

Modern Tahtib

REMOTE TRAINING GUIDE



Leverage on existing material!

In addition to the new Modern Tahtib Guide published in 2021, consult the Modern Tahtib book, available on Amazon and at the editor, BUDO EDITIONS at www.budo.fr

Consult the existing MT media (free of charge), they contain all along practice and teaching hints. The videos available on the MT Youtube channel contains also texts about history, principles and rules.

Subscribe to the MT Media (free of charge), at,

- ❖ Modern Tahtib Youtube Channel, [click here](#)
- ❖ Modern Tahtib Facebook Page, [click here](#)
- ❖ Modern-Tahtib on Instagram, [click here](#)
- ❖ The website www.tahtib.com
- ❖ For those already on Linked In, you could join the Modern Tahtib group

Set a plan for yourself, share it and discuss it with one of the available MT Instructor, in the following languages: Arabic, English, French, and Spanish.

A. Review MT history, values, principles and some basic techniques in about 20'

1. Modern Tahtib Egypt Soul – ENGAGING

<https://youtu.be/zlTQISvqFac>

Energy, rhythm and engagement in any Modern Tahtib codified joust, as for “Mossolofa” which includes three basic attack and defense techniques.

2. Modern Tahtib Egypt Soul - GATHERING

<https://youtu.be/4JkX4LkNER8>

Creating the engagement and harmonizing circle is a preliminary to jousting, this one is called “Universe”.

3. Modern Tahtib Egypt Soul - EMPOWERING

<https://youtu.be/ZXRWXxo-ARY>

The “Egyptian Haka” is of various rooting steps executed with the support of drum rhythms to enter in a Modern Tahtib celebration.

4. Modern Tahtib Egypt Soul - A GAME

<https://youtu.be/SaMyAxxFg3w>

With power and control, jousting drives to respect and fun. A light touch to the head or three to the bodies is a win.

5. Modern Tahtib Egypt Soul - CHALLENGING

<https://youtu.be/A5BxYBxn2G8>

For 360° discernment, one of the main contribution of Modern Tahtib is to re-introduce the combat as it was 5000 years ago in the battlefield, i.e. three or four attackers against one defender.

6. Modern Tahtib Egypt Soul - UNIVERSAL RESPECT

<https://youtu.be/0IJJ-6WRWU8>

Modern Tahtib

REMOTE TRAINING GUIDE



The engravings found in Abousir site (Sahourê pyramid track, -2600 B.C.) reveals remarkable techniques and meanings.

7. Modern Tahtib Egypt Soul - *NAKHLA*

<https://youtu.be/vphuXAMSdcU>

The first codified series called Nakhla (the palm tree) teaches 10 basic principles and 5 paradigm shifts. There are eight codified series.

8. Modern Tahtib Egypt Soul - *FOR EVER*

https://youtu.be/Ys3NI_PweU4

What is Modern Tahtib and where it comes from?

A 5000 years rich story coming now with Modern Tahtib and its four contributions : transmission method and codified series, women are now in the game, combat is back on stage, modern sportive dress and the Vth dynasty Egyptian belt.

