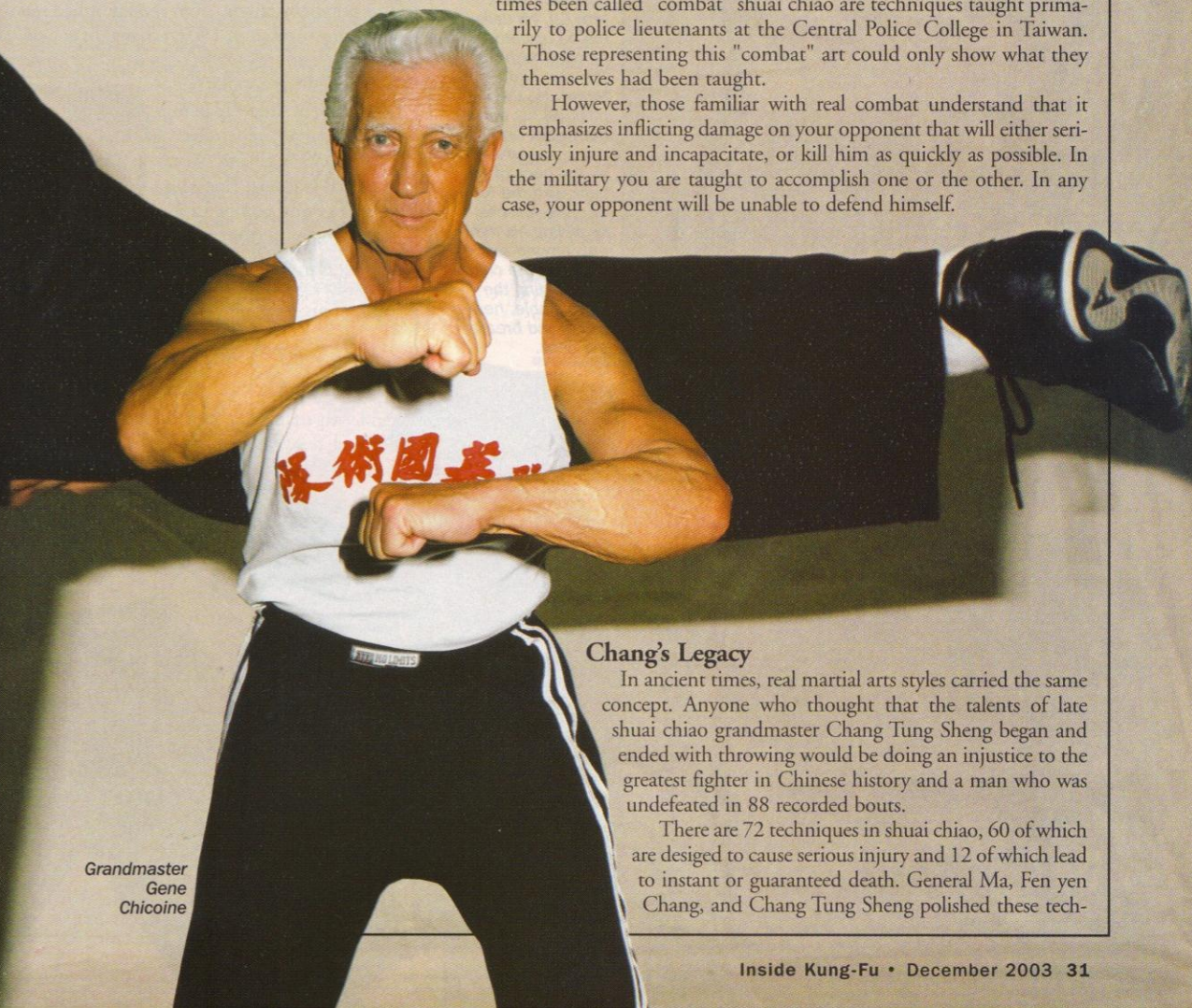


SHUAI CHIAO'S SECRET Military CONNECTION

Shuai chiao, China's oldest military martial art, has been revered as a strictly "military," "lethal," or killing style for over 4,500 years. The pinnacle of these techniques was restricted to mainly military officers.

According to shuai chiao grandmaster Gene L. Chicoine, what has sometimes been called "combat" shuai chiao are techniques taught primarily to police lieutenants at the Central Police College in Taiwan. Those representing this "combat" art could only show what they themselves had been taught.

