

The Six Basic Principles of Tuite

The Principle of “X”



Primary and Support



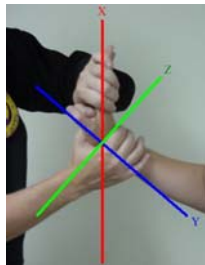
Positional Paradox			
You	Opponent	Result	Relation
Straight	Straight	Opponent is Stronger than You	-
Straight	Bent	Opponent is Equal to You	=
Bent	Straight	Opponent is Equal to You	=
Bent	Bent	Opponent is Weaker than You	+



Wrist -vs- Fingers

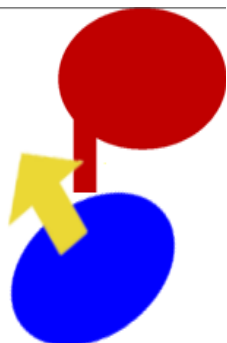
Wrist Controls the Knees
Fingers Control the Waist

Three Dimensions



Footwork = Force Efficiency

Chest NOT Aligned



Chest Aligned