9. Modern Tahtib Egypt Soul - *Mirroring*

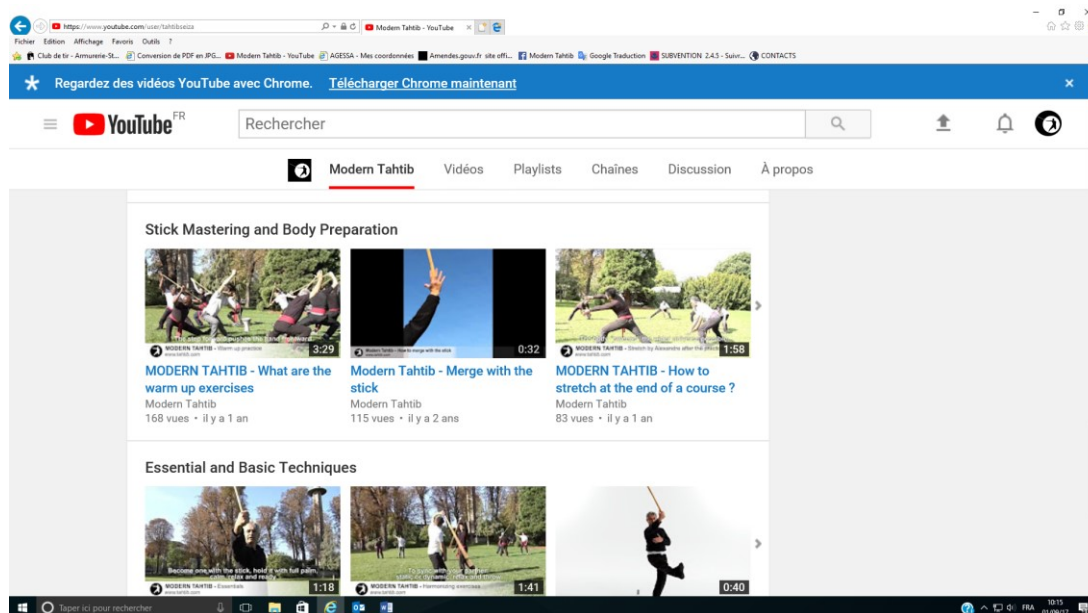
<https://youtu.be/IH9GGpUr1ik>

If among Modern Tahtib's roots there is Universal Respect, it concretely starts with self-respect particularly by mirroring thru the other. The practice of the first Modern Tahtib Nakhla (Palm tree) with its two sub forms A and B, i.e. the defender and the attacker is a remarkable mean for mirroring. Enjoy it!

B. With a group of friends, PRACTICE SOME ESSENTIALS

"The essentials", "What is full palm staff handling?", "What are the three basic defense-attack techniques?", "How to practice anchoring steps?", etc.

Ref the two Modern Tahtib Youtube Channel sections mentioned hereafter.



→ Start by 30' WARM UP, BODY PREPARATION and STICK MASTERING,

Modern Tahtib

REMOTE TRAINING GUIDE



→ All along your practice, check your body stance, movement synchro of upper and lower body, breathing, relax (no stiffness in MT), “body first”, protect your head at any time and ensure that you are one with your stick.

→ Practice POWER AND CONTROL at each session,
From the ESSENTIAL and BASIC TECHNIQUES” video section, watch the two here-under videos,
“Tahtib techniques – Power and Control”, [click here](#)
“Power and control at any time”, [click here](#)

C. PRACTICE THE BASIC CYCLE by TWINS

Go segment by segment, and then assemble. The basic cycle requires three months practice. Each segment adds in specific fighting criteria. Ref to breathing, distance, angle, synchro, body mobilization, relax, cross steps, “chasse” step, sliding step, horse stance, etc.
Ref in the MODERN TAHTIB BOOK.

The **BASIC CYCLE** is also available on the following video, <https://youtu.be/BMEHwUIWnfo>

D. DISCOVER THE “secrets” in the TASHKILA, (forms)

If all people knows what KATA means, who knows what TASHKILA means?
KATA, a Japanese word, means choreographed patterns of movements. Kata is practiced either solo or in pairs. Such forms aim at transmitting martial techniques, movements, attitudes, feints.
The name of such practice, in each culture is:

- In China for Wushu, TAO or TAOLU
- In Korea for Taekwondo, POUMSE or HYUNG, or TUL
- In Indonesia for Pençak Silat, JURUS
- In Vietnam for Viet Vo Dao, QUYEN
- In Burma, AKA
- In Cashmere, KHAWANKAY
- In India, YUDHAN

With MODERN TAHTIB, similar practice is called TASHKILA.

After a decade of investigation and practice in Upper-Egypt, Adel Boulad created thirteen Tashkila (codified form) named as :

Nakhla (Palm tree), **Noqta** (Point), **Qantara** (Bridge, link), **Gawla** (Journey, loop, walk), **Laffa** (Rotation), **Mass’ha** (Clean up, erase), **Khala’a** (Pulling out, uprooting), **Khed’aa** (Feint), **Tawila** (Extended), **Dawwama** (Whirl), **Shabaka** (Net), **Meshaqlaba** (Reverse), **Moudada** (Opposite).

The MT founder created four codified jousts, the **ABOUSIR series**.

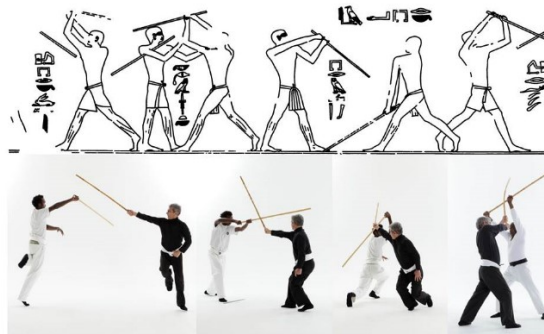
Inspired by the indications given on Abousir engravings (-2600 B.C.) he named them as
Abousir – TAA’SIL (rooting), Abousir – TARKIZ (centering), Abousir – ELTEZAM (committing),
Abousir – TAXASSO (linking).

