

Where To Download Praying Mantis Kung Fu

Praying Mantis Kung Fu

****2012 Creative Child Magazine Preferred Choice Award Winner!****

A young boy, abandoned on the steps of the Shaolin Temple, is adopted by mysterious Kung Fu monks. Raised in a place where the powers of animals are studied and practiced, Wong Long tries to fit in and learn kung fu. Forever bested by the exotic animal styles of the other students, Wong Long runs away from the temple. That summer, he discovers and befriends a small praying mantis. Naming the mantis "Teacher", Wong Long is inspired to create an entirely new style of self-defense. When he returns to Shaolin Temple with his own unique style, the young monk is

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redeemed, history is made, and a kung fu legend will live on forever. Little Monk and the Mantis is the thrilling tale of one boy's search for self-expression, courage and the peaceful, non-violent teachings that are at the root of true martial arts.

Philadelphia police detective Lieutenant William Fogarty and pathologist Joey Tanaka, a master of the martial arts, track the Mantis, a serial murderer with almost superhuman strength and an uncanny ability to baffle police. 75,000 first printing. \$50,000 ad/promo.

A rare book of China's Kwongsai Jook Lum Temple Praying Mantis Kungfu and Unicorn Culture.

Included are: Origins, history and practices of China's Kwongsai

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Mantis, rare and exclusive historical photographs never published before, the hometown of Kwongsai Mantis-Pingshan Town, how Wong Yuk Kong came to learn Hakka Mantis, why Wong Sifu went "mad" after a spell was cast, why Hakka Mantis is divided into "three orders" and what they are, three Wong Brothers who inherited Kwongsai Mantis, what Kwongsai Mantis boxing was taught early on and now, what happened when Kwongsai Mantis and Chu Gar first met, Hakka Mantis descending the mountain on horseback in 1917, English and Chinese translation of how Master Chung blossomed Hakka Mantis in South China, Hakka Culture along the East River, extensive interviews with

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inheritor Wong Yu Hua about sensitive topics, rules and regulations of Wong Yuk Kong's Mantis School, a Hakka Feast in Pingshan Town, valuable Hakka Mantis resources online and off, Hakka Mantis boxing maxims and proverbs, dozens of Kwongsai Mantis boxing postures, staff, and sword pictures, rare never before published Jook Lum Mantis reliquary photographs, the Bamboo Forest Temple true heritage Dit Da liniment prescription and more.

Praying Mantis Kung Fu Training Journal: Notebook and Workout Diary: For Training Session Notes
Praying Mantis Kung Fu Journal
150 Lined Pages, Softcover, 6 X 9
Little Monk and the Mantis
Kung Fu

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Pictorial Book of Boxing Postures
& Maxims

Shanxi Seven Star

Praying Mantis

*Continuous Fist evolved
from Chinese Shaolin*

Boxing styles and

*includes a comprehensive
combination of the*

essence of Internal and

External martial methods

that, in turn, make up

this unique style.

Besides the excellent

fitness results of

training, there is a

unique expression of

fighting and self-

defense, the practice

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method is simple, it is rich in content with great value in its research and promotion. From its inception this martial method has been held in high esteem by fans of the martial arts. At present, Chinese traditional martial arts are in need of saving and great effort should be directed toward their promotion. My wish is that this book will serve as a wake up call. Shanxi Seven Star Praying Mantis

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Continuous Fist is the same as other martial styles, it makes the body strong and healthy while preventing disease and prolonging life. What makes our style special are the unique fighting techniques, thus it has received praise from the martial arts community and is favored by the learned. The final 50 chapters of this epic, with the heroes entering the emperor's service, and facing betrayal at court.

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This is a book that introduces Praying Mantis Kung Fu in an easy to read, easy to understand and in an enjoyable way!The first book on Four Roads Swift Striking (Sei Lou Bung Da) that is available to the public from the Chiu Cheung Leun Sect, a prestigious 7-Star Praying Mantis Gung Fu family that has it roots from the famous Lo Gwang Yuk, one of the 'Four Super Lords of Ching Wu'. This is the first of many 7 Star Praying

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Mantis Gung fu Legacy series to come! It's full of information and illustrations... This book provides the reader with a glossary of 7-Star Praying Mantis Terminology written in Chinese, transliterated (Cantonese) and in English, its a "must have" in your martial arts library!!