However, those familiar with real combat understand that it emphasizes inflicting damage on your opponent that will either seriously injure and incapacitate, or kill him as quickly as possible. In the military you are taught to accomplish one or the other. In any case, your opponent will be unable to defend himself.



Grandmaster
Gene
Chicoine

Chang's Legacy

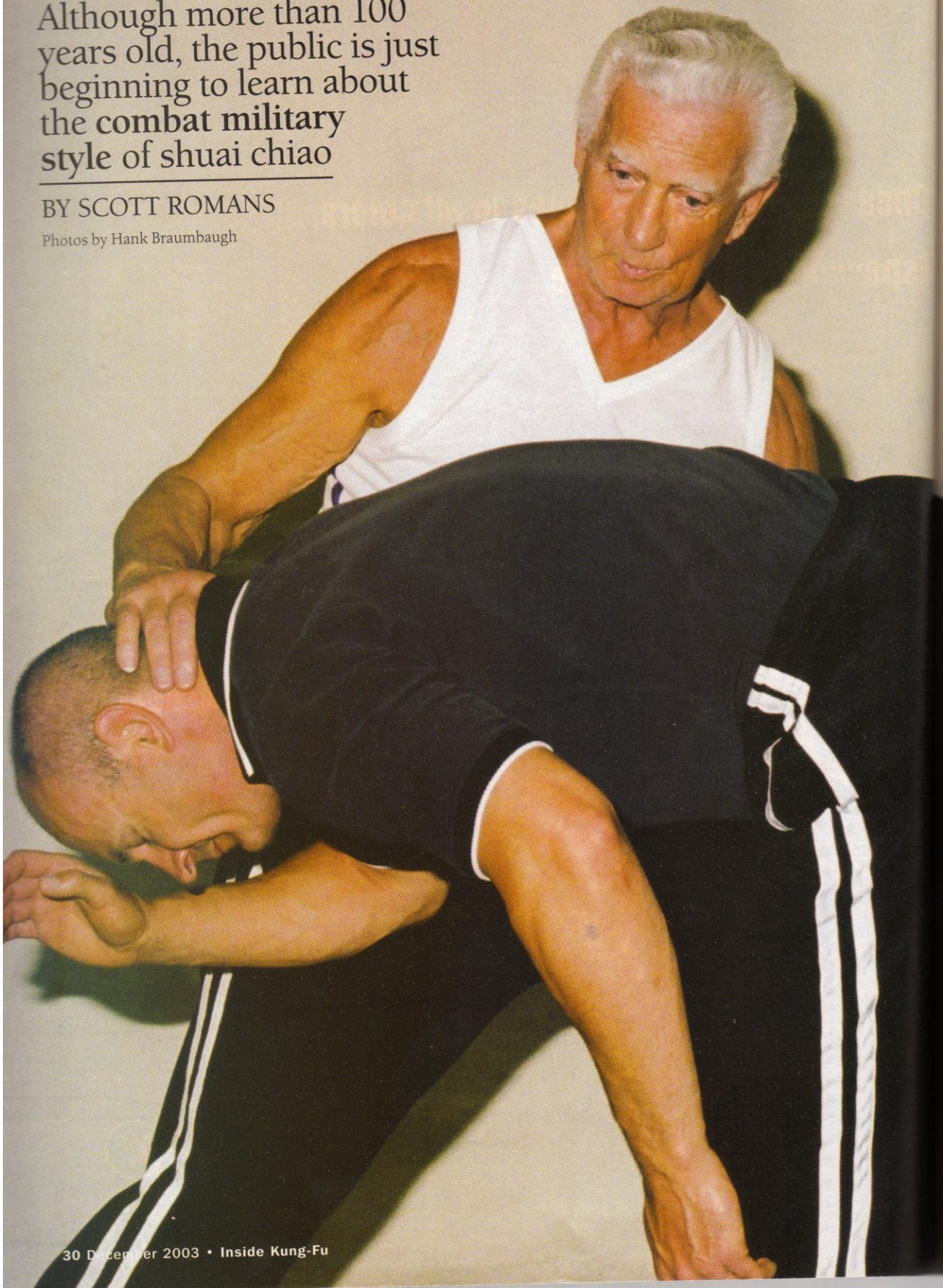
In ancient times, real martial arts styles carried the same concept. Anyone who thought that the talents of late shuai chiao grandmaster Chang Tung Sheng began and ended with throwing would be doing an injustice to the greatest fighter in Chinese history and a man who was undefeated in 88 recorded bouts.