Modern Tahtib

REMOTE TRAINING GUIDE



Detailed videos are available on the MT Youtube Channel in the playlist “Forms and Codified Series”.

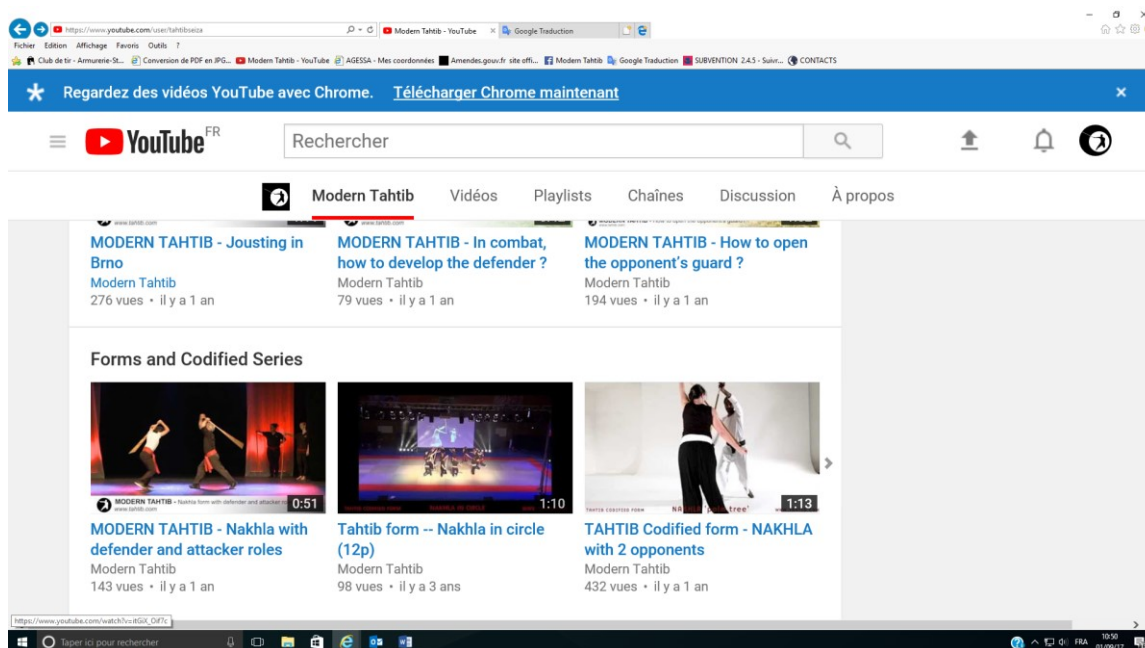


Concerning the thirteen forms , Ref in the “Forms and Codified series” section, **start with Nakhla**.

You will find the MT fundamentals in Nakhla’s first stage, i.e. the first 9 sec in the video, [click here](#)

1. ME. Self-alignment (full protection)
2. THE OTHER. Consider the other, look beyond your elbow
3. CONSISTENT. Move and keep the two here-above principles,
4. BODY FIRST. Synchro upper and lower when you move your stick,
5. DISCERNMENT. A defense is also an attack

In Nakhla form, these five fundamentals are played fifteen times, at the 15 direction changes.



Modern Tahtib

REMOTE TRAINING GUIDE



Practice the forms with wide steps, very wide.. and breath all along with diverse speeds from very slow (good also to warm up) to very fast, but relax at any time (slow or fast)

After 3-4 months practice of Nakhla, ref here-under start to practice the form in different modes.



NAKHLA نخلة

The palm tree, is a remarkable element of the Egyptian Landscape.

Nakhla is also the 1st Modern Tahtib form taught to **beginners** to discover the Egyptian battle staff principles, attitudes, and basic techniques.

The form Nakhla is also practiced by **advanced jousters**. They are challenged in their skills and attitude in different practice modes:

1. *Synchronized with a group in circle with percussion rhythms,*
2. *Played by two, one defender vs one attacker,*
3. *Played by two, within a defined circle, in free directions but respecting the form's movement sequence,*
4. *Played freely in the form's sequence vs two attackers within a defined circle,*

Start with the mode "attacker and defender", [watch the related video, click here](#)

E. STICK GAME, JOUSTING and COMBAT PRACTICE!

In fact, at any level, each MT session ends with a jousting & combat stage.

