

Wing Chun Wikipedia

In this book I will be focusing on the weapons of Wing Chun, while not focusing on the whole form, I will break down the sections of each weapon and explain the applications associated with the sections. There are considered to be seven sections to the pole form, but two of those are repeated so they can be dropped to five sections, in the knife form there are eight sections which we will go through in detail.

The story of Duncan Leung ? childhood friend of Bruce Lee, disciple of legendary master Yip Man, and New York kung fu teacher ? is valuable not only for its insights into martial arts but also for its portrayal of the lost Hong Kong of the 1950s and 1960s. Each anecdote is introduced with a proverb or teaching from Chinese philosophy, and illustrations follow each fight story, making for an educational and entertaining read.

Mixed martial arts hasn't been dubbed the world's fastest growing sport for nothing. It's noticeably rocked the sporting world since the creation of the Ultimate Fighting Championship nearly two decades ago and has even shaken up the pop culture scene. Who would have expected popular MMA fighter Chuck Liddell to trade in his sparring gloves for dance shoes on "Dancing with the Stars"? A combo of grappling, punching, kneeing, and kicking, this sport looks like it will be grounding and pounding, sprawling and brawling, for some time to come. "Mixed Martial Arts Most Wanted" steps into the cage and brings you round after round of fighting deeds and details worthy of a sport known for bloody battles and ingenious tactics. Authors Adam T. Heath and David L. Hudson Jr. have knocked out sixty top-ten lists detailing the low blows, grappling greats, human anomalies, and fighting females that make up the compelling world of mixed martial arts. There's no need to be an insider Heath and Hudson bring you all of the sport's best bouts, dirtiest moves, and brainscrambling kayos in a book that will keep MMA enthusiasts reeling for months.

In this classic text, wing chun master William Cheung unravels the mystery behind the elusive energy of chi. He provides exercises to increase and direct the flow of chi and explains how chi affects the body, the philosophy behind the famous yin-yang symbol, pressure points and the 32 meridians, the principles behind dim mak (the often misunderstood "death touch"), and more. This book is a must-read not only for kung fu practitioners but also for anyone interested in Eastern philosophy.

A re-issue of a forgotten favourite, FIREWEED is an evocative and unflinching story of wartime survival for younger readers Bill is a fifteen-year-old runaway evacuee, and he's finding that surviving on the streets of London is pretty easy, thank you very much. He's fed by a local cafe owner, he earns some cash as a barrow-boy in Covent Garden, and sleeping in the Underground air-raid shelters is cosy - if a bit smelly. Things get more complicated for Bill with the arrival of Julie. She's a runaway too, and although she's a bit posh, she's just as

determined as Bill to stay free of interfering parents and 'the social'. But although it's fun for a while to duck Jerry missiles and camp out in bombed-out houses, the reality of living through the Blitz quickly begins to set in. Winter is coming, and Bill and Julie will discover that playing at being grown-ups can be a very dangerous game.... First published in 1969, and winner of the 1970's Book World Festival Award, FIREWEED evokes a time of tin Spitfires, powdered eggs, warm woollen mittens and reading by firelight. Perfect for readers young and old, this book is a beautifully written classic, full of adventure, heroism and British wartime courage. "This is a reproduction of the original book."

In this second volume, a martial arts expert continues his study of Wing Chun, a popular system of kung fu, demonstrating how it can be used to improve your mental and physical health. Wing Chun, also called Ving Tsun, is a popular system of kung fu designed centuries ago by a Buddhist nun and Shaolin master. Together, the two volumes of *The Wing Chun Compendium* offer a complete guide to the discipline, from theory and philosophy to drills and forms. In this second volume, author Wayne Belonoha takes students to the next level, focusing on the final three and most advanced forms of the Wing Chun system and their associated skills: the "Mook Yan Jong" or wooden man; the "Lok Dim Boon Quan" or six-and-a-half point long pole; and the "Baat Cham Dao" or eight-cut sword form, demonstrated here for the first time by Grandmaster Sunny Tang. Also included are distance and angle improvement drills, fighting strategy and training, instruction on proper body mechanics, and "Sticking Hands" techniques. While intended for the serious practitioner, *The Wing Chun Compendium, Volume Two* also teaches the basics of body movement, psychological components of practice and performance, and how to use martial arts for overall self-improvement—factors that can help any martial artists seeking to enhance their physical and mental development. The book includes hundreds of tips and techniques as well as 400 photographs.

