

British Kung Fu Association Lau Gar Kung Fu

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Chinese Martial Arts Cinema - Stephen Teo 2015-11-13

This is the first comprehensive, fully-researched account of the historical and contemporary development of the traditional martial arts genre in the Chinese cinema known as wuxia (literal translation: martial chivalry) - a genre which audiences around the world became familiar with through the phenomenal 'crossover' hit *Crouching Tiger, Hidden Dragon* (2000). The book unveils rich layers of the wuxia tradition as it developed in the early Shanghai cinema in the late 1920s, and from the 1950s onwards, in the Hong Kong and Taiwan film industries. Key attractions of the book are analyses of: *The history of the tradition as it began in the Shanghai cinema, its rise and popularity as a serialized form in the silent cinema of the late 1920s, and its eventual prohibition by the government in 1931. *The fantastic characteristics of the genre, their relationship with folklore, myth and religion, and their similarities and differences with the kung fu sub-genre of martial arts cinema. *The protagonists and heroes of the genre, in particular the figure of the female knight-errant. *The chief personalities and masterpieces of the genre - directors such as King Hu, Chu Yuan, Zhang Che, Ang Lee, Zhang Yimou, and films such as *Come Drink With Me* (1966), *The One-Armed Swordsman* (1967), *A Touch of Zen* (1970-71), *Hero* (2002), *House of Flying Daggers* (2004), and *Curse of the Golden Flower* (2006).

A Handbook of Martial Arts - Fay Goodman 2003

This book examines the underlying philosophy behind each martial art and the physical benefits to be gained, and presents the most popular techniques, and some of the more advanced moves.

Sojourners and Settlers - Clarence E. Glick 2017-04-30

Among the many groups of Chinese who migrated from their ancestral homeland in the nineteenth century, none found a more favorable situation than those who came to Hawaii. Coming from South China, largely as laborers for sugar plantations and Chinese rice plantations but also as independent merchants and craftsmen, they arrived at a time when the tiny Polynesian kingdom was being drawn into an international economic, political, and cultural world. *Sojourners and Settlers* traces the waves of Chinese immigration, the plantation experience, and movement into urban occupations. Important for the migrants were their close ties with indigenous Hawaiians, hundreds establishing families with Hawaiian wives. Other migrants brought Chinese wives to the islands. Though many early

Chinese families lived in the section of Honolulu called "Chinatown," this was never an exclusively Chinese place of residence, and under Hawaii's relatively open pattern of ethnic relations Chinese families rapidly became dispersed throughout Honolulu. Chinatown was, however, a nucleus for Chinese business, cultural, and organizational activities. More than two hundred organizations were formed by the migrants to provide mutual aid, to respond to discrimination under the monarchy and later under American laws, and to establish their status among other Chinese and Hawaii's multiethnic community. Professor Glick skillfully describes the organizational network in all its subtlety. He also examines the social apparatus of migrant existence: families, celebrations, newspapers, schools--in short, the way of life. Using a sociological framework, the author provides a fascinating account of the migrant settlers' transformation from villagers bound by ancestral clan and tradition into participants in a mobile, largely Westernized social order.

The Martial Arts Studies Reader - Paul Bowman, Professor of Cultural Studies at Cardiff University, UK 2018-09-20

The first authoritative overview of martial arts studies, written by pioneers of this dynamic and rapidly expanding new field

Martial Arts Masters - Vinh-Hoi Ngo 1996

Profiles individuals, including Miyamoto Musashi, Bruce Lee, Rena Kanokogi, and Chuck Norris, whose technical skill, discipline, and dedication have advanced the field of martial arts in various ways.

The Creation of Wing Chun - Benjamin N. Judkins 2015-07-21

Looks at southern Chinese martial arts traditions and how they have become important to local identity and narratives of resistance. This book explores the social history of southern Chinese martial arts and their contemporary importance to local identity and narratives of resistance. Hong Kong's Bruce Lee ushered the Chinese martial arts onto an international stage in the 1970s. Lee's teacher, Ip Man, master of Wing Chun Kung Fu, has recently emerged as a highly visible symbol of southern Chinese identity and pride. Benjamin N. Judkins and Jon Nielson examine the emergence of Wing Chun to reveal how this body of social practices developed and why individuals continue to turn to the martial arts as they navigate the challenges of a rapidly evolving environment. After surveying the development of hand combat traditions in Guangdong Province from roughly the start of the nineteenth century until 1949, the

authors turn to Wing Chun, noting its development, the changing social attitudes towards this practice over time, and its ultimate emergence as a global art form.

