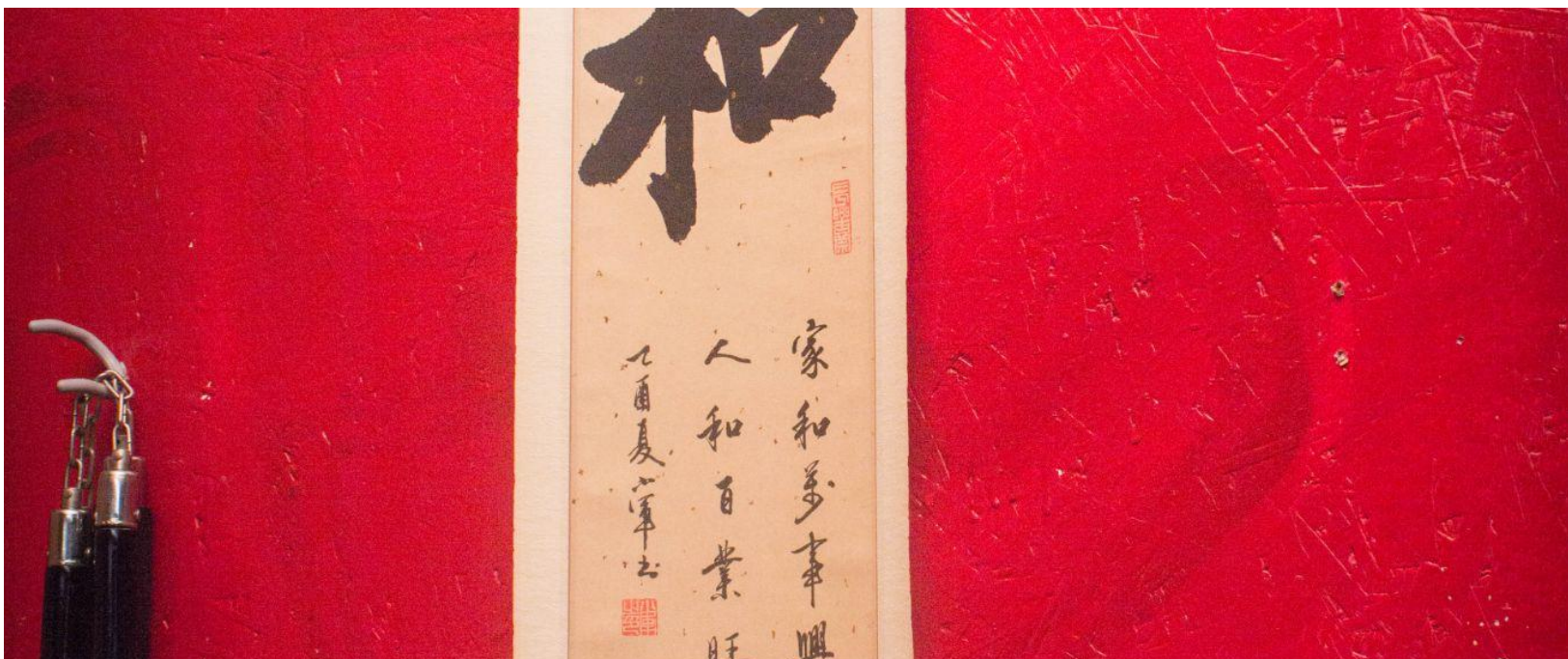


*Reeder's Kung Fu San Soo and*

# The Ted Sias Health and Martial Arts Society offer you the:

## Kung Fu San Soo Online University



After 14 years of running a studio I have developed a system that offers an in depth study into the great art of Kung Fu San Soo. Until his passing, Master Ted Sias of Huntington Beach, California was my mentor into this endeavor. We were working on putting an online “University” of sorts, for teaching Kung Fu San Soo. Well, here it is! In his honor I, along with my brothers in Huntington Beach and Students in Huntsville, Texas offer this to all San Soo Practitioners old and new. Join today and help us continue the journey! Below is a list of all the items that are included in the modules.

