kuntao.

Resources

- ❖ **Books:** *Fighting Patterns of Kuntao and Silat*
- ❖ **Website:** www.kuntaoflorida.net
- ❖ **Facebook:** www.facebook.com/groups/129818420365053
- Instagram:** www.instagram.com/kuntaoflorida
- Youtube:** www.youtube.com/channel/UCyEWl2lwDNj75dsfY_zQ94A



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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