Choy Li Fut Kung Fu - Doc-Fai Wong 1985

A step-by-step guide to mastering the fighting secrets of Southern China's most powerful style of kung-fu. Illustrated with hundreds of photos, this book will teach you all you need to know about this dynamic art.

Kwong Sai Jook Lum Gee - Gin Foon Mark 2012-08-17

This book features the teachings and training methods of Granmaster Gin Foon Mark. Grandmaster Mark's legacy is Kwang Sai Jook 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.

I Liq Chuan - Martial Art of Awareness - Sam F. S. Chin 2006-02

Inside Kungfu: Chinese Martial Arts Encyclopedia - Sensei/Renshi Nathan Chlumsky 2015-05-06

Inside Kungfu: Chinese Martial Arts Encyclopedia is intended to serve as a general reference tool for anyone interested in the martial arts, its history, or even China's history. The book takes a look "Inside" Chinese Martial Arts only, with a chart devoted to Chinese, Japanese and Korean pronunciation; A section about China's Martial History; A section about the Shaolin Temple History; Information about the Beijing Opera; Information on several martial arts from A to Z totaling around 363 styles; Information on over 110 weapons used throughout China's history, and much, much more. Including dynamic pictures and illustrations by myself and even a little information about yours truly. It is my love, respect and admiration for the martial arts that has inspired me to write this book in hopes that, you, the reader, enjoys learning the facts and history as much as I did; and maybe, inspire you to take a wonderful journey in the martial arts training of your choice if you have not already done so.

Confucius and Cicero - Andrea Balbo 2019-12-16

This book explores the relationships between ancient Roman and Confucian thought, paying particular attention to their relevance for the contemporary world. More than 10 scholars from all around the world offer thereby a reference work for the comparative research between Roman (and early Greek) and Eastern thought, setting new trends in the panorama of Classical and Comparative Studies.

The Incredibly Indispensable Web Directory - Clive Zietman 2003

The fourth edition of this Web directory is updated and extended to include 10,000 entries. Incredibly Indispensable Web Directory is designed to save hours of searching on the Internet and help individuals to go straight to their desired site, without using search engines. It lists and categorises sites from art galleries to zoos.

The Essential Jackie Chan Source Book - Jeff Rovin 1997-10-01

Jackie Chan-mania swept America when Rumble in the Bronx gave movie

audiences a thrilling look at the athletic actor known for performing his own jaw-dropping stunts. The Essential Jackie Chan Sourcebook reveals everything you want to know about the dare-devil dynamo who is part Buster Keaton, part Bruce Lee, and a truly unique performer in his own right -- and whose devoted cult following is exploding into international stardom. With straight talk about his rise from Hong Kong's hometown hero to Hollywood megastar, get to know the professional and personal Jackie Chan through • His revealing biography • A complete filmography - from his early roles to the recent star vehicles Operation Condor and Thunderbolt • His peak performance workout • His "Catalogue of Pain" -- from concussions to broken bones -- and his many stunt work near misses • His awards and accolades • Up-to-the-minute internet news and fan club information • And much more! Forget Stallone, Schwarzenegger and Van Damme. There's only one Jackie Chan -- and only one complete guide to the ultimate action film phenomenon!

Hung Ga Story - Alberto Biraghi 2014-04-03

Hung Ga Story is a memoir of Alberto Biraghi and his martial arts journey. Alberto studied the traditional Hung Ga Kyun in Hong Kong with the late Grand Master Chan Hon Chung, spending with him more than a month per year from 1977 until the closing of his historic gym at 729 of Nathan Road. Hung Ga Kyun (also spelled as Hung Gar Kuen) is one of the most famous schools of Chinese martial arts, originating from legendary Southern Shaolin. Hung Ga Kung Fu is known for its "Iron Bridges, Firm Stances", powerful strikes and swift, invisible "No Shadow Kicks". Hung Ga is sometimes called "Tiger and Crane System"(Fu Hok Paai). However, the complete Hung Ga Kyun arsenal includes "Five Animals", "Five Elements" and "Twelve Bridges". Are you curious about traditional Kung Fu training in Hong Kong in 1970's and 1980's? Alberto's memoirs offer a unique insight into the world of the Southern Chinese Kung Fu, its training principles, application and philosophy.

