

Kung Fu is a year old art that is based on 5 Animal Movements that the Monks of China Developed for Health and Longevity. We have taken this ancient art and created a modern workout program to fit today's busy lifestyles.

Sanshou and Shuai jiao Application refers to the practical use of combative techniques. Chinese martial arts techniques are ideally based on efficiency and effectiveness. When and how applications are taught varies from style to style. Today, many styles begin to teach new students by focusing on exercises in which each student knows a prescribed range of combat and technique to drill on. These drills are often semi-compliant, meaning one student does not offer active resistance to a technique, in order to allow its demonstrative, clean execution. In more resisting drills, fewer rules apply, and students practice how to react and respond. The objective for those contests was to knock the opponent from a raised platform by any means necessary. San Shou represents the modern development of Lei Tai contests, but with rules in place to reduce the chance of serious injury. Many Chinese martial art schools teach or work within the rule sets of Sanshou, working to incorporate the movements, characteristics, and theory of their style. Forms were originally intended to preserve the lineage of a particular style branch, and were often taught to advanced students selected for that purpose. Forms contained both literal, representative and exercise-oriented forms of applicable techniques that students could extract, test, and train in through sparring sessions. Traditionally, they played a smaller role in training for combat application, and took a back seat to sparring, drilling, and conditioning. Many styles contain forms that use weapons of various lengths and types, using one or two hands. Some styles focus on a certain type of weapon. Forms are meant to be both practical, usable, and applicable as well as to promote fluid motion, meditation, flexibility, balance, and coordination. Teachers are often heard to say "train your form as if you were sparring and spar as if it were a form. Most common are solo forms performed by a single student. There are also sparring forms – choreographed fighting sets performed by two or more people. Sparring forms were designed both to acquaint beginning fighters with basic measures and concepts of combat, and to serve as performance pieces for the school. Weapons-based sparring forms are especially useful for teaching students the extension, range, and technique required to manage a weapon. Please help improve this section by adding citations to reliable sources. Unsourced material may be challenged and removed. Basically, dui lian were not only a sophisticated and effective methods of passing on the fighting knowledge of the older generation, they were important and effective training methods. The relationship between single sets and contact sets is complicated, in that some skills cannot be developed with single sets, and, conversely, with dui lian. Unfortunately, it appears that most traditional combat oriented dui lian and their training methodology have disappeared, especially those concerning weapons. There are a number of reasons for this. In modern Chinese martial arts most of the dui lian are recent inventions designed for light props resembling weapons, with safety and drama in mind. The role of this kind of training has degenerated to the point of being useless in a practical sense, and, at best, is just performance. By the early Song period, sets were not so much "individual isolated technique strung together" but rather were composed of techniques and counter technique groupings. It is quite clear that "sets" and "fighting 2 person sets" have been instrumental in TCM for many hundreds of years – even before the Song Dynasty. There are images of two person weapon training in Chinese stone painting going back at least to the Eastern Han Dynasty. According to what has been passed on by the older generations, the approximate ratio of contact sets to single sets was approximately 1: This is, in part, evidenced by the Qing Dynasty mural at Shaolin. For most of its history, Shaolin martial arts was largely weapon-focused: Even the more recent military exploits of Shaolin during the Ming and Qing Dynasties involved weapons. According to some traditions, monks first studied basics for one year and were then taught staff fighting so that they could protect the monastery. Although wrestling has been as sport in China for centuries, weapons have been the most important part of Chinese wushu since ancient times. During the Northern Song Dynasty A. D when platform fighting known as Da Laitai Title Fights Challenge on Platform first appeared, these fights were with only swords and staves. Although later, when bare hand fights appeared as well, it was the weapons events that became the most famous. These open-ring competitions had

regulations and were organized by government organizations; some were also organized by the public. The government competitions resulted in appointments to military posts for winners and were held in the capital as well as in the prefectures. Many forms have been elaborated upon, on the one hand to provide better combat preparedness, and on the other hand to look more aesthetically pleasing. One manifestation of this tendency toward elaboration beyond combat application is the use of lower stances and higher, stretching kicks. These two maneuvers are unrealistic in combat and are used in forms for exercise purposes. During this time, some martial arts systems devolved to the point that they became popular forms of martial art storytelling entertainment shows. This created an entire category of martial arts known as Hua Fa Wuyi. During the Northern Song period, it was noted by historians this type of training had a negative influence on training in the military. Many traditional Chinese martial artists, as well as practitioners of modern sport combat, have become critical of the perception that forms work is more relevant to the art than sparring and drill application, while most continue to see traditional forms practice within the traditional context as vital to both proper combat execution, the Shaolin aesthetic as art form, as well as upholding the meditative function of the physical art form.