It is a funny moment, particularly amazing for development.

At the end of a MT session, the energy, harmony, power and control, sport spirit, fairness are at the necessary level for committed but respectful jousting → no accident!

→ Game basic rules. The winning objective is to graze the other head or to touch his body twice in the same moment in two different parts, or three body touches.

Forbidden: hit the head or the joints, the pikes,

Loosing points: move out of the circle, loose the stick,

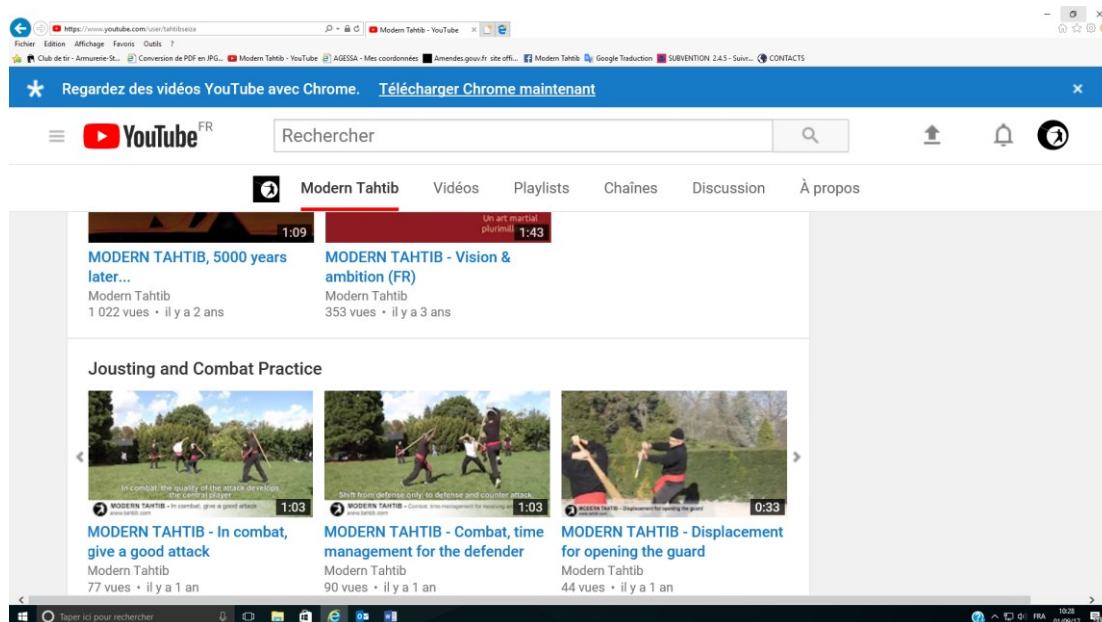
For beginners, I recommend free jousting kneeling and sitting on the ground.

For all, at any time: **Respect, Power & Control.**

From one of the here-under videos, select one or two techniques and practice it different conditions: static, slow movement, body spin, fast movement, kneeling, sitting on the ground, laying, jumping, Ref in "How to open the opponent's guard?", "What are the jousting applications of the phase V of the series NAKHLA?", etc.

Modern Tahtib

REMOTE TRAINING GUIDE



As soon as you implement events or tournaments, consider the following experience in Egypt, France, etc.

“By using new apps downloaded on their phone, the audience took part in the scoring of various trials. For the jousts for instance, scores were attributed to the quality of the joust itself, not to each joustier individually, and had to take into account the following criteria: engagement, fighting spirit and respect, feint, harmony, speed and handiness. By consequence, the final ranking reflected the quality of the jousts themselves, in decreasing order. As a result, medals were given to the joustiers as joint winners, joint seconds, etc. Such a system of scoring and ranking implies and permits a practice of high quality, in a lively and respectful sporting atmosphere. ”

F. LATER ON ... DURING A TTT WITH A MT CERTIFIED INSTRUCTOR!

The hips' leadership

The eagle's gaze

No constraints no freedom

The ear at work

The defensive attack

The about face break-out

Modern Tahtib

REMOTE TRAINING GUIDE



The leg's shift leads the upper hand

The leg's shift leads the bottom hand too

The grounded hips

Release your hips

The body movement is the gesture

Anything but the stick

Rounding the orthonormal

The jousting's four modes

The talking hips

Shoot scanning

The 45° rule

The five modes for the Tashkila (forms)