There are 72 techniques in shuai chiao, 60 of which are designed to cause serious injury and 12 of which lead to instant or guaranteed death. General Ma, Fen yen Chang, and Chang Tung Sheng polished these tech-

Although more than 100 years old, the public is just beginning to learn about the **combat military style of shuai chiao**

BY SCOTT ROMANS

Photos by Hank Braumbaugh



SHUAI CHIAO'S
SECRET

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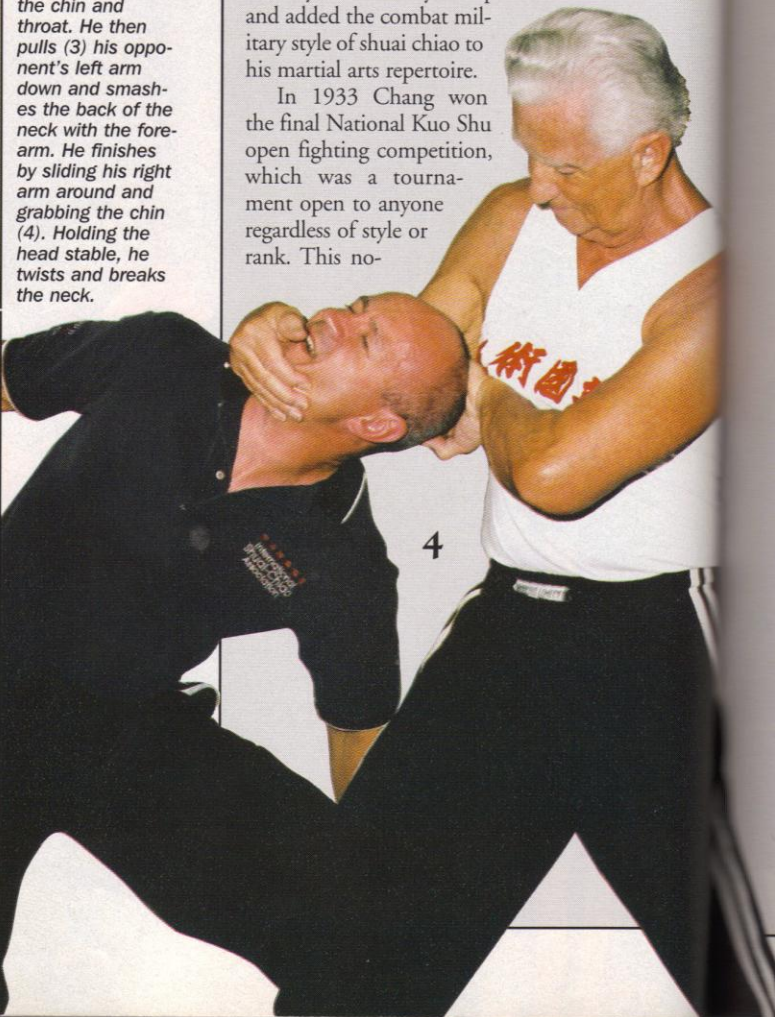
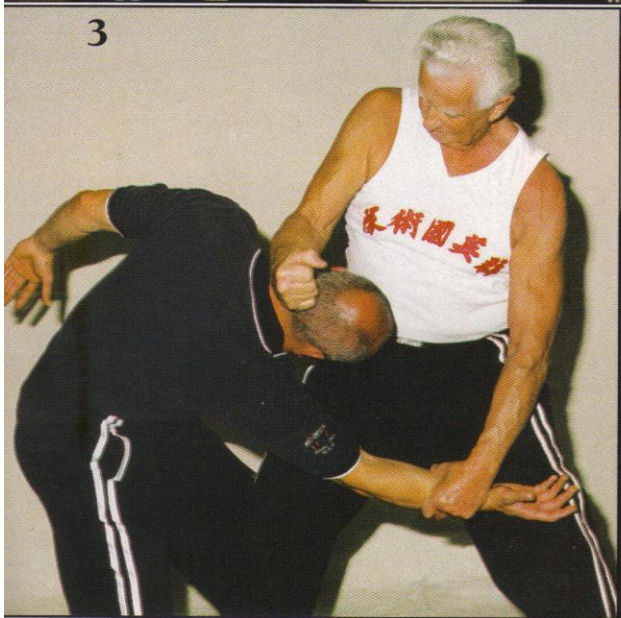
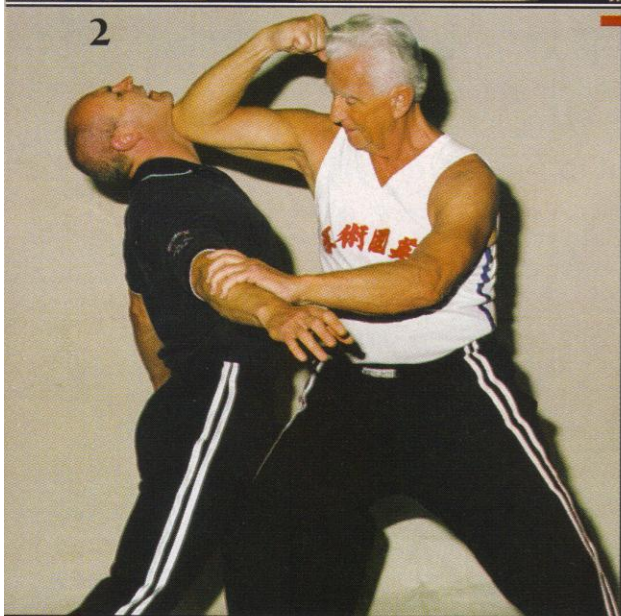
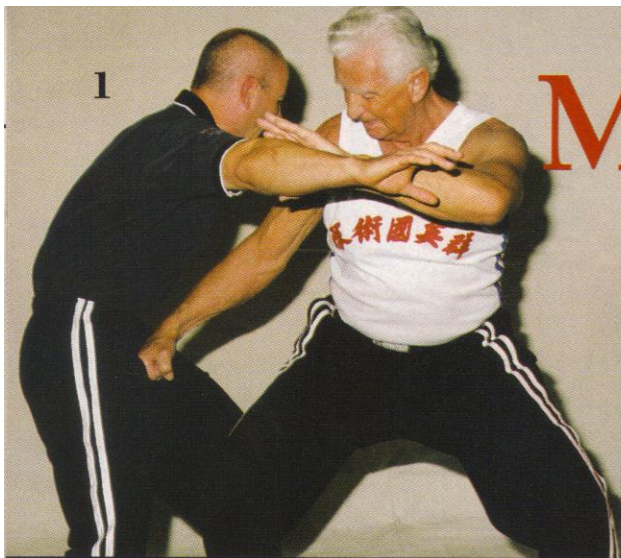
niques to today's level of proficiency. They accumulated and catalogued the best shuai chiao, organizing the depth and scope of a style considered the oldest martial art in history.