Chinese Martial Arts Training Manuals - Brian Kennedy 2008-01-08

Secret training manuals, magic swords, and flying kung fu masters--these are staples of Chinese martial arts movies and novels, but only secret manuals have a basis in reality. Chinese martial arts masters of the past did indeed write such works, along with manuals for the general public. This collection introduces Western readers to the rich and diverse tradition of these influential texts, rarely available to the English-speaking reader. Authors Brian Kennedy and Elizabeth Guo, who coauthor a regular column for Classical Fighting Arts magazine, showcase illustrated manuals from the Ming Dynasty, the Qing Dynasty, and the Republican period. Aimed at fans, students, and practitioners, the book explains the principles, techniques, and forms of each system while also placing them in the wider cultural context of Chinese martial arts. Individual chapters cover the history of the manuals, Taiwanese martial arts, the lives and livelihoods of the masters, the Imperial military exams, the significance of the Shaolin Temple, and more. Featuring a wealth of rare photographs of great

masters as well as original drawings depicting the intended forms of each discipline, this book offers a multifaceted portrait of Chinese martial arts and their place in Chinese culture.

Jeet Kune Do Kickboxing - Chris Kent 2008-07-01

Tid Sin Kuen - Chun Fai Lam 2021-05

This is a book by noted Hung Gar Master Lam Chun Fai, son of Lam Sai Wing, the greatest master of Hung Gar in his generation.

Iron Thread. Southern Shaolin Hung Gar Kung Fu Classics Series - Lam Sai Wing 2007

Priceless Heritage of Southern Shaolin Inherited from the Past and Handed Down by Venerable Grandmaster Lam Sai Wing. Provides a detailed description of the old Southern Shaolin method of "Internal Training". A master of the Iron Thread can withstand, with no consequences, the strongest of blows, including ones with heavy objects or cold steel arms, bend thick iron rods with his hands, and his "rooting power" is so strong that he cannot be displaced by a group of strong people. In addition, this wonderful method strengthens all internal organs, bones, muscles and sinews. The entire body thrives and rejuvenate.

Muay Thai Fighter - Paul Garrigan

Paul Garrigan is not a typical fighter. As a child he dreamt of imitating his hero Bruce Lee, he even practiced Kung Fu for a number of years, but he never got past his fear of being hit in the face. By the time he reached his twenties the only fighting he was doing involved a battle with alcoholism. Garrigan turned from a ten stone weakling in his teens to an overweight alcoholic in his thirties, but the desire to practice a martial art never left him. He ended up living in Thailand where the fiercest of all martial arts is practiced – Muay Thai. Eventually he managed to find his way out of addiction and even though he was now in his forties he decided to pursue his martial art dreams. In *Muay Thai Fighter* we get to see what happens when a middle-aged ex-drunk decides to learn the toughest fighting art in the world. Garrigan wasn't expecting it to be easy, but could never have anticipated how demanding the training was going to be. It brought him to levels of physical and mental pain that he never guessed existed. A famous saying in martial arts is that the only person you are really fighting is the person you were yesterday. This is the inspiring tale of how we can all still achieve our dreams no matter how much we have messed up in life.

The Journeyman - Bob Sykes 2007-07

"Bob Sykes has spent almost 30 years both learning and training in the martial arts, attaining the level of 6th Dan black belt in karate. His position of editor for the Country's best selling magazine 'martial arts illustrated' has helped expose him to many systems and style of the fighting arts. From the early karate years through to the present cross-training scene. Bob takes a personalized journey and observes first hand the many trends and transformations that have helped shape the arts as we see them

today!"--Back cover

White Eyebrow Bak Mei Pai Kung Fu Applications and Training Details -

Tyler Rea 2013-04-06

White Eyebrow Kung fu (Bak Mei) is a close quarter method of Chinese boxing. Known for its explosive power and effective techniques It is one of the treasured kung fu systems of Southern China.

Martial Arts Studies - Paul Bowman, Professor of Cultural Studies at

Cardiff University, UK 2015-04-09

This book disrupts disciplinary boundaries to make a case for the future direction and growth of martial arts studies as a unique field

Hung Gar Kung-Fu - Bucksam Kong 1973

The Hung system is one of the most popular styles of Siu Lum Temple Boxing in China, and this book present the facts behind this ancient art.

