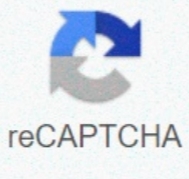




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Secrets of eagle claw kung fu pdf

Pyyntöäsi ei voi käsitelläOngelma pyynnön käsittelyssä. Yritämme korjata ongelman mahdollisimman pian. Northern Shaolin Eagle Claw or Ying Jow Pai is one of China's richest traditional martial arts systems. It includes all aspects of martial arts including fighting, joint locking (Qinna), weapons, and dramatic forms, gathered over centuries. You can see some of our forms at our Youtube channel.Eagle Claw's origins lie in the battlefields of medieval China and the Shaolin Temple. Its defining characteristics are its distinctive "claws" used to catch and grab an opponent, and joint locking or "Qinna" which relies on leverage and body mechanics, as well as the full range of basic martial arts fighting techniques — strikes, kicks, sweeps, throwing, pressure points and more.Eagle Claw emphasizes natural, flowing control. It's characterized by long, graceful movements and quick footwork. With its brilliant understanding of the body, its vast "library" of techniques, and a natural approach to fighting, Eagle Claw Kung Fu is one of the greatest accomplishments in martial arts.The style's lineage delivered the style to Grandmaster Leung Shum, currently is in retirement. Both Sifu Dario Acosta and Sifu Julie were trained by Grandmaster Shum. Sifu Dario Acosta is one of only a few students of Grandmaster Shum who have achieved the rank of "Master" in the system. We offer private and group classes in: Classic Forms and weapons training Self-defense and real-world applications Free sparring and tournament fighting Breathing and meditationConditioning and fitness buildingWe also teach Tai Chi and Chi Gung. Grandmaster Wong and Wong Chun Yan demonstrating some Eagle Claw combat application Please click the pictures or the captions below to enter The Fifty Eagle Claw Sequences presented here are a legacy of Sifu Chen Tzi Ching, who was nick-named the Eagle Claw King during his time. In the 1920s, Sifu Chen Tzi Ching taught Eagle Claw Kungfu at the Chin Woo Association, which was founded by the great master, Fok Yun Kap (Huo Yuan Jia in Mandarin pronunciation), who wanted to promote the best of kungfu in this association. "Chin Woo" ("Jing Wu" in Mandarin) means "Essence of Martial Art". In appreciation for some kungfu skills Grandmaster Wong shared with him, Sifu Yeong Khuen Chi, who is in the direct lineage of Sifu Chen Tzi Ching and is the Chief Instructor of Georgetown Chin Woo Association in Penang, shared the secrets of Eagle Claw Fifty Sequences with Grandmaster Wong in the 1970s. Sifu Yeong Khuen Chi is the sidai (junior classmate) of Grandmaster Wong in Uncle Righteousness' lineage. In fact, Sifu Yeong Khuen Chi is Uncle Righteousness' nephew. Grandmaster Wong has much respect for Eagle Claw Kungfu and wishes to pass on the art to interested members of our school. Hence a special Eagle Claw Kungfu course will be offered at the UK Summer Camp 2009. To enable course participants to prepare themselves well to get the best benefits from the course, Grandmaster Wong has recorded the 50 Eagle Claw Sequences in solo practice as well as in combat application in videos. Someone watching the 50 Eagle Claw Sequences presented here but who is unfamiliar with Eagle Claw Kungfu may wonder why the Eagle Claws, by which this style of kungfu is known, are not frequently found in the sequences demonstrated. Those who are used to watch Eagle Claw wushu where movements are acrobatic and resemble those of a real eagle, may even argue that what is shown here is not Eagle Claw Kungfu. But for those who genuinely wish to learn, the answer is that the formidable Eagle Claws are hidden in the open. And those accepted to the Eagle Claw Kungfu Course will learn how to apply these formidable Eagle Claws for effective combat. Many people would have heard of the kungfu saying "nan khuen pak theui" ("nan quan bei tai" in Mandarin), which means that Southern Shaolin Kungfu is noted for its fists, whereas Northern Shaolin Kungfu is famous for its kicks. This saying, however, is only a general description to compare the strong points between Northern and Southern Shaolin Kungfu. We must not be limited by the saying to think that hand techniques are not important in Northern Shaolin or kicks are not important in Southern Shaolin. Indeed, Southern Shaolin is famous for its No-Shadow Kicks. And Northern Shaolin, as represented her by Eagle Claw Kungfu, is famous for its hand techniques. Superficially the Eagle Claw sequences look simple, but their combat applications are profound. The 50 Combat Sequences of Eagle Claw will be made available to participants attending the Eagle Claw Course at the UK Summer Camp 2009. Nevertheless, some combat applications from Sequences 1 to 5 are made available here. Superficially the Eagle Claw sequences look simple, but their combat applications are profound. The 50 Combat Sequences of Eagle Claw will be made available to participants attending the Eagle Claw Course at the UK Summer Camp 2009. Nevertheless, some combat applications from Sequences 1 to 5 are made available here. This is just a selection to give a taste of the 50 Eagle Claw Combat Sequences taught at the UK Summer Camp 2009. Courses and Classes Eagle claw Kung Fu is one of the few modern Chinese martial arts derived from real military combat experience. It is a powerful system featuring advanced locking-hand moves perfected over many centuries of civil conflict in China. This text covers the crucial first 30 locking-hand techniques, punches, kicks and the all-important signature claws of Ying Jow Pai. Download The Secrets of Eagle Claw Kung Fu free book PDF Author: Leung Shum Pages: 248 ISBN: 9780804832151 Format: Epub, PDF File size: 17.50 Mb niagobmamenro14 Free download ebook PDF, Kindle, epub, mobi, iPhone, iPad, Android 50enteGescuer70 wes52ArekKw3200 - Read and download Leung Shum's book Secrets of Eagle Claw Kung-fu: Ying Jow Pai in PDF, EPub online. Free Secrets of Eagle Claw Kung-fu: Ying Jow Pai book by Leung Shum.Secrets of Eagle Claw Kung-fu: Ying Jow Pai by Leung ShumSynopsis: Master the notorious Eagle Claw Style Kung Fu with this illustrated martial arts guide.One of the few modern Chinese martial arts derived from actual military combat experience, Eagle Claw Kung Fu is a powerful system featuring advanced locking-hand moves perfected over centuries of civil conflict in China.Kung Fu and tai chi master Leung Shum brings this timeless art to today's practitioners, going beneath the veneer of gymnastic athleticism for which the style is known, and revealing many of its essential secrets and insider tips. Shum explains the fundamentals of Eagle Claw Kung Fu, including:StretchingStances and FootworkConnecting StancesHandworkHow to Form the Eagle ClawKickingWaist Training and GymnasticsGroup ExercisesFormsWeaponsAnd Self Defense ExercisesHundreds of striking photographs augment Shum's masterful text, creating the ultimate guide to Eagle Claw Kung Fu. Top reviews Most recent Top reviews the secrets of eagle claw kung fu pdf. the secrets of eagle claw kung fu - ying jow pai

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