

CHINESE MARTIAL ARTS—EXTERNAL

少林長拳

SHAOLIN Long Fist KUNG FU

BASIC SEQUENCES

少林
長拳

DVD
VIDEO

DR. YANG, JWING-MING



Shaolin Long Fist Kung Fu Basic S

Wong Kiew Kit



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Kung Fu Basics Paul Eng, 2018-06-19 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 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 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 Shaolin Long Fist Kung Fu Jwing-Ming Yang, Jeffery A. Bolt, 1981 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 and intermediate knowledge and skill **Essence of Lien Bu Chuan** Artie Aviles, Nelson Tsou, James Man Chin, 2015-11-30 An in depth study of the Northern Shaolin Long Fist Style Kung Fu form Lien Bu Chuan illustrated with multiple views movement patterns and detailed instructions for practice Lien Bu Chuan Continuous Steps Form was chosen as one of the required forms to study by the Central Martial Arts Academy in China which was formed circa 1928 The reader will find a detailed movement by movement study of the form showing hand and foot motion lines front side and overhead views plus additional interesting details and enhancements The form study section presents each movement in a two page spread format for ease of understanding with images on the left page and instructions on the right In addition to introductory materials and basics three sets of the original Chinese verses for the form with English translations are also provided **Shaolin Long Fist Kung Fu** Yang Jwing-Ming, Jeffery Bolt, 2024-12-11 This is a great overview and introduction to the Northern style of Chinese Kung Fu The authors include the history of Shaolin and a comprehensive examination of training including stances hand leg techniques movements and attack zones Also covered are essentials such as power speed training Long Fist fundamental intermediate sequences and free fighting strategies A ton of information supplemented with hundreds of photos in over 220 pages **Black Belt** , 1997-01 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 martial arts figure in the world

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