

HAKKA

KWONGSAI SOUTHERN

MANTIS

PICTORIAL BOOK
OF BOXING
POSTURES & MAXIMS



ROGER D. HAGOOD

BAMBOO TEMPLE CHINESE BENEVOLENT ASSOCIATION

GRAND TEACHER LAM SANG'S
1ST & 2ND GENERATION DISCIPLES

Hakka Mantis Pictorial Book Of Boxing Postures And Maxims

Michael DeMarco



Hakka Mantis Pictorial Book Of Boxing Postures And Maxims:

Hakka Mantis Roger D Hagood,2015-06-30 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 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 Clasp 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 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 quality and more The Bamboo Temple Chinese Benevolent Association presents this concise and essential book of boxing postures maxims and proverbs featuring the first and second generation disciples of the late USA Grandteacher Lam Sang Study the maxims and proverbs for a complete understanding and ability in your Hakka boxing Just stand in front of the mirror for 5 minutes and mold your shape into each of the elder s Mantis postures shown One posture a day until you have trained them all exactly as you see the Sifu do them in this book will improve your Mantis immensely This is a rare Southern Mantis Kungfu treatise Get your copy today Add this genuine Southern Mantis Kungfu treasure to your library now *Pingshan Mantis Celebration* Roger D. Hagood,2012-08-01 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 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 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 *Mantis Boxing Anthology* Michael DeMarco,2016-10-08 A praying mantis insect faces any danger

regardless of its opponent's size and strength. If you've seen their parade of innate fearlessness it is easy to see why they have inspired the creation of a Chinese martial art style. This anthology assembles the work of four highly qualified authors who present rare information about praying mantis boxing. In the first chapter Dr Martin Eisen interviews Gin Foon Mark, a noted fifth generation master of Guangxi Province Bamboo Grove Praying Mantis. Mark discusses training in Chinese temples and compares it with the common training methods found today. The goals, training and results are very different. The classical methods include developing the senses for fighting and medical applications. Dr Daniel Amos studied praying mantis boxing in Hong Kong. When a person starts to study a martial art, he or she is actually joining a social group to do so. The social structures of Hong Kong martial arts temple cults provide Chinese shunted aside by the dominant status system with an alternative albeit secondary system of status achievement. Here the author presents details of his study and the social setting. The essence of China's varied martial styles has often been preserved in writings. At the heart of this heritage are character formulas, a short list of characters that is used to establish the most elemental characteristics of a particular martial style. In the third chapter Dwight Edwards provides an analysis of The Twelve Character Formula of Seven Star Praying Mantis Boxing. In the following chapter Ilya Profatilov shares the results of years of researching the mantis systems in China. Old manuscripts describe the origins, theory and curriculum of praying mantis boxing. Additionally, oral folk traditions, legends, fantastic stories and songs are utilized. Referencing such sources, the author details the history of this realistic combat system, showing that it preserves its original techniques and classical forms. In the final chapter Profatilov discusses a favored close range technique he recounts from his tutelage under Master Lin Tangfang, 1920-2009, in a small village in Shandong Province. He uses the past to inspire his practice, as we hope this anthology will stimulate further research and practice to all readers.

Chu Gar Gao Roger D. Hagood, 2012-09-01. 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 Wan, Sifu Cheng Chiu, Sifu Dong Yat Long, Sifu Ma Jiu Hua. 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. **Chu Gar Skills** Roger D. Hagood, 2015-06-30. A rare bilingual English/Chinese compendium of various Hakka Chu Gar Southern Mantis Kungfu skills including: About Wooden Man Dummy training, About Yellow Ox Pole Staff form, About Dui Jong paired two man training, About Yang Style Chu Gar History and Pictorial. The late teacher Yang Shou was a mysterious figure and first generation disciple of Lao Sui's Chu Gar Southern Mantis boxing in Hong Kong. Yang Style Chu Gar details released for the first time, never before published. View and read about the historic opening of the first Chu Gar school in Lao Sui's Hometown. Meet Lao