"The first noteworthy treatment of its subject—and a definitive one at that...Fascinating narrative threads proliferate" (*The New York Times Book Review*). The most authoritative biography—featuring dozens of rarely seen photographs—of film legend Bruce Lee, who made martial arts a global phenomenon, bridged the divide between Eastern and Western cultures, and smashed long-held stereotypes of Asians and Asian-Americans. Forty-five years after Bruce Lee's sudden death at age thirty-two, journalist and bestselling author Matthew Polly has written the definitive account of Lee's life. It's also one of the only accounts; incredibly, there has never been an authoritative biography of Lee. Following a decade of research that included conducting more than one hundred interviews with Lee's family, friends, business associates, and even the actress in whose bed Lee died, Polly has constructed a complex, humane portrait of the icon. Polly explores Lee's early years as a child star in Hong Kong cinema; his actor father's struggles with opium addiction and how that turned Bruce into a troublemaking teenager who was kicked out of high school and

eventually sent to America to shape up; his beginnings as a martial arts teacher, eventually becoming personal instructor to movie stars like James Coburn and Steve McQueen; his struggles as an Asian-American actor in Hollywood and frustration seeing role after role he auditioned for go to a white actors in eye makeup; his eventual triumph as a leading man; his challenges juggling a sky-rocketing career with his duties as a father and husband; and his shocking end that to this day is still shrouded in mystery. Polly breaks down the myths surrounding Bruce Lee and argues that, contrary to popular belief, he was an ambitious actor who was obsessed with the martial arts—not a kung-fu guru who just so happened to make a couple of movies. This is an honest, revealing look at an impressive yet imperfect man whose personal story was even more entertaining and inspiring than any fictional role he played onscreen.

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.

Wing Chun is one of the most popular martial arts in the world. It was made famous by Bruce Lee and his master, Yip Man. The most practiced form of Wing Chun is the Hong Kong version, which is streamlined and compact. However, older systems survive in China and one of them is the obscure art known as Fut Sao (Buddha Hand) Wing Chun. Fut Sao Wing Chun was brought to America in 1961 by Grandmaster Henry Leung, (Hong Lei, Chi Man), who learned the whole system under Great Master Gao Jhi Fut Sao. The system was passed down in America to Master Leung's one disciple, Sifu James Cama. In this book Cama sets out, for the first time, the outline of the Fut Sao system of Wing Chun Kuen. This book is special because, for the first time ever, the Fut Sao Siu Lin Tao and its two-man set are revealed. The Hei Gung set and meditation visualization practice are also detailed. The gem of the art is its internal practices which are rarely seen in Wing Chun. Chapters included: forms training, weapons, training enhancement devices, sensitivity training and internal training.

A black-and-white paster of Grandmaster Yip Man included. The only book teaches you the complete set of the 108 REAL WING TSUN (WING CHUN) WOODEN DUMMY techniques and the applications. The book contents a description of the origin and development of the Wing Tsun dummy, illustrations of the wooden dummies, the 116 Wing Tsun (Wing Chun) dummy techniques, Applications and explanations of the Wing Tsun dummy techniques, as well as the story of Yip Man.

