



Tambo



Tambo 1 and Applications (Tambo Level IV: Brown belt)

O Sensei Ngo Dong and Grandmaster Quynh Ngo created the single tambo kata. They were designed to take your tambo training to the next level, adding new strikes and blocks and introducing more complex footwork patterns. Each form should be practiced until it can be performed fluidly, precisely, and powerfully. Refer to the Cuong Nhu Training manuals for the specific moves of each form. Once you have thoroughly familiarized yourself with the form, it is time to start applying the moves to actual opponents. Work with your dojo mates to create a smooth and effective set of applications to each kata.



Single Tambo Kata 1

(by Mike Ponzio and Allyson Appen)

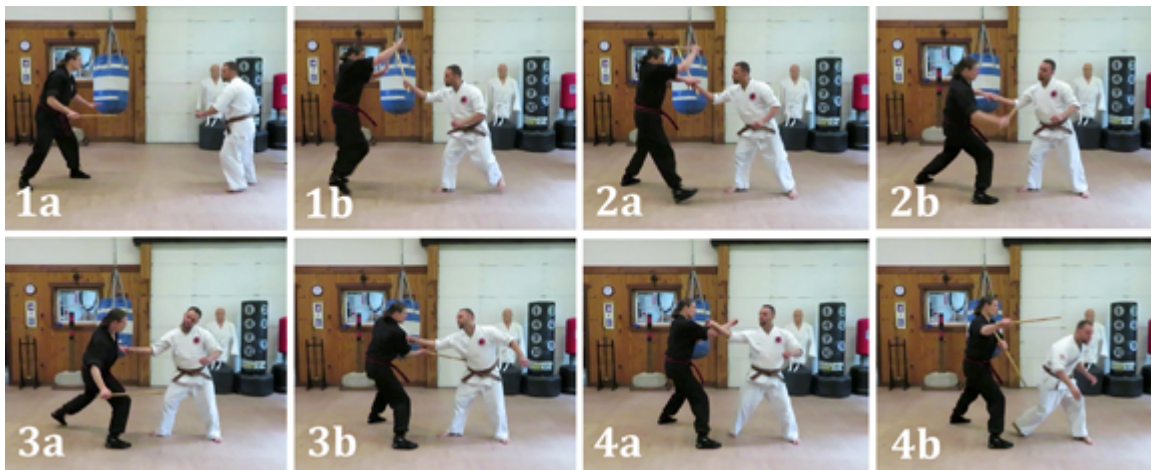
Tambo 1

Stance	Action
Natural stance (north)	
Attention stance	Bow with tambo in right yang grip by right side
Natural stance	
1. Slide back into RCS (north)	Roof block (right hand high)
2. Step into RFPS	Left to right downward diagonal strike
3. Shuffle forward in RFPS (north)	Right to left downward diagonal strike
4. Shuffle forward in RFPS (north)	Left to right downward diagonal strike
5. Step 180° to RFPS (south)	Right to left upward diagonal strike
6. Shuffle forward in RFPS (south)	Left to right upward diagonal strike
7. Shuffle forward into RFS (south)	Right yang grip thrust, left hand wu sao
8. Step forward to LSS (south)	Block behind back, left hand yin grip
9. Shift to LFS (south)	Left horizontal strike left to right (yin grip)
10. 180° right turtle stance (north)	Left rising block (yin grip)
11. Step up to LSS (north)	Left yin grip horizontal strike left to right
12. Shift to LFS (north)	Left yin thrust (right hand reinforces left)
13. Maintain LFS (north)	Bring tip of stick up, grab with right yang grip
14. 180° right turtle stance (south)	Left to right low strike into right downward stab
15. Rise up to RFS	Right upward vertical strike
16. Jump 180° counter clockwise, land in RFS (north)	Downward figure 8 (R to L then L to R), finish figure 8 in right low block to right side
17. Step to left crescent stance	Reinforced high block (tip of tambo on left arm)
18. Spin 360° clockwise into RFS	Right vertical downward strike with butt
19. Step right foot back into LBS	Flip tambo to yin grip, reinforced back thrust
20. Step into RFS (north)	Flip tambo to right yang, R to L horizontal strike
21. Step right foot in front of left	Circle tambo counter clockwise around head
22. Slide left foot into LCS (north)	Right to left horizontal strike, left arm wu sao
23. Slide right foot in RFS	Horizontal strike forward from left to right
24. Lift left foot into kicking stance	Pass over head into left yang grip, left low block
25. Jump into left X stance (south)	Left vertical downward strike, right reinforces
26. Pivot 180° to RCS (north)	Right circular chop block, tambo blocking R side
27. Right front snap kick (north)	Left horizontal strike right to left, R hand hikite
28. Rectangular stance (north)	Two-handed downward block
29. Rectangular stance (north)	Two-handed upward block
30. Right foot attention stance	R hand switches to yin, downward butt strike
30. Maintain attention stance	Release left hand and bring right arm to side 30.
31. Maintain attention stance	Bow
Natural stance	Hold tambo low in right yang grip