*Praying Mantis Kung-Fu
A Bug, A Boy, and the
Birth of a Kung Fu
Legend*

*The Complete Manual of
the Style: Theory*

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Chu Gar Fist

The Complete Guide to Northern Praying Mantis Kung Fu

Mantis fist in Wing Chun

Sifu Paul Eng's 6th book in his comprehensive series outlining the foundational routines of Praying Mantis Kung Fu. Kung fu is an exciting and popular form of martial arts. Like all martial arts, kung fu not only teaches self-defense, it also teaches confidence, concentration, and physical fitness. People have practiced kung fu for thousands of years, during

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which numerous styles and techniques have developed. This volume looks at the history of kung fu, from ancient China to the modern dojo. Fact boxes highlight key exercises, equipment, and important figures associated with kung fu. Full-color photographs accompany informative and accessible text that will appeal to developing and independent readers.

This book contains key aspects to the fundamentals of Southern Praying Mantis. The information presented here

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along with the video, establishes the posture, structure, and footwork that are essential to SPM training. Any structure must have a firm foundation if it is to stand.

The Complete Training Manual

Chu Gar Gao

Shanxi Seven Star Praying Mantis Continuous Fist

Praying Mantis Kung Fu

Training Journal: A

Martial Arts Log Book: For Training Session Notes:

Record Details,

Techniques, Progress and Improvements

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Praying Mantis Kung Fu
Mantis Exits the Cave
**Developed by Wang Lang
over 300 years ago,
Praying Mantis Kung Fu
is the only martial art
based on the fighting
skills of an insect.
This fascinating system
utilizes swift,
methodical movements for
defense and offense, and
is well respected as an
art that helps
practitioners develop
great strength and
perseverance. The
Complete Guide to
Northern Praying Mantis**

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Kung Fu provides an in-depth look at the history and practice of this remarkable martial art. Author Stuart Alve Olson, a student of T. T. Liang, draws on the lineages of Masters Feng Huan-I and Wang Han-Fon, but includes detailed description of all major schools, styles, and lineages. The first half of the book focuses on tactics and theory; the second half contains step-by-step descriptions of the fundamental Praying

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Mantis stances, exercises, footwork, and kicks, clearly illustrated by more than 200 photographs. What sets this book apart from other works on Praying Mantis is its philosophical depth; author Olson gives a clear account of the development of the art and the Taoist principles from which it arose. This book provides the basis for not only mastering the martial art of Praying Mantis Kung Fu but also

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mastering oneself—the true goal of all martial arts.

A rare instructional treatise of Chinese boxing from the Kwongsai Dragon-Tiger Mountain, Bamboo Forest Temple, Praying Mantis Clan, as transmitted by the late Grandmaster Lam Sang. Details include stories of Lam Sang's supernatural ability such as Poison Snake Staff, Sun Gazing, and Light Body Skills. Boxing principles elaborated are Body

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posture, Rooting,
Sinking, Center-line,
Spiral power, Contact-
control-strike,
Intercepting and sticky
hand, Bridging, Anticipa-
ting-telegraphing, Dead
and live power, Form and
function, 4 word secret,
Dim Mak vital points and
more. Boxing
Fundamentals included
are Footwork: Chop,
Circle, Advance, Shuffle
step, Turnarounds, Side
to side; Kicks, Sweeps,
Takedowns, Grappling,
Chin Na Seizing, Hook
hands, Elbow strokes,

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Dui Jong, Sticky hands, Forms, and Phases of training. Eighteen Buddha Hand techniques, 9 defensive, 9 offensive, are illustrated in color with instruction in attributes, function and vital point targeting. Boxing maxims of strategy and tactics are included.

This book features the teachings and training methods of Granmaster Gin Foon Mark.

Grandmaster Mark's legacy is Kwang Sai Jook

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Lum Southern Praying
Mantis. Read about the
history of the style,
training tips and
methods from the master,
and anecdotes from his
more than 80 years
studying Chinese martial
arts.