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Also, “Sifu Reeder’s Big Book of Kung Fu San Soo Stuff,” is a book available on Amazon that you will need for this course.

### **Defense Drills - Ah Soo**

We practice 24 of the Basic 45s. The Basic 45s were lessons that Jimmy H. Woo taught to beginning practitioners. They were originally called “Ah Soos”. There are 45 of them. These fighting drills build a strong foundation and teach you the basics of San Soo. • White Belts practice (1-10) found in the White Belt Manual.

- Yellow Belts practice (10-20) found in the Yellow Belt Manual.
- Green Belts practice (21-24) found in the Green Belt Manual.

### **Attack Lessons - Fut Ga**

We practice 20 of the over 300 Attack Drills that I have studied. There are books and books of these lessons. Jimmy H. Woo called these “Fut Ga”. Master Ted Sias also refers to them as such, and I have videos of him doing one after another, for hours. These drills are an important building block to becoming an excellent San Soo warrior. They will sharpen your judgement of time and space, distance and timing.

- Green Belts practice (1-10) found in the Green Belt Manual.
- Brown Belts practice (11-20) found in the Brown Belt Manual.

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## **Collision and Rebound - Num Pi**

These lessons, the third building block of our foundation, were originally called “Num Pi”. We call them “Collision and Rebound” drills, and only practice 20. There are hundreds of these. They will teach you how to collide and rebound with your opponent using their momentum and weight against them.

- Brown Belts practice (1-10) found in the Brown Belt Manual.
- Brown Belts with Black stripe practice (11-20) found in the Brown with Black Stripe Belt Manual.

## **Combat Throws**

Lessons 1-9 come from Master Ted’s 1st book.

The rest come from my notes on Master Tim Cartmell’s book, “Effortless Combat Throws”.

For a much deeper understanding of these throws, I highly recommend purchasing these books. This is how I understand their works.

- Yellow Belts practice (1-5) found in the Yellow Belt Manual.
- Green Belts practice (6-10) found in the Green Belt Manual.
- Brown Belts practice (11-15) found in the Brown Belt Manual.
- Brown with Black Stripe practice (16-20) found in the Brown with Black Stripe Manual.

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## **Ground Proofing**

We follow my notes and experience from Master Tim Cartmell's DVD, "Ground Proofing". For a deeper understanding on these drills, I highly recommend buying the DVD. It is available on Amazon.

- White Belts practice (1-5) found in the White Belt Manual.
- Yellow Belts practice (6-9) found in the Yellow Belt Manual.
- Green Belts practice (10-13) found in the Green Belt Manual.
- Brown Belts practice (14-16) found in the Brown Belt Manual.
- Brown Belts with a Black Strip practice (17-20) found in the Brown with Black Stripe Manual.

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## **Standing Grappling**

We follow my notes on Tim Cartmell's DVD, "Standing Grappling". For a deeper understanding, buy the DVD. It is on Amazon.

- Yellow Belts practice (1-3) found in the Yellow Belt Manual.
- Green Belts practice (4-9) found in the Green Belt Manual.
- Brown Belts practice (10-16) found in the Brown Belt Manual.
- Brown Belts with a Black Stripe practice (17-28) found in the Brown with Black Stripe Manual.

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## **San Soo Fighting Forms and Weapons**

We are a “forms” based San Soo school. Everything we do is based on form. Be prepared to learn several forms. Each belt level has a Base Form. When testing for Black Belt, the Base Forms are combined into a Five Base Form. Other forms are taught throughout the year. Forms are the heart and soul of our art. Weapons can be applied to any form. We use Short Form Six and the T-Shirt form for weapons training.

- White Belts practice (Staff).
- Yellow Belts practice (Sword).
- Green Belts practice (Double Sword).
- Brown Belts practice (Sia or Short Staff).
- Brown Belts with a Black Stripe practice (Three Section Staff or Nine Ring Sword). 76