

DAP SAO

While Poon Sao is the most famous and iconic platform in Wing Chun, Dap Sao is certainly the oldest and most universal in the martial arts world. In fact, in addition to being present in many lineages of Wing Chun, it is also present in many other martial arts different from Wing Chun.

Dap Sao literally means “arms that want to be on top”. The movement at the base of the Dap Sao is similar to that seen in the changes of the Poon Sao: the hand above in Fook Sao (Fig. 727) gives the partner input to the partner to change, who rotates (Fig. 728), for then finish with the inverted position (Fig. 729).

By doing it this way, only the upper part of the body is covered, leaving us uninterested in the lower area. However, unlike what was seen in Poon Sao, in Dap Sao we also cover the lower part of the body, so you need a wider and longer movement, as if you were drawing a circle with your arms. (Fig. 730, 731, 732). This movement is actually not new, as it is similar to the one in set 8 of Siu Nim Tao, in the closing phase (Fig. 733, 734, 735).

The exercise with the partner is performed by alternating arms and executing it in a neutral manner (Fig. 736, 737, 738, 739), that is, without inserting any technique. However, this neutrality should not be confused with an absence of techniques. On the contrary, in this execution there are all the techniques.

An outside viewer would only see two people circling their arms. However, Dap Sao must be performed as a succession of attacks and defenses (Fig. 740, 741, 742) and not simply as a twisting of the arms. The exercise consists in covering all the doors, without giving space to the partner to be able to enter and attack, but trying to feel the opening points of the partner himself.

Once you have learned this cycle, you can give all the inputs you want, such as giving inputs from outside to inside (Fig. 743, 744, 745) or input to close (Fig. 746, 747, 748). The important thing is to always keep the body soft and the arms sticky.

Dap Sao, being a little technical exercise, allows you to train sensitivity very well in very different ways. For example, it can be trained at a short distance (Fig. 749), in which the elbows are almost motionless and it is mainly the forearms that rotate and cover all the gates, or we place ourselves at a long distance (Fig. 750), or even we place ourselves at an extreme proximity distance (Fig. 751).

Once you have learned Dap Sao, footwork exercises can also be added to the exercise, as already seen in Lat Sao.

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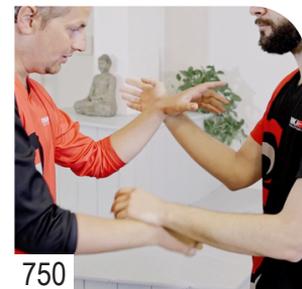
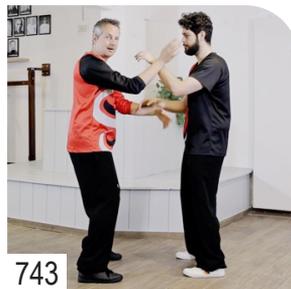


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