Plum Blossom Hand

The Seven Star Praying
Mantis Book: Book 3

The Seven Star Praying
Mantis Book: Book 3; 8
Hard

Tong Long Double End
Stick

Seven-star Praying
Mantis Kung Fu

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SOM Bo Gin Two Man Form

Make the most out of your martial arts training sessions with this specifically designed log book. Each page has space for all the important details of your training session. Use the data you record to monitor your improvements and new techniques learned, keep track of specifics and technicalities, and keep an eye on any aspects of your training that need more focus. If you train twice per week, this log book will keep you going for over a year! Features: Track session details - Date, week, weight, session, instructor, belt rank
Track techniques covered in

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each session Note progress made, and areas for improvement next time Space for your own notes

A treatise on Chinese Martial Arts (Wushu, Guoshu, Kung Fu) by a world famous master, focusing on three styles: Pachi Chuan, Pikua Chang and Tanglang Chuan (Praying Mantis), including their histories, internal energy and applications. With hitherto unpublished information from a pure lineage in the line of Master Liu Yun-Qiao and the Wutan Institute. Many original pictures.

After many years of training and study, with GM ° Zhǒng

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Liánbǎo first and then with GM ° Lín Dòngzhù, I can say that the style of the 7 Star Praying Mantis Kung Fu has rightly earned the fame it possesses. It is an extremely ferocious, very fast style, with really incredible speed changes and technical variations. With this work of mine, I hope to give a deeper knowledge to all Chinese martial arts enthusiasts out there. Of course this work of mine is not exhaustive of the theories and of the techniques of the Seven-Star Praying Mantis Kung Fu. This style is indeed very rich in theories, but many of them are explained only to the

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disciples of a Master. I tried to express, in simple words, the complex concepts underlying Qīxīng Tánglángquán. through persevering study with a well-trained Master, they will dominate the system, they will have in their hands a deadly weapon for self-defense.

Kung Fu Basics

Southern Praying Mantis Kung Fu

Everything You Need to Get Started in Kung Fu - from Basic Kicks to Training and Tournaments

Training Methods of 72 Arts of Shaolin

The Art of Chuka Shaolin
Kwong Sai Jook Lum Gee

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The book is devoted to analysis of using mantis fist and paw in Wing Chun. On the base of analysis of traditional Wing Chun forms «Siu Lim Tao» (little idea) and “Form 108” on the wooden dummy author gives techniques of using blows by mantis fist and blocks by mantis paw in Wing Chun. Book contains wide number of illustrations with detailed description. This material widens Wing Chun technical arsenal and practically deciphers the little used movements from «Siu Lim Tao» form.

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This book is a comprehensive study guide to the fundamental and intermediate levels of Shaolin long fist kung-fu. In terms of showing and preserving knowledge for the students and instructors of long fist, this volume provides an invaluable aid for teaching sequences and explaining other aspects of the style. This book lays a foundation for beginning and advanced stages of long fist in terms of giving the student of kung-fu a grounding in fundamental

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and intermediate knowledge and skill.

Master the terrifyingly effective Phoenix Eye Fist style of Chinese Kung Fu with this illustrated martial arts guide. The Secrets of Phoenix-Eye Fist Kung-Fu depicts an enormously potent art, also known as Chuka Shaolin, that does not depend on strength or size. Instead, it utilizes a special striking technique, the phoenix-eye fist, aimed at vital points on the opponent's body. Phoenix-Eye Fist Kung-Fu excels at close-

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range fighting—an area neglected in many other martial arts—and employs a variety of lightning-fast strikes and kicks. Due to its deadly efficacy, there is no sparring in Chuka Shaolin, but instead complex two-person practice forms are employed—both for empty-handed fighting and for fighting with weapons—in which the practitioners fight all-out, and are protected only by a precise knowledge of the form. With hundreds of clear photographs, *The Secrets of Phoenix-Eye*

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Fist Kung-Fu reveals: The fundamental techniques of the empty-handed art A complete breakdown of the two-person empty-hand practice forms Detailed instruction in Chuka Shaolin pole fighting, including the practice forms An overview of the other weapons used in Chuka Shaolin, including the sai, the twin knives, the spear, and the farmer's hoe Special forms of Chi Kung designed to increase striking power, increase vitality, and aid in resisting and healing injuries