Master the effective, practical style of Kung Fu practiced by the Taiwanese police with this illustrated martial arts guide. Police Kung Fu: The Personal Combat Handbook of the Taiwan National Police is a comprehensive approach for the realistic use of traditional kung fu by law enforcement and corrections officers—and ordinary citizens—to maximize personal safety while minimizing the necessary use of force. Lavishly illustrated with photographs of Taiwanese police officers systematically demonstrating tactics that have been used with great effect for several decades in Taiwan, Police Kung Fu teaches responses to unarmed attackers and to attacks with guns, knives, and assorted clubs and other weapons, as well as police baton techniques for individual and crowd control. With a thorough grounding in traditional Wing Chun kung fu, renowned for its direct power and speed, the police training demonstrated in this volume is readily adaptable to a wide variety of controlled-force situations. Police Kung Fu is a great resource for every law enforcement professional and those interested in the martial arts and self defense.

A guide to the seemingly effortless yet explosively powerful martial art techniques of Fa Jin • Explains how to collect energy within and discharge it for self-defense as well as healing • Explores how to counter the natural instinct to resist force with force and develop yielding

softness through the 13 Original Movements of Tai Chi • Illustrates routines for the partner practice of "Push Hands" (Tui Shou) Fa Jin, an advanced yang style of Tai Chi, complements the physical, mental, and spiritual conditioning available through solo Tai Chi practice and the internal martial arts of Taoism. Fa Jin enables adepts to harness the energy of yin, yang, and the earth in the lower tan tien and discharge it as an extremely close-range yet explosively powerful blow in self-defense and partner practice as well as in healing techniques. Integrating the teachings of many Taoist masters, including Chang San-Feng, the creator of Tai Chi; Wang Tsung-Yueh, the legendary 19th-century master; Bruce Lee, the actor and martial artist who made the "one-inch punch" technique famous; and the Magus of Java, a living master able to discharge energy in the form of electric shocks, this book explores the history, philosophy, internal exercises, and physical practices of Fa Jin. Drawing on Iron Shirt Chi Kung and Tan Tien Chi Kung techniques, Master Mantak Chia and Andrew Jan reveal the secrets to collecting yin and yang in the lower tan tien and discharging the energy in a seemingly effortless yet explosive blow. Illustrating several routines of the Tai Chi partner practice of "Push Hands" (Tui Shou), they explain how to apply Fa Jin techniques by "listening" to your opponent's intentions and countering the natural instinct to resist force with force through yielding softness and redirection. The authors also detail how to prepare for this advanced practice through stretching, meditation, breathing, relaxation, and energetic exercises.

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.

Treasured for centuries by karate's top masters, the *Bubishi* is a classic Chinese work on philosophy, strategy, medicine, and technique as they relate to the martial arts. Referred to as the "bible of karate" by famous master Chojun Miyagi, for hundreds of years the *Bubishi* was a secret text passed from master to student in China and later in Okinawa. All of karate's legendary masters have studied it, applied its teachings, or copied passages from it. No other classic work has had as dramatic an impact on the shaping and development of karate as the *Bubishi*. Karate historian and authority Patrick McCarthy spent over ten years researching and studying the *Bubishi* and the arts associated with it. The first English translation of this remarkable martial arts manual includes numerous explanations and notes. McCarthy's work also includes groundbreaking research on Okinawan and Chinese history, as well as the fighting and healing traditions that developed in those countries, making it a gold mine for researchers and practitioners alike. For the final word on the true origins and spirit of classic Okinawan martial arts, one need look no further. This karate book is one of the best karate training supplements available.

Part of the Bruce Lee's Fighting Method series, this book teaches how to perform jeet kune do's devastating strikes and exploit an opponent's weaknesses with crafty counterattacks like finger jabs and spin kicks.

The Flower of Battle is Colin Hatcher's translation of Fiore dei Liberi's art of combat from the early 15th century. The work included high-resolution images and English text laid out in the manner of the original.