Applications

Series 1: Opening Sequence (moves 1-4)

The opponent chambers for a right downward diagonal strike (1a below). Block the strike with a roof block (1b). Catch the opponent's attacking hand (2a) and counter with a left to right downward diagonal strike to the pocket of the neck with the intent of knocking him out with a vascular strike (2b). Immediately reverse the direction of your swing (3a) and strike across the midsection, targeting the solar plexus to knock the wind out of your opponent (3b). Slide the grip on your left hand down to the grasp the opponent's stick as you begin a left to right horizontal strike (4a). Strike the opponent to the temple with the tip of your stick as you strip the stick from the his grasp (4b).



In a variation shown below (1a below), the opponent does not stop at your block, but strikes *through* your block (1b). Close distance to catch the weapon hand as you butt strike (2), then tip strike (3). Slide the grip on your left hand down to the grasp the opponent's stick (4a) and follow up with a disarm (4b). Grasp the shoulder (5a) and use the turn (5b) to throw the opponent to the ground (5c).



Series 2: Countering the Back Trap (moves 5-9)

The opponent attacks with a habitual right to left downward diagonal strike (5a below). Step in deep enough to reach the weapon hand and parry the strike over your head as you strike the midsection just below the rib cage, attacking the diaphragm to knock the wind out of your opponent (5b). Check the opponent's return swing as you strike upwards to the kidney (6) then thrust forward into abdomen (7). You can sweep his leg as you pull on his arm and thrust downwards into the bowl of the pelvis to take him down (see additional series 7a at bottom).

The opponent gets lucky and parries your strike (8a), trapping your stick behind your back (8b). Reach behind you with your left hand, grasping the free end of the stick (8c). Strike upward with the butt of the stick under the jaw (9a) followed by an upward diagonal yin strike (9b).



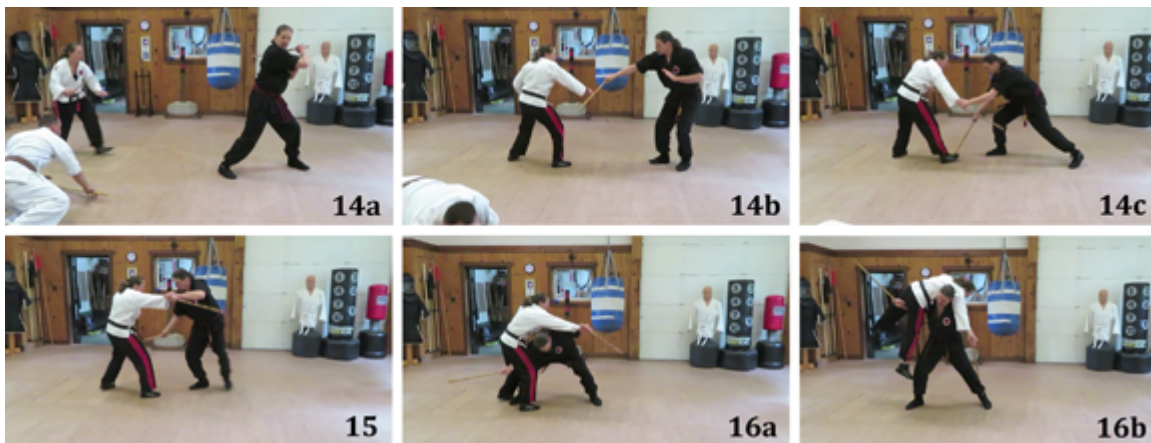
Series 3: Roof Block, Armlock, and Throw (moves 10-14)

The opponent attacks with a downward strike (10a below). Drop inside the swind with a roofblock (10b), deflecting it to your right side (11). Align the tip for a thrust (12a) then step in and strike the midsection (12b). Slip the tip under the opponent's right armpit and grasp the free end with your right hand (13). Lock the opponent's upper arm (14a) then turn and throw him to the ground (14b). To ensure your partner's safety, release his arm early so he can roll out without injury (14c).