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Southern Praying Mantis
Kung Fu: History,
Principle, Technique
Complete Single Man
Training
Authentic Iron Palm
QĪXĪNG TÁNGLÁNGQUÁN Seven
Stars Praying Mantis Kung
Fu

Hakka Mantis
Praying Mantis Kung-fu:
Spear hand

A comprehensive guide to Iron Palm--an advanced training course for developing a strong striking hand and delivering powerful blows Iron Palm is a set of martial art conditioning skills--dating back to the

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Shaolin Temple of fifth-century China--whose purpose is to strengthen the hand while empowering the fighter to strike with force and precision. Training is focused and incremental, requiring the guidance of an experienced master. In Authentic Iron Palm, author, instructor, and five-time US National Chinese martial arts Champion Phillip Starr provides the definitive guide to Iron Palm. He meticulously outlines the three sequential steps of training: hardening limbs, developing technique, and engaging Qigong for coordinating breath

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and mind. The end result is a more powerful and precise strike that can impact the target's viscera (with no trace on the outer body). Lavishly illustrated with more than 200 images, this book is ideal for experienced practitioners of gong-fu, karate, and taekwondo.

An interactive instructional treatise teaching 60 postures of the Som Bo Gin (Three Steps Forward) Two Man boxing routine of Lam Sang's Kwongsai Jook Lum Temple Praying Mantis Kungfu. Interactive -- use the internet links provided in the book to

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view online video while following the instruction taught in the book Details include; Translation of Som Bo Gin (forward, arrow, scissors), Variance in Som Bo Gin training among Lam Sang's disciples, Speculation about Som Bo Gin, No Kwongsai Mantis Som Bo Gin in China, The meaning of Som Bo Gin, Som Bo Gin - nothing mysterious, The beginning and end of Southern Praying Mantis, Solo training, Paired training, Whole body power, Physical traits, Body weapons, Hakka Mantis posture, Footwork, Deep roots-iron

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steps, Forward momentum, Centerline theory, Bridge-range-distance, Frightening Spring Power, Contact-control-strike, Mantis summarized in three, Individual skills in Som Bo Gin two man; Call to mind drill; Unique hand and foot skills in Som Bo Gin Two Man, Bong Pun Shu, Yin Yang Sao, Bot Hop Shu, Mantis traps, Target Practice, Side to side steps, Lateral spins, Monkey step and kick; Step by step instructional photographs of Som Bo Gin Two Man form, Step by step breakdown of Som Bo Gin Two Man form in three lines and sixty postures

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A and B sides, And online link showing video clips matching this book's instruction; Hakka Mantis history, a gallery of Louie Jack Man Sifu and RDH photographs, and more.

Hardcover, full color, 200+ photographs, 128 pages.

Cover Image: RDH and Sifu Louie Jack Man

English language. A rare step by step treatise. The complete transmission of single man training from the late Hong Kong Sifu, Chu Kai Ming, first generation disciple of Lao Sui's Hakka Chu Gar Southern Mantis Kungfu, circa 1920s.

Featuring Sifu Anthony Chan,

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**Hong Kong. IN THIS BOOK:
PRELIMINARY / WARMUP
EXERCISES Arm Swings Back
Strokes Fic Sao 1 & 2 Wrist
Circles Open the Chest
MANTIS HORSE STEPPING
Forward - Back Cross Steps
Shifting Horse Steps Run the
Horse SOM BO GIN SINGLE
MAN FORM - HARD BRIDGE
Introduction to Som Bo Gin
Different Charcters - Same
Pronunciation Hard and Soft
Bridge SOM BO GIN HARD
BRIDGE STEP BY STEP Only
Line Three is Different SOM
BO GIN: CHU - SUN
VARIATIONS Lines 1 - 3 12
BASIC HAND SKILL**