Teach Yourself Wing Chun Adapted for the Streets! This is Wing Chun martial arts training as modern self-defense. It starts with Wing Chun techniques for beginners and advances up to sticky hands (Wing Chun Chi Sao). Anyone interested in martial arts will learn from these Wing Chun training techniques. Those who will benefit most are: * People who are thinking about learning Wing Chun Kung Fu but first want an insight * Those who want to know basic principles and techniques before joining a Wing Chun dojo * Beginners who want to supplement their training * Anyone that wants to learn how to adapt classic Wing Chun to the streets of today * Teachers of Wing Chun Kung Fu who want some ideas on training beginner students * Anyone that wants to self-train in Wing Chun Kung Fu You'll love this Wing Chun training manual, because it adapts a proven martial art to the streets of today. Get it now. Jam-packed with Wing Chun Training Techniques * The legendary Wing Chun punch * Arm-locks * Wing Chun strikes including punches, kicks, elbows, knees, and the chop * Trapping and grabbing * Interception and counter-attack * Repeating punches * Defending against common attacks and combinations ... and much more. Contains 42 Wing Chun Lessons and 97 Training Exercises! * Basic Wing Chun theory is embedded into practical lessons * Conditioning exercises to give your body the strength to do the techniques * Basic footwork for speed and balance * The Centerline Principle (a core concept in Wing Chun) * Wing Chun training drills for developing lightning fast reflexes * The direct line principle * Use of training equipment * Correct body alignment and weight distribution for greatest stability, speed, and power Learn Traditional Wing Chun Hand Techniques * Tan Sau (Dispersing Hand) * Pak Sau (Slapping Hand) * Bong Sau (Wing Arm) * Lap Sau (Pulling Hand) * Kau Sau (Detaining Hand) * Fut Sau (Outward Palm Arm) * Gum Sau (Pressing Hand) * Biu Sau (Darting Hand) Limited Time Only... Get your copy of Basic Wing Chun Training today and you will also receive: * Free SF Nonfiction Books new releases * Exclusive discount offers * Downloadable sample chapters * Bonus content ... and more! This Wing Chun book is perfect for self-defense. It does not rely on strength or physical size to be effective. Discover how you can adapt classic Wing Chun to the streets, because the traditional stuff doesn't work in a brawl. Get it now.

What is the secret of talent? How do we unlock it? This groundbreaking work provides readers with tools they can use to maximize potential in themselves and others. Whether you're coaching soccer or teaching a child to play the piano, writing a novel or trying to improve your golf swing, this revolutionary book shows you how to grow talent by tapping into a newly discovered brain mechanism. Drawing on cutting-edge neurology and firsthand research gathered on journeys to nine of the world's talent hotbeds—from the baseball fields of the Caribbean to a classical-music academy in upstate New York—Coyle identifies the three key elements that will allow you to develop your gifts and optimize your performance in sports, art, music, math, or just about anything. • Deep Practice Everyone knows that practice is a key to success. What everyone doesn't know is that specific kinds of practice can increase skill up to ten times faster than conventional practice. • Ignition We all need a little motivation to get started. But what separates truly high achievers from the rest of the pack? A higher level of commitment—call it passion—born out of our deepest unconscious desires and triggered by certain primal cues. Understanding how these signals work can help you ignite passion and catalyze skill development. • Master Coaching What are the secrets of the world's most effective teachers, trainers, and coaches? Discover the four virtues that enable these “talent whisperers” to fuel passion, inspire deep practice, and bring out the best in their students. These three elements work together within your brain to form myelin, a microscopic neural substance that adds vast amounts of speed and accuracy to your movements and thoughts. Scientists have discovered that myelin might just be the holy grail: the foundation of all forms of greatness, from Michelangelo's to Michael Jordan's. The good news about myelin is that it isn't fixed at birth; to the contrary, it grows, and like anything that grows, it can be cultivated and nourished. Combining revelatory analysis with illuminating examples of regular people who

have achieved greatness, this book will not only change the way you think about talent, but equip you to reach your own highest potential.

