

## **The Nine principles of Tuite`**

*Tuite'* = means grasping hands

" Create vulnerability in a joint, then seize that advantage and attack the joint"

- 1) use pressure points- every joint is controlled by at least four points
- 2) apply complex torque- move a joint in more than one direction (bend & twist)
- 3) utilize two way action (push & pull)
- 4) generate confusion- confuse the mind or the joint. Mind-slap, kick, strike before tech. Joint-Move joint in several different directions to confuse it before technique.
- 5) Work against a base- create a base either you leg, body or hand.
- 6) Create mechanical advantage- position yourself where you are the strongest and they are the weakest. keep your arms in close to your body.
- 7) Apply variable pressure- change the frequency of the tension applied to a lock. our body eventually will compensate for the pain. change pressure to prevent that.
- 8) Stick to opponent- always keep in contact with attacker. sticky hands theory)
- 9) Utilize Redundancy- means to apply several principles at the same time or in rapid succession.

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