Learning from SARS - Institute of Medicine 2004-04-26

The emergence of severe acute respiratory syndrome (SARS) in late 2002 and 2003 challenged the global public health community to confront a novel epidemic that spread rapidly from its origins in southern China until it had reached more than 25 other countries within a matter of months. In addition to the number of patients infected with the SARS virus, the disease had profound economic and political repercussions in many of the affected regions. Recent reports of isolated new SARS cases and a fear that the disease could reemerge and spread have put public health officials on high alert for any indications of possible new outbreaks. This report examines the response to SARS by public health systems in individual countries, the biology of the SARS coronavirus and related coronaviruses in animals, the economic and political fallout of the SARS epidemic, quarantine law and other public health measures that apply to combating infectious diseases, and the role of international organizations and scientific cooperation in halting the spread of SARS. The report provides an illuminating survey of findings from the epidemic, along with an assessment of what might be needed in order to contain any future outbreaks of SARS or other emerging infections.

The Complete Book of Yiquan - C S Tang 2015-03-21

With detailed photographs and clear instruction for practice, this is the first book comprehensively to cover the history, development and training methods of this rarely taught esoteric internal martial art. The deceptively simple postures and movements of Yiquan are highly effective for achieving results for both health and combat, making it very appealing to martial artists, and Master Tang here reveals the secrets of a martial art still surrounded in mystery. He also provides a history of the origins and lineage of the Yiquan tradition, as well as detailed information on the stances and movements, weapons, and programs, grading and teaching. This complete guide to Yiquan will be essential for anyone interested in Yiquan or oriental martial and internal arts more generally.

Kick Your Way to Fitness - Anne-Marie Millard 2001

A full-color guide to the new exercise trend that combines martial arts with

the best in cardiovascular workouts. Includes 15-minute sessions, fat burning exercises and custom designed routines. 120 photos.

Edge of Empires - John M. CARROLL 2009-06-30

In *Edge of Empires*, Carroll situates Hong Kong squarely within the framework of both Chinese and British colonial history, while exploring larger questions about the meaning and implications of colonialism in modern history.

Martial Arts as Embodied Knowledge - D. S. Farrer 2011-12-01

A wide-ranging scholarly consideration of the martial arts.

Lingnan Hung Kuen: Kung Fu in Cinema and Community - Hing Chao 2018-05-02

For so many around the world, it was in the cinema that they saw their first glimpse of martial arts. Through the films of Lau Kar Leung, among others, they came to appreciate the power and skill of many kung fu techniques. However devotees and practitioners of kung fu and Hung Kuen were aware of the much longer tradition of these arts and in particular, the contribution of both the Lam family and the Lau family. In 2009 the Hong Kong Government endeavoured to identify and recognize forms of intangible cultural heritage. It was this awareness of a vibrant part of Hong Kong history and culture which led to the creation of the Hong Kong Martial Arts Living Archive, and from this the exhibition, *Lingnan Hung Kuen Across the Century: Kung Fu Narratives in Hong Kong Cinema and Community*. In the exhibition and this companion book, the histories of the Lam and Lau families are traced, and their role in preserving and creating new stances and forms and bringing Hung Kuen to a wider audience through the medium of film. Using the latest technologies including 3D imagery, the work of past masters has been here brought back to life.

The Practical Encyclopedia of Martial Arts - Fay Goodman 2004

Offers advice on choosing the best discipline for men and women of all ages and fitness levels, for children and for people with disabilities.

The Swiss Family Robinson (Diversion Illustrated Classics) - Johann David Wyss 2016-06-28

A beloved adventure classic, *The Swiss Family Robinson* is a tale of courage in the face of the unknown that has endured the test of time. Trapped on a remote island after a storm leaves them shipwrecked, a Swiss pastor, his wife, and their four sons must pull together if they want to survive. Hunting, farming, and exploring a strange land for the first time, each son not only tests his own bravery, but discovers a skill all his own as they each adapt to this new, wild place. Full of wonder, revelation, and invention, this timeless adventure story has sparked imaginations of readers young and old for generations. Featuring an appendix of discussion questions, this *Diversion Classics* edition is ideal for use in book groups and classrooms. For more classic titles like this, visit www.diversionbooks.com/ebooks/diversion-classics

Eagle Claw Kung Fu - Leung Shum 2020-02

The first book in the English language describing the history and practice of Ying Jow Pai Kung Fu (Eagle Claw Kung Fu). This is a reissue with updates of the original 1982 edition.