Build vital connections to accelerate your career success *Managing Up* is your guide to the most valuable 'soft skill' your career has ever seen. It's not about sucking up or brown-nosing; it's about figuring out who you are, who your boss is, and finding where you meet. It's about building real relationships with people who have influence over your career. *Managing up* is good for you, good for your boss, and good for the organization as a whole. This book gives you strategies for developing these all-important connections and building more than rapport; you become able to quickly assess situations, and determine which actions will move you forward; you become your own talent manager, and your boss's top choice for that new opportunity. As a skill, managing up can do more for your career than simply 'networking' ever could—and this book shows you how. Real-world strategies give you a set of actionable steps, supplemented by expert advice from a top leadership consultant that helps you get on track to advancement. It's never too early or too late to start adjusting your alignment, and this book provides the help you need to start accelerating your trajectory. Develop robust relationships with influential people Enhance your self-awareness and become more adaptable Gain new opportunities and accelerate your career Stop 'schmoozing' and develop true, lasting connections *Managing up* helps you build the sort of relationships that foster more communication, collaboration, cooperation, and understanding between people at different levels of power, with a variety of perspectives and skills. This type of bridge-building builds your reputation for effectiveness and fit, so you can start skipping rungs on the ladder as you build a strong, successful career. *Managing Up* is your personal manual for building this vital skill so you can begin building your best future.

Martial arts legend William Cheung teaches the advanced training theories and practical applications of wing chun kung fu, delving into the nuances of wooden-dummy training, street techniques, weapon defense, and the three-centers principle. In addition, a chapter is devoted to breaking down the author's famous 100-day Iron Palm Training Program. The succinct writing style and countless photographs (featuring Eric Oram and grandmaster Cheung's top students) make this book a valuable addition to any martial artist's library.

Using a three-part perspective on the traditional art, this guide illustrates how wing chun kung fu is still deadly and effective in the context of modern combat. The first part addresses fundamentals such as the history, life benefits, concepts, principles, and basic training—including footwork, kicks, arm movements, and reflexes—that characterize the art. Bridging the gap between wing chun and other fighting styles, the second portion explains how a wing chun artist is able to exploit the vulnerabilities in defensive and offensive systems such as kickboxing, grappling, and karate. The third and final section discusses how this particular brand of kung fu is highly effective in street combat—both empty-handed and with weapons—as well as against single and multiple opponents.

Working Class History presents a distinct selection of people's history through hundreds of 'on this day in history' anniversaries that are as diverse and international as the working class itself. Going day by day, this book paints a picture of how and why the world came to be as it is, how some have tried to change it, and the lengths to which the rich and powerful have gone to maintain and increase their wealth and influence.

Chinese Martial Arts films have captured audiences' imaginations around the world. In this wide-ranging study, Hunt looks at the mythic allure of the Shaolin Temple, the 'Clones' of Bruce Lee, gender-bending swordswomen, and the knockabout comedy of Sammo Hung, bringing new insights to a hugely popular and yet critically neglected genre. 12 photos.

-- A "sleeper" worldbook that has just continued to sell and sell. -- Martial arts are applicable to every sort of campaign...fantasy, SF, or modern! -- Detailed

discussions of over 50 different fighting styles.

Although the art of wing chun kung-fu is perhaps one of the most popular martial arts in the world, it was kept very much private until the 1950's. Hailing from mainland China, the Yuan Kay-San system of wing chun, one of the most rare and elusive branches of the art, is finally introduced to the Western world. For the first time in book form, Rene Ritchie, one of the art's leading scholars, shares the fundamentals of the Yuen Kay-San system of wing chun. Included are the history, concepts, and foundation of the art, the sup yee sik and siu lien tao forms, and their practical applications. For beginners, it serves as a great introduction to wing chun; for the seasoned practitioner, it offers a new and unique perspective into the art.