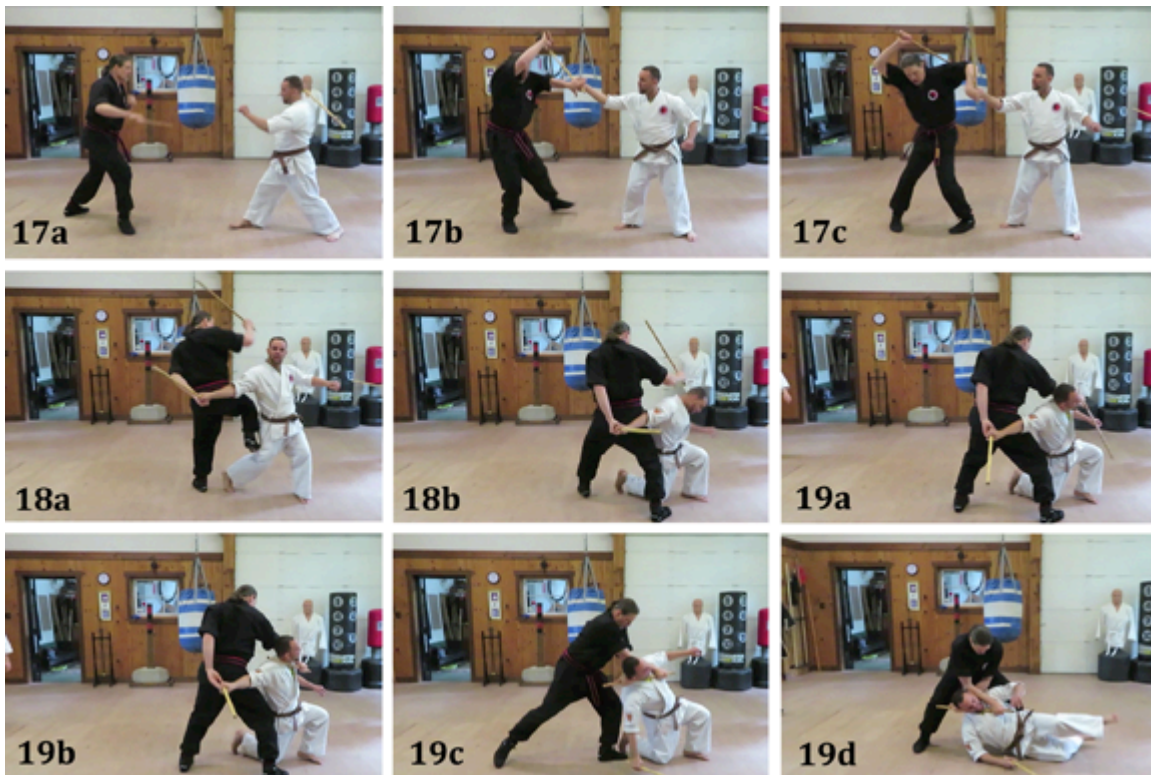
Series 4: Low Block into Kata-Guruma (moves 14 to 16)

The opponent attacks your back leg with a horizontal strike (14a below). Withdraw the leg and strike the opponent's hand (14b). Thrust to the opponent's lead foot (14c) then bounce into a vertical upward strike to the groin (15). Pull with your left hand as you drive your right shoulder into the opponent's midsection (16a) and lift them onto your shoulders for a kata-guruma (shoulder whirl) (16b).



Series 5: Umbrella Block into Choke (moves 17 to 19)

The opponent attacks with a habitual right to left downward diagonal strike (17a below). Step in deep enough to reach the weapon hand and block the strike with an umbrella block (17b). Hook the opponent's weapon hand as you spin 180 degrees (17c). Stamp the knee of the opponent's lead leg (18a), driving the butt of your tambo into the base of his neck as you land (18b). Flip the tambo into yin grip (19a) and hook the opponent's neck (19b). Release your left hand and reach under your right arm to grasp the free end of the tambo (19c). Pull backwards to take the opponent down as you squeeze to choke him unconscious (19d).