Complete Wing Chun - Robert Chu 2015-11-03

Master the many styles of Wing Chun Kung Fu with this expert martial arts guide. With the fame of Bruce Lee, the conditions in Hong Kong, and the hard work and effort of many of his classmates, the Wing Chun of the late master Yip Man became one of the most well-known and popular Chinese martial arts in the world. Although this gave Wing Chun international recognition, it also led to a lot of misconceptions. Due to a lack of authentic information, many mistakenly came to assume that the renowned Yip Man was the sole inheritor of the style and that his Wing Chun was the lone version of the art. In fact, there are several different and distinct systems of Wing Chun. Unfortunately, over the years most of these systems have remained unseen or unreported to all but a few—until now. Profusely illustrated with over 300 historical photographs, *Complete Wing Chun: The Definitive Guide to Wing Chun's History and Traditions* presents seldom seen information on a dozen branches of the Wing Chun art. It offers the reader side-by-side comparison of these arts by outlining each system in terms of Wing Chun history, principles, basics, and training methods: Yip Man Wing Chun Yuen Kay-San Wing Chun Kuen Gu Lao Wing Chun Kuen Nanyang Wing Chun Kuen Pan Nam Wing Chun Kuen Pao Fa Lien Wing Chun Kuen Hung Suen Wing Chun Kuen and more!

The Cultural Nature of Human Development - Barbara Rogoff 2003-02-13

Three-year-old Kwara'ae children in Oceania act as caregivers of their younger siblings, but in the UK, it is an offense to leave a child under age 14 ears without adult supervision. In the Efe community in Zaire, infants routinely use machetes with safety and some skill, although U.S. middle-class adults often do not trust young children with knives. What explains these marked differences in the capabilities of these children? Until recently, traditional understandings of human development held that a child's development is universal and that children have characteristics and skills that develop independently of cultural processes. Barbara Rogoff argues, however, that human development must be understood as a cultural process, not simply a biological or psychological one. Individuals develop as members of a community, and their development can only be fully understood by examining the practices and circumstances of their communities.

The Complete Martial Arts Training Manual - Ashley Martin 2015-08-04

The Complete Martial Arts Training Manual is a book/DVD combo designed for anyone who has an interest in the martial arts. Having a broad knowledge of the various techniques of the martial arts gives a martial artist an expanded ability to counteract a variety of attacks and overwhelm an opponent's defenses. In expanding his own martial arts knowledge, Martin shares with the reader his years of experience as a practitioner and teacher. He provides a catalog of the various martial arts

being taught worldwide and their strengths and weaknesses. He then covers the basics of hand-to-hand techniques within each of those disciplines, from strikes to ground fighting. Finally, he offers information on the overall health and well being of the martial artist, including important nutritional information and stretching techniques. With an instructional DVD included, The Complete Martial Arts Training Manual is a solid foundation of martial arts for beginners and a key supplement for the veteran martial artist. Chapters include: Learning the Aspects of Fighting—an introduction The Way of the Warrior—definition of a martial art; limitations of ground fighting; a complete martial artist A Catalog of Martial Arts—Kung fu; Jujutsu (or jiu-jitsu); Aikido; Judo; Karate; Kickboxing; Taekwondo; Boxing; Wrestling; and more Combat Basics—fighting ranges; reflex training; basic combat techniques Hand and Elbow Strikes—jabbing punch; hook punch; uppercut; superman punch; and more Defenses—slip; duck; block; two-handed defense Foot and Knee Strikes—front kick; roundhouse; tornado kick; flying knee strike Break Falling—front break fall; back break fall; side break fall; front rolling break fall; break falling myths Takedowns—hip throw; shoulder throw; side sacrifice throw; the sprawl Locks and Choke Holds—arm lock; Americana; rear naked choke; cross choke Ground Fighting—shoulder hold; chest hold; guard; passing the guard Stretching for the Martial Artist—leg flexibility; arm flexibility Nutrition for the Martial Artist—food pyramid; pre-exercise nourishment; reducing body fat; weight gain program

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

Black Belt - 1973-07

The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known marital arts figure in the world.

Wing Tsun Kuen - Ting Liang 1978-12

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.

World of Martial Arts ! - Robert HILL 2010-09-08

The martial arts are various methods of armed and unarmed combat, originally used in warfare in the Far East and shaped by Oriental philosophical concepts. The history of martial arts is challenging to document precisely, because of the lack of historical records, secretive nature of the teacher-student relationships and political circumstances during much of its history. The martial arts are popular in many parts of the world today as forms of self-defense, law enforcement tactics, competitive sports, and exercises for physical fitness. Among them are KARATE , Kung fu, jujitsu, JUDO, aikido, Tai chi chuan, Sumo wrestling, and kendo. This informative book takes it's reader on a journey throughout time and across the globe for a close up look at the history of many martial arts styles .