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**COMBINATIONS Introduction
to 12 Skills Summary of
External Work Summary of
Internal Work BASIC FIST
FORMS Tiger's Mouth Phoenix
Eye Ginger Fist HAND SKILLS
1 - 12 STEP BY STEP Glossary
of 12 Basic Hand Skills TAN
ZHUANG - SOM BO GIN SOFT
BRIDGE FORM Introduction to
Tan Zhuang SOM BO GIN
SOFT BRIDGE - STEP BY
STEP MANTIS SHAPE FROM
FORM TRAINING Introduction
to 2nd Form CHU KAI MING'S
2nd FORM STEP BY STEP
ANTHONY CHAN SIFU'S
INTERVIEWS A true Hakka
Mantis Historian Previously**

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**Undisclosed Details Book
Details: Hardcover Premium
Full Color 126 pages 475]
Photographs English
Language Library archive
quality and more In addition to
this first generation complete
single man transmission, read
about Lam Sang (Kwongsai
Mantis) and Lao Sui's (Chu
Gar) opposite Schools, in
1930s Sau Kei Wan, and an
early book published stating
Lao Sui was injured by a
wanderer (and perhaps later
succumbed from this injury)
and much more This is a rare
Southern Mantis Kungfu
treatise. Get your copy today.**

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**Add this genuine Southern
Mantis Kungfu treasure to
your library now**

Pachi Tanglang Chuan

Pingshan Mantis Celebration

**The Secret of Seven-star
Mantis Style**

Eighteen Buddha Hands

**Praying Mantis Kung Fu,
Volume 6**

**Southern Praying Mantis
Kungfu**

*Get your training off to a great
start—from basic kicks to
practice and tournaments—this
book is a perfect introduction to
kung fu for beginners. It's
everything you need to get
started in kung fu! Whether you*

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are considering taking up this martial art, or you've already started, Kung Fu Basics offers an easy, yet comprehensive introduction to everything you need to know to feel confident and be successful. You'll learn about: The origins of kung fu—philosophy, history and different styles What happens in a kung fu class—invaluable tips on choosing the right school, getting ready for your first class, and basic training methods The essential elements of the style—stances, footwork, kicks, and hand techniques, with tips on common mistakes and how to get the most power

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out of each move Drill and conditioning exercises—exercises to compliment your training Practical ways to improve your kung fu technique—traditional teaching advice of Chinese masters Resources—help further develop your knowledge and understanding of kung fu A rare treatise of Hakka Chu Gar Southern Praying Mantis boxing that includes: Chu Gar Mantis history, boxing transmission, six Chu Gar areas, three kinds of Chu Gar in China; Chu Gar Mantis personal records - Sifu Chen Ching Hong, Sifu Yip Sui, Sifu Cheng

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Wan, Sifu Cheng Chiu, Sifu Dong Yat Long, Sifu Ma Jiuhua, Past Masters in Charge; Chu Gar applications - Single Bridge Tsai Sao, Double Bridge Dui Jong, Mang Dan Sao Dui Jong, Ying Sao Shadow Hand, Gow Choy Hammer Fist, Locking Hands, Bridge, Tan Sao, and Ginger Fist, Double Bridge Gwak Sao, Sticky Hand and Intercepting Hand Bao Zhang Palms; Chu Gar shadowboxing forms in pictorial - Som Bo Gin (Three Step Arrow) and Som Gin Yu Kiu (Three Arrows Shaking Bridge form); and more.

Devoted to the most enigmatic

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and little-known aspect of training of Shaolin monks. Training methods allow supernatural abilities to develop, far beyond abilities of an ordinary man. The book was written with the blessing and direct participation of the Head of the Shaolin Monastery Reverend Miao Xing, nicknamed "The Golden Arhat," one of the best Shaolin fighters of all times. These secret practices traditionally called "72 arts of Shaolin" or the essence of the Shaolin Combat Training.