Combat military shuai chiao included methods of assassination as well as disarms against an opponent who was attacking with a knife, pistol, or charging with a bayonet. With the advent of firearms, it was felt in some circles that the long time spent training in unarmed combat was no longer a priority. In 1928 General Chang Chi Chiang formed the "Central Kuo Shu" Institute in Nanking, China. The last masters of the dynasties were brought together to teach at the institute.

At about this time, master "General Ma," a disciple of Ping Tong Yee, asked Chang Tung Sheng if he would be interested in learning the old combat military style of shuai chiao. "Ma" knew that Chang was seriously attempting to keep alive as much of the old styles, techniques, and ways as he could. He also realized that Chang was an honorable man who would respect the style as it was originally taught, even though it had not been practiced since 1902. Chang, of course, humbly and readily accepted and added the combat military style of shuai chiao to his martial arts repertoire.

In 1933 Chang won the final National Kuo Shu open fighting competition, which was a tournament open to anyone regardless of style or rank. This no-

Grandmaster Chicoine steps into a right horse stance (1), inside blocks with the left arm and punches downward with the fist to the pelvic bone. Holding his opponent's left arm (2), he delivers an upward elbow smash to the chin and throat. He then pulls (3) his opponent's left arm down and smashes the back of the neck with the forearm. He finishes by sliding his right arm around and grabbing the chin (4). Holding the head stable, he twists and breaks the neck.