Chapter 2 : Go_do_Ryu_Martial_Arts “ Karate, Training, Fitness.

A lot of people are not sure they might want to do Kung Fu or Tai Chi or they know that they want to do it and are not quite sure how to get started. That was my case. I always wanted to do Kung Fu and Tai Chi, but was a little scared to go on my own.

Their grades might be suffering because of the lack of focus. Or maybe they just spend too much time playing videos games and never really get any exercise. And even if they watch just 1 hour of TV, they are more likely to be overweight. Parents of Ancient China sent their children to the Shaolin Monastery for academics because the Monks were the doctors and educators of the time. The first tools that the monks taught the children were Discipline, Concentration, and Leadership. We use these same tools today. Focusing the Eyes “ This is probably one of the hardest things for a child to do and one of the most important. For example, if you have a computer and want to learn something about that computer, it is easier to watch a video and you can grasp the information quickly. How often does your child look around and act as if they are not paying attention to you? We start your child on Focusing the Eyes on day 1 in their very first class. Listening skills require three things: How many times have you asked someone about how to do learn to do something? Could be anything like fixing a car or repairing something in your home. How do we prepare your child for listening? How often do you see your child fidgeting? By using the Postures and several other Kung Fu techniques, we teach your child to still their body to pay attention. This is a very important part of getting prepared to listen. When the body is fidgeting, the mind is not paying attention and therefore not learning or hearing anything that is said. Emotional Development Your child will learn the 4 rules of discipline that lead to self-discipline. The three rules of concentration teach your child to stay focused and that shows them how to keep their emotions in check. Your child will also improve their self-esteem through confidence-boosting techniques and learn that there is no such thing as failure only results. Then we teach your child how to turn those results into actions for success. There is only one way to build self-confidence and that is to experience success, and then being continually challenged to overcome more substantial obstacles. Being recognized for your advancement with a new belt color makes it easy to track their progress. It also challenges them to expand and perfect their skills, including their physical and emotional development. Leadership skills involve 7 areas of development: Physical Development Punching, Kicking and Blocking is all part of keeping your child fit and active. Unlike other playgrounds our playground your child will play hard. The training your child will receive here does exactly the opposite. About the Trial Course A lot of people are not sure they might want to do Kung Fu or Tai Chi“ or they know that they want to do it and are not quite sure how to get started. That was my case. I always wanted to do Kung Fu and Tai Chi, but was a little scared to go on my own. Is it going to be too hard? Am I in shape enough to do it? How long do I have to do it? Am I going to get hurt? Then, I discovered that one of the local schools offered a Trial Course. This is a great way for you or your child to try out a few classes risk free.

Chapter 3 : Kung Fu (TV series) - Wikipedia

The Kung Fu Academy was established in in Palmerston North as a modern day, usable Martial Arts system with traditional roots. We do regular Kung Fu and Martial Arts classes in Palmerston North.

Since joining I am a lot fitter! Highly recommended give it a go!!! A bit of feedback from him for you. He has been doing various martial arts for over 40 years and thinks the set up you have here is marvelous. He really liked the school and the way its setup and thought you as a teacher was excellent. He said its the first time he has trained with a teacher that has actually explained the moves and the reason behind them. He thought it was a really friendly class with a good atmosphere and if he lived over here he would be there training with us. When he first started out, it was when the first Japanese came over teaching and said they were really strict and you could not ask them questions. You spent hour after hour doing the same thing! Sounds like you spoil us, see you on Wednesday. Since starting Wing Tjun lessons i have gained so much confidence and i look forward to my lessons each week. The instructor at the school is very patient and encouraging and pays particular attention to detail and proper form. For anyone out there looking to gain confidence, it is an excellent martial art to learn. The membership continues to grow month on month and there is quite a buzz about the place. The classes are well structured and the teacher is a friendly and easy going guy who takes time to fully explain each move and the reason behind it. There is a nice balance between the cardio exercise in the initial circuit training and the actual lessons in Wing Tjun, which is a martial art suited to both sexes and all ages come along you wont be disappointed. I started to feel strong. If someone comes up behind me i can defend myself, you feel good about yourself, you learn patience and you also relieve stress from work. I would recommend this martial art for any individual ready to make a positive change in life and improve their confidence, health and actual safety at any age, whether male or female! But I like Wing Tjun because it is simple and effective. You can reach quite good level and be able to use it in real situations in short time of learning it. Our instructor Serif devotes much time to look after each student to get better and faster results. Especially having 2 little girls we want them to be able to defend themselves. G, Girne Just like to say I have enrolled for these classes and they are well structured and delivered in a friendly and safe atmosphere!..