*Secrets of Phoenix Eye Fist
Kung Fu*

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*For Training Session Notes
China Southern Praying Mantis
Kungfu Survey*

*The Secrets of Ghost Hand
Kung Fu Levels 7-9*

*4 Roads Swift Striking (Sei Lou
Bung Da)*

*Fundamentals of Southern
Praying Mantis Volume One*

This book covers the history, principles and fighting applications of the Seven Star Praying Mantis system of Northern Shaolin Kung Fu. The author, Sifu Raymond Fogg has over 50 years of experience learning, practicing and teaching the Praying Mantis style. Sifu Fogg has studied with some of the

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most world renown masters of the Praying Mantis system. This book provides the basis for studying, practicing and understanding the complex style of Seven Star Praying Mantis Kung Fu. Northern Shaolin 7 Star Praying Mantis Institute and Association. This journal represents our third collective document that shows how our teacher Chiu Leun has affected our knowledge of martial arts and our lives. Information about our organization can be found at chiuleun.com. Note: The graphics on our cover are a bit too big, this is because the LULU.com web app does not let us reduce the size of the book a bit. The result is

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the cover is a to bit big, so the rest of the book is wider. For some this larger version of the book may be more readable. The inside material is not negatively impacted by the cover issue.

Authors: Alex Tse, Wing Ming, Dr. Ying-Jen Chang, Kevin Brazier, Homer Gee Greene, Jr., Nathan Chukueke, Stephen Hunter Laurette, Randy Brown, Chi Yu Ho, Stanley Moy, Anthony Ng. Editors: Barbara Fowler, Nathan Chukuek, and Chi Yu Ho

This log book has been specifically designed to help you make the most out of your martial arts training sessions. Record details of each session and monitor your

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improvements, progression and development. Track your session details including date, week, instructor, weight, current belt, training partners Make a note of the techniques covered in the session Note the progress you made and anything you want to improve on next time General notes section for any other points you want to remember about the session

Praying mantis Kung Fu

Shaolin Long Fist Kung Fu

Eight Ultimate Praying Mantis

The Outlaws of the Marsh

Praying Mantis Kung Fu 1974

7 Star Praying Mantis Gung Fu

Legacy Series Vol. 1

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Stylish Designer Journal / Notebook. Interior 150 lined pages. Size 6"x 9". Glossy softcover. Perfect for everyday use.

Perfectly spaced between lines to allow plenty of room to write. Wild Pages Press are publishers of unique journals, school exercise books, college or university lecture pads, memo books, notebooks, journals and travel journals that are a little bit quirky and different. Stunning covers, sturdy for everyday use. Great quality, we offer thousands, upon thousands

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of different designs to choose from. Our quality products make amazing gifts perfect for any special occasion or for a bit of luxury for everyday use. Our products are so versatile, they come in a wide range, be it the perfect travel companion, or a stylish lecture pad for college or university, cool composition and school exercise books for school, comprehensive notebook for work, or as a journal, the perfect family heirloom to be treasured for years to come. Competitively priced

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so they can be enjoyed by everyone.

A rare three volume book of China's Hakka Kwongsai Jook Lum Temple and Iron Ox Praying Mantis boxing. China Southern Praying Mantis Kungfu Survey VOLUME TWO: CHINA MANTIS REUNION includes: Three Orders of Som Dot's Shaolin Mantis revisited, Hakka Mantis blossoms in Huizhou, Elder Lok Wei Ping a Chu Gar and Kwongsai Sifu, Chung Yel Chong teaches one form, Kwongsai and Chu Gar clash in the 40s, Sifu Wong Gok Hong takes the lion head

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away, Lau Say Kay Sifu plays non-standard Kwongsai Mantis, Sifu Lai Wei Keung first Instructor in 1948, One Kwongsai form originally taught, Two methods of beggar hands, Sifu Cho Gum, Sifu Wong Yu Hua, Fairy hands cause a slap on the rear, Lok Sifu plays 34 Plum Blossom Staff, All Mantis is one family, Lai Sifu plays 34 Plum Blossom staff. VOLUME THREE - KWONGSAI MANTIS / IRON OX INTERVIEWS includes: Records of the elders and knowledge lost, Sifu Yao Kam Fat, Wong Yuk Kong opens Kwongsai Mantis

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*in Hong Kong, Wong Yuk
Kong visits Lao Sui's Chu
Gar school, Wong Yuk Kong
defeats 10 assailants, Yao
Sifu plays three steps-
three scissors old form,
Similarities in Hakka
Mantis, Yao Sifu plays 34
Plum Blossom staff, Spirit
Shrine of Wong Yuk Kong,
Elder Sifu Chung Wu Xing
first disciple of Chung
Yel Chong, Iron Uncle
Chung friend of Lam Sang,
Iron Uncle Chung smokes
opium with Lam Sang and
Master Chung in the 1930s,
Sifu Yang Gun Ming student
of Chung Yel Chong, Dit Da
Doctors by lineage, Hakka*