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holds-barred contest, sometimes drawing as many as 1,200 competitors, was to be the last of its kind in China.

When Communism swallowed up Mainland China in 1949, Chang, at the time a lieutenant general, joined approximately one million other Chinese and headed for Taiwan. However, he was soon disappointed with the direction Chinese martial arts were taking. He vowed to keep the old ways alive, even if he had to do it one student at a time. In Taiwan, Chang became chief instructor at the Central Police College, a position he kept for three decades.

While at the Police College he trained a student named Jeng Hsing Peng, who eventually became the best student in shuai chiao and chin na as it is known today. Peng became the only person Chang allowed to assist him.

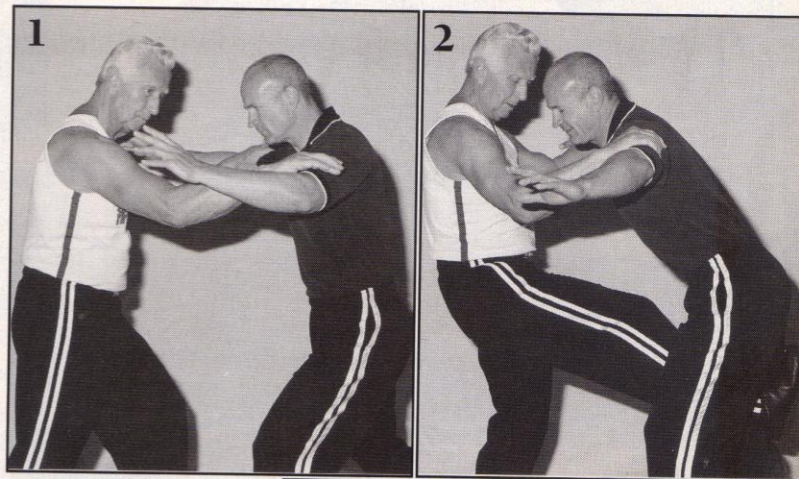
In 1968 Chang refused to teach anyone except his disciples, and to them only his specialized version of Chang's tai chi chuan. Then in 1979 he met and took as his 13th son, Gene Chicoine, who already had more than 30 years of martial arts training under his belt. When Chang asked Chicoine what he hoped to learn, Chicoine responded, "Teach me what you think I should have." Pleased with Chicoine's answer, Chang told his newest "son" that people were always trying to steal his "treasures." Chang referred to all his techniques and training methods that were unknown to others as his "treasures." He further informed Chicoine that there was one treasure he refused to let die — the shuai chiao military combat techniques. He told Chicoine he would teach him the combat techniques, but that the student had to promise to keep them pure.