Chapter 4 : Martial Arts Academy Online – Lessons of Martial Arts, Karate, Kung Fu, Self Defense, FREE

Kung Fu, Tai Chi, Qigong and other martial arts practicing Taekwondo Shoes Martial Arts Sneaker Boxing Karate Kung Fu Tai Chi Shoes Black Stripes Sneakers Lightweight Shoes by Vbestlife.

Weapons are Shaolin three-section cudgel, Da Mo sword routine, Shaolin spring-autumn saber routine, 9-section intermediate iron-whip routines, paired practice with other students, and other weapons. Third year Students learn the most sought-after skills or "essence" of Shaolin martial art: In the hard external Qi Gong department, the students learn to strike nails into hardwood with the palms of the bare hands, Shaolin Fire gong, Iron hands sand gong; advanced iron and sand palms, etc. The practical boxing department teaches footwork. Chuan form work teaches blending of leg work and wrestling and combines them for practical use; i. Fourth year and beyond It will take the average student at least 3 - 4 years to attain a middle degree ranking in the Shaolin martial arts. The ranks that could be attained are the levels of 3rd, 4th, or 5th degree. Academy overview After students arrival, students will be issued a monks training suit for free. The academy provides tableware and bedding, Washing machines and hot shower facilities. Items of personal hygiene and grooming are the students responsibility. On arrival at the academy, the new student will be assigned a translator to make the transition to academy life as smooth as possible. Students at the Siping Shaolin Martial Arts Academy study in modern facilities with a big training hall, and training is conducted outside in the clear air as well. Every student agrees where the academy is located is the right environment to train in. Most of the teachers do not speak English, so the academy provides English translators during training times. Che and some of the office staff speak English and most of the foreign students speak English, either as their primary or as their secondary language. A few people have expressed disbelief that the academy actually exists, or is licensed and approved by the Chinese government. Therefore, the academy provides the English translation of the license. Academics timetable Academics internet room is open from 5 - 8 p. Sunday, Monday, Tuesday, Wednesday, and Thursday: Monday and Friday during winter, all new students who have been attending the academy for less than one month wake up at 5. Saturday and Sunday all students are to return to the academy before 11 p. Those wishing to stay overnight away from the academy need to be accompanied by at least one other student and must complete a sign-out form before leaving. The academy cannot accept any responsibility for what may happen when students are away from the academy for personal reasons. However, the academy will try their best to help in whatever situation may arise. The quiet meditation room is open 24 hours a day for meditation. All students in this room must keep silent. This room is open all of the time during the day and is heated. Saturday and Sunday is free time for everyone at the academy except for the kitchen staff. The academy is not responsible for any expenses an applicant may incur on their own behalf to prepare for training at the academy, before they actually attend the academy, or for any other reason. Students may bring their laptop computer, but may not use it for any other unsocial, immoral, or illegal use. Abuse in this area could be cause for confiscating the computer, or dismissing the student from the academy, or both, and in some instances if the activity of the student is not allowed by the Chinese government criminal charges with resulting severe penalties may ensue. Gambling, Drugs including marijuana , tobacco, and alcohol, or visiting prostitutes in villages or towns when the student is away from the academy are prohibited. Students are not allowed to have animals, birds, or other pets at the academy. Facility Power training equipment, a set of fitness equipment, wooden dummies, punching bag, mats, pads, gloves, and bodyguards are provided for by the academy. However, you can buy some other kinds of weapons by yourself when you need them in practice