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Mantis prohibited in the Cultural Revolution, Sifu Xu Men Fei Iron Ox Hakka Mantis, Iron Ox taught only 2 months a year, Xu Sifu plays Iron Ox Second Door form-Red Flag Staff-and Third Door form, Iron Ox challenges Wong Yuk Kong's Kwongsai Mantis, Iron Ox Secret Drill Hand not taught. VOLUME FOUR - ON MONK SOM DOT'S TRAIL / CHUNG YEL CHONG FAMILY INTERVIEWS includes: Sifu Chung Wei Fei grandson of Master Chung, Master Chung Yel Chong as a boy accepted by Monk Lee, Chung Go Wah son of third

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*ancestor Master Chung,
Master Chung's boxing and
Dit Da Medicine books,
Third Ancestor Chung
teaches Kwongsai Mantis in
Hong Kong 1920s, Master
Chung kills a man in self-
defense, Master Chung's
three generations under
one roof, Sifu Lee Kok
Leung outlines his
Kwongsai Mantis teaching,
Sifu Patrick Lee plays
Mantis in Pingshan Town,
Lee Sifu's History of
Kwongsai Mantis, On Som
Dot's Trail - Shanxi Jook
Lum Temple, Oldest of the
Temple Halls, Chung and
Monk Lee return South six*

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*months on horseback,
Kwongsai Dragon Tiger
Mountain of Shaolin boxing
and spiritualism, The
bottom line about Kwongsai
Jook Lum Temple, Lam
Sang's Kwongsai
spiritualism and amulet,
Monk Lee Siem looks like a
ghost, Jook Lum Temple in
Hong Kong, Jook Lum Temple
in Macau, Map of Jook Lum
Temples in China with
Hakka Mantis boxing,
Abridged China Hakka
Mantis history, Guang Wu
Tang Martial Hall of Wong
Yuk Kong in 2012, Mission
statement of Guang Wu Tang
Kwongsai Mantis, Sifu Wong*

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Yu Hua in 2012, Miscellanies, Resources, Train in China. Kwongsai Mantis and Iron Ox Boxing and staff forms in sequence, Hardcover, full color, 330+ photographs. English language. USA Grandteacher Lam Sang's first and second generation disciples. Kwongsai Jook Lum Temple Southern Praying Mantis Kungfu. A PICTORIAL BOOK OF BOXING POSTURES AND MAXIMS IN THIS BOOK: China's Jook Lum Bamboo Forest Temples Boxing Transmission Lineage Intent -Warrior Spirit

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*Rooting Centering Center
and Sink Gin Foon Mark
Sifu Body Posture Whole
Body Power Forward
Momentum 18 BUDDHA HANDS -
DEFENSE Mor Shu: Grinding
Gwak Shu: Sweeping Choc
Shu: Opening Sai Shu:
Roller Arm Sic Shu: Eating
Hand Jik Shu: Slicing Hand
Pak Sao: Palm Heel Lop
Shu: Grabbing Gop Shu:
Clasping 18 BUDDHA HANDS -
OFFENSE Jek Shu: Phoenix
Eye Bao Zhang: Palm Bil
Jee: Fingers Ping Shu:
Flicking Jung Shu:
Uppercut Chop Shu: Poking
Gow Choy: Fists Jang Shu:
Elbows Han Shu: Forearm*

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*POSTURES AND MAXIMS
CONTINUED Form & Function
Physical Traits Body
Weapons Centerline Theory
Spring Power Feeling Hand
Lik and Ging Power Dead &
Live Power Footwork Hands
Are Doors 1 Arm - 3 Hands
Strike Until Red Mantis
Tactics Sticky Hand
Feeling Hand Bridging,
Range, Distance Solo
Training Paired Training
Vital Point Training Hakka
Maxim And More! Book
Details: Hardcover Premium
Full Color 130 pages 85+
Photographs English
Language Library archive
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