Saving the Best

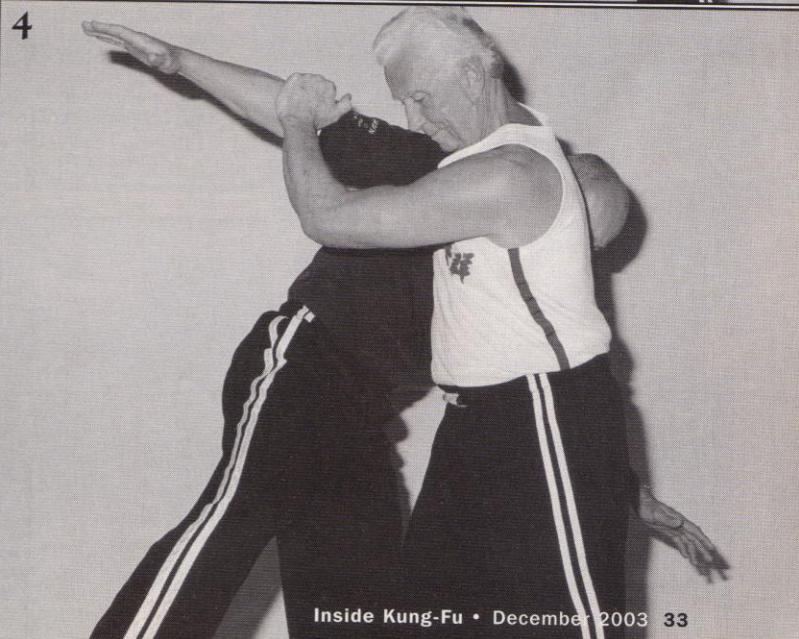
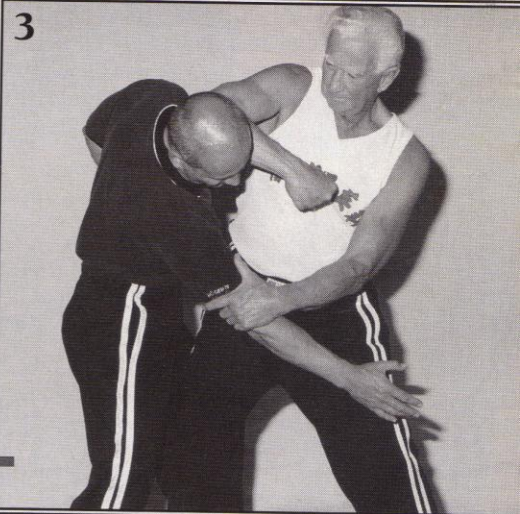
Chang explained that no man alive knew even one-half of what he himself knew of shuai chiao throwing. He added that while there weren't enough years left in his life to teach all the throws, he wanted to make sure the military combat techniques of shuai chiao did not die with him. He instructed Chicoine to continually polish and perfect these military techniques, emphasizing that they were to remain the pure and undiluted premier closed-door fighting arts taught to emperors, royal families, special agents and high-ranking military officers.

Chicoine also made sure Jeng Hsing Peng visited his school to continue his education in throwing and chin na techniques. A group of senior students at the Ho Chun School were chosen by Chicoine to train in military combats techniques. The group also was treated to strength programs such as iron vest, muscle restructure, and real iron

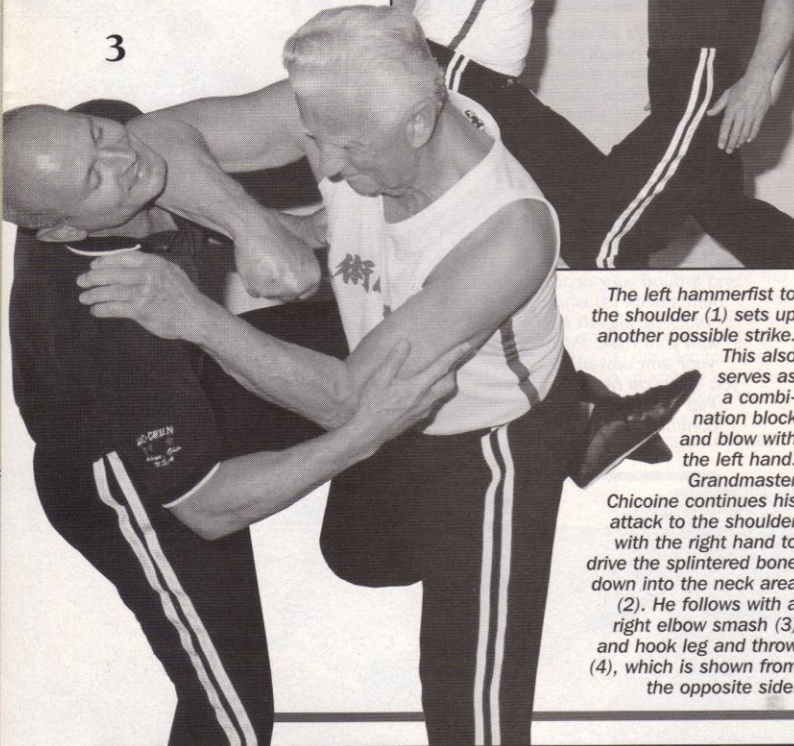
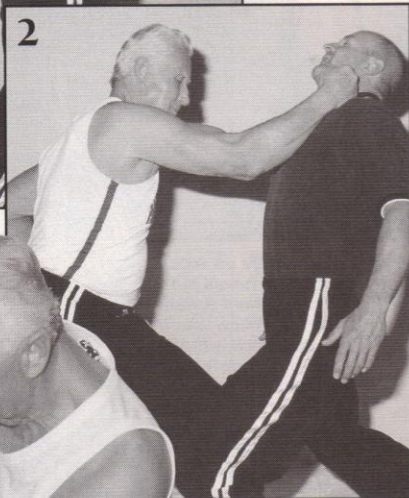
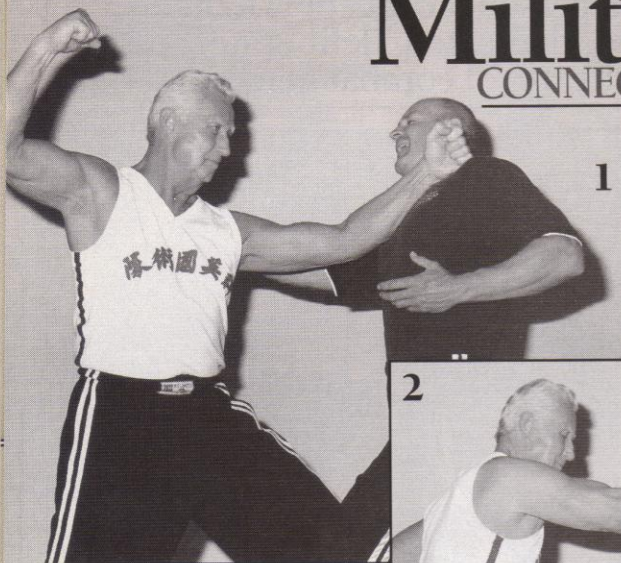
"Chicoine's personal concept is to be determined, dedicated, deliberate, and deadly in the use of combat martial arts."