Series 6: Back Thrust and Duck Under (moves 19 and 20)

As the opponent advances (19a below), step back (19b), jamming their attack and thrusting to the midsection (19c). A new opponent attacks from the front (20a). As the first opponent is still recoiling from your attack, propel yourself forward and under the new attacker's swing (20b) striking him in the body as you go by (20c).



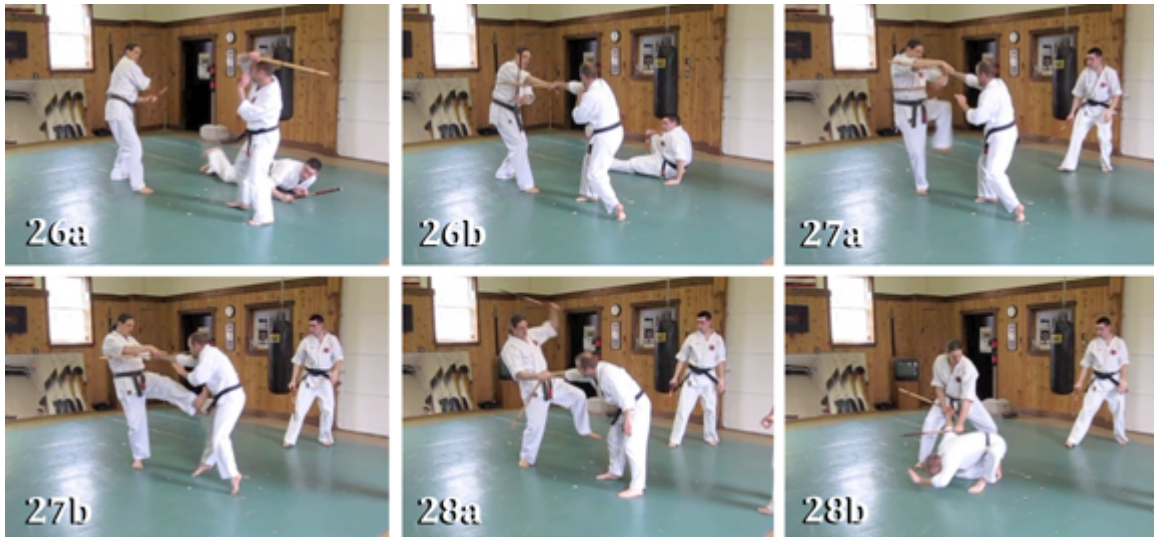
Series 7: Umbrella Block and Overhead Pass (moves 21 to 26)

The opponent attacks with a right downward diagonal strike (21a below). Block with a high block, basing the free end of your stick against your left shoulder as you reach out to check the opponent's weapon hand (21b below). Catch his weapon hand as you continue the motion of your tambo around your head and into a horizontal strike from right to left (22). Disarm the opponent with a horizontal strike from right to left (23a and b). Make a left to right horizontal return strike (24a), which the opponent jumps in and catches under his left arm (24b). Reach over top and grasp the free end of the tambo with your left hand (24c). Strike the hand of the incoming attacker (24d), bouncing back to strike the original opponent (25a). Leap in on opponent #2, jamming his weapon hand and striking to his neck (25b). Grasp the free end of the tambo with your right hand to apply a choke. Turn and take the opponent to the ground (26).



Series 8: Middle Block, Front Kick, Elbow Break (moves 26 to 28)

The attacker strikes from left to right (26a below). Block with the tambo braced against your right tricep (26b). Grasp the opponent's weapon hand (27a) and pull him into a front snap kick (27b). Keep his arm straight (28a) as you land with a powerful strike against the opponent's elbow (almost like a punch) (28b).



Series 9: High Block, Strike, Takedown (moves 29 to 31)

The final opponent approaches with an overhead strike (29a below). Defend with a two-handed upward block (29b). Parry the strike to your right (30a) and strike to his face or temple with the right end of the stick (30b). Grasp the opponent with your left hand (31a) and pull backwards as you sweep his lead foot (31b) to take the opponent to the ground (31c). Finish with a downward thrust to the throat (31d).