Sui's family and Chu Gar Mantis pupils in Lao Sui's hometown Exclusive historical photographs IN THIS BOOK ABOUT CHU GAR MANTIS BOXING Chu Gar Mantis School of Lao Sui 2013 Historic Chu Gar Event Chinese 2013 Historic Chu Gar Event English ABOUT WOODEN MAN DUMMY Live vs Dead Power Dummy History Shaolin Tales North Mantis Other Dummy Styles South Mantis Chu Gar Hakka Mantis History Conclusion Dummy Function How To Play A Dummy Methods of Dummy Training Dummy Benefit Dummy Training Goal Prerequisites Chu Gar Dummy Basics About Wooden Man Dummy Chinese ABOUT YELLOW OX POLE About Pole Techniques Pole Applications ABOUT DUI JONG STANDARD PAIRED TRAINING About Paired Training Recap YANG STYLE CHU GAR MANTIS HISTORY and PICTORIAL Introduction Qingxi Yang Mei Gang Chinese Qingxi Yang Mei Gang English Yang Style Youth Boxers Yang's Chu Gar Pictorial Yang Style Chu Gar Som Bo Gin Single Man Form Yang's Creed and Shrine Yang's Ancestral Home Book Details Hardcover Premium Full Color 160 pages 230 Photographs Bilingual English Chinese Library archive quality and more Discover today the Hakka Southern Mantis legacy of Lao Sui from his first generation disciple Yang Shou and second generation disciple Ma Ming Sen and others Get your copy and add this rare bilingual compendium to your library now SOM Bo Gin Two Man Form Roger D.

Hagood, Charles Alan Clemens, Patrick M. Wright, 2012-11 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 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 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 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 *Eighteen Buddha Hands* Roger D. Hagood, 2012-08-01 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 posture Rooting Sinking Center line Spiral power Contact control strike Intercepting and sticky hand Bridging Anticipating 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 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 羅國輝 Roger D. Hagood, 2013-05-18 A rare bilingual English Chinese treatise of Lao Sui's Chu Gar Southern Mantis boxing inside China Meet Lao Sui's family and Chu Gar Mantis pupils in Lao Sui's hometown Exclusive historical photographs Origins history and practices of Chu Gar Mantis as told by Lao Sui's family and others Chu Gar Chow Gar and Dongjiang East River Mantis clarification Details released for the first time never before published Lao Sui and Hakka Mantis on the Map A Wondering Medicine Man Lao Sui Finds Chu Gar Mantis Under a Bridge Stories of Chu Gar History History as told by Lao Sui's Family Chu Gar Mantis School of Lao Sui Chu Gar Boxing Basic Skills Pictorial Ma Jiu Hua Sifu Chen Jian Ming Sifu Xie Tian Sheng Sifu Images from Lao Sui's Hometown Lao Sui Lore Form Training Pictorial Som Bo Gin Shadowboxing Form Som Gin Yu Kiu Shadowboxing Form Interactive Book and Online Videos Links on page 164 Book Details Hardcover Premium Full Color 168 pages 136 Photographs Bilingual English Chinese Library archive quality and more For those with the slightest interest in Southern Praying Mantis Kungfu the name of Lao Sui holds the mystique of an old fashioned kungfu master who was revered by all to the extent he is often referred to as a Canton Tiger Lao Sui's legacy in China has always been called Chu Gar Mantis just as it is today Discover the Southern Mantis legacy of Lao Sui in China today Get your copy now *China Southern Praying Mantis Kungfu Survey* Roger D. Hagood, 2012-10-01 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 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 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 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 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 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 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

Shanxi Seven Star Praying Mantis Continuous Fist Longfei Yang,2021-11-02 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 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 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

Hsing-I Robert W. Smith,2003-05-01 Harmoniously merging the mind and the body Hsing I Ch uan is simultaneously one of the most simple and most complex of the Chinese martial arts The five forms based on the Chinese concept of the five elements provide a toolbox of techniques that the skillful Hsing I practitioner uses to box with himself channeling ch i into spirit and spirit into mindful stillness From this synthesis of external and internal forces springs new energy and true ability Engagingly written and amply illustrated with black and white photographs Robert W Smith s primer includes the history and meaning of Hsing I detailed instruction in the five forms and twelve animal styles and cogent advice from the masters First published almost 30 years ago Hsing I Chinese Mind Body Boxing was among the first books on Hsing I and remains one of the best

Chu Gar Fist Roger D. Hagood,Anthony Chan,2015-06-30 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 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 Characters 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 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 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 Add this genuine Southern Mantis Kungfu treasure to your library now

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