1
An inside up scoop with both hands pulls the opponent toward you (1). Follow with a groin kick with the instep of your foot as you hold the opponent (2). Pull your opponent down and around into an elbow smash to the back of the ear (3). Slide your right arm up and around your opponent's neck (4) while blocking his left leg with your right. Push your arm upward as you surround his neck. Flip him over as you continue to hold the neck for a break.



SHUAI CHIAO'S
SECRET
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The left hammerfist to the shoulder (1) sets up another possible strike. This also serves as a combination block and blow with the left hand. Grandmaster Chicoine continues his attack to the shoulder with the right hand to drive the splintered bone down into the neck area (2). He follows with a right elbow smash (3) and hook leg and throw (4), which is shown from the opposite side.



palm, not the watered-down, hand conditioning style sold today as the real thing.

It has taken 12 years for the senior "disciple" students to reach a level where they are proficient to teach this program. Chicoine admits that they only know 60 percent of the necessary 72 techniques, and just half of the instant killing targets.

In September 2001, Chicoine and his students staged a short demonstration for a large group of high-ranking military personnel at the request of Lt. General Teng, head of the psychological warfare college. Among the dignitaries were commanders of the Special Forces.

Special Forces Program

Shortly after the presentation, master Roger Soo, first vice president of the ISCA, and according to Chang, next to Jeng Hsing Peng in throwing, began teaching the regular military and corrections officers in Taiwan. Chicoine was asked to develop a program for the Special Forces, which he was to present in late 2003. The program, which takes into consideration the body armor worn today by most military soldiers, would only be taught to career military personnel.

Though he just turned 73, Chicoine's physical condition is astounding for his age. Making his movements all the more impressive is that he has had to endure six operations related to injuries sustained while working in law enforcement and narcotics investigations. He has spent the last five years since his last surgery working toward the physical level he enjoyed prior to his final operation.

The ISCA World Training Headquarters in Akron, Ohio, boasts a workout area of 7,000 square feet plus changing areas and an office. It also includes an Olympic judo regulation workout mat with 800 square feet of throwing space.

Chicoine, who was awarded his tenth degree at a ceremony in Taiwan on the tenth anniversary of his teacher's death, is recognized in Taiwan as the grandmaster of shuai chiao. He says has done everything his beloved teacher asked of him by creating a world headquarters for his military shuai chiao, keeping the international association alive and promising to teach only the complete combat techniques.

Chang told Chicoine that if he followed his instructions he would be alive to witness the day when someone would have to come to him to learn "real" martial arts, not the sport concept so popular today. His personal concept is to be determined, dedicated, deliberate, and deadly in the use of combat martial arts. 🐉

Scott Romans is a freelance writer, attorney and legal advisor to the Cincinnati, Ohio, school district.