This book constitutes the refereed proceedings of the 29th Conference on Current Trends in Theory and Practice of Informatics, SOFSEM 2002, held in Milovy, Czech Republic, in November 2002. The volume presents 10 invited lectures and the report on a panel discussion on GRID computing together with 11 revised full papers selected from 22 submissions. Among the topics covered are system design and testing related theory, distributed and parallel systems, type theory, multimedia, databases, computer vision, and soft computing.

The Impossible Fairy Tale is the story of two unexceptional grade-school girls. Mia is "lucky"she is spoiled by her mother and, as she explains, her two fathers. She gloats over her exotic imported color pencils and won't be denied a coveted sweater. Then there is the Child who, by contrast, is neither lucky nor unlucky. She makes so little impression that she seems not even to merit a name. At school, their fellow students, whether lucky or luckless or unlucky, seem consumed by an almost murderous rage. Adults are nearly invisible, and the society the children create on their own is marked by cruelty and soul-crushing hierarchies. Then, one day, the Child sneaks into the classroom after hours and adds ominous sentences to her classmates' notebooks. This sinister but initially inconsequential act unlocks a series of events that end in horrible violence. -- amazon.com

This comprehensive translation of the Bubishi—the ancient manual of karate—is the most complete available. Karate historian and authority Patrick McCarthy spent over ten years researching and studying the Bubishi and the arts associated with it. The English translation of this remarkable tome includes numerous explanations and notes. McCarthy's work also includes groundbreaking research on Okinawan and Chinese history, as well as the fighting and healing traditions that developed in those countries, making it a gold mine for researchers and practitioners alike. For the final word on the true origins and spirit of classic Okinawan martial arts, one need look no further. No other classic work has had as dramatic an impact on the shaping and development of karate as the Bubishi.

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!

This enduring bestseller, written over six months when Lee was bedridden with back problems, compiles philosophical aphorisms, technique explanations, and sketches by the master himself.

Sifu Anton Van Thomas began his Wing Chun studies in the early 1980s under Sifu Samuel Kwok, and also studied under Grandmasters Ip Chun and Ip Ching in Hong Kong. Sifu Van Thomas is also a member of the Ving Tsun (Wing Chun) Athletic Association, and is on the board of the Ip Man Museum in Foshan province, China as a committee member. Today, Sifu Van Thomas teaches that Wing Chun's principles can be applied to every aspect of daily life.

Captured by pirates in Jamaica and sold into slavery in New England, Resolute Talbot and her siblings are taught to spin and weave before Resolute finds herself alone in a harsh Lexington culture torn by a brewing Revolutionary War. 50,000 first printing.

Candid Interviews of 4 Grandmasters and 5 Masters of the Yip Man Ving Tsun Kung Fu lineage. They share their personal thoughts and beliefs on theories, techniques, fighting, and philosophy. These interviews took place in Hong Kong in 2001.

The Chinese have become a vibrant part of Toronto's multiculturalism, with no less than seven Chinatowns created since 1984. Short-listed for the 2013 Speaker's Book Award and for the 2012 Heritage Toronto Award The modest beginnings of the Chinese in Toronto and the development of Chinatown is largely due to the completion of the CPR in 1885. No longer requiring the services of the Chinese labourers, a hostile British Columbia sent them eastward in search of employment and a more welcoming place. In 1894 Toronto's Chinese population numbered fifty. Today, no less than seven Chinatowns serve what has become the second-largest visible minority in the city, with a population of half a million. In these pages, you will find their stories told through historical

accounts, archival and present-day photographs, newspaper clippings, and narratives from old-timers and newcomers. With achievements spanning all walks of life, the Chinese in Toronto are no longer looking in from outside society's circle. Their lives are a vibrant part of the diverse mosaic that makes Toronto one of the most multicultural cities in the world.

"Adapted from *Hostage*, originally published in the United Kingdom by Puffin Books in 2014."

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 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 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 mastering oneself—the true goal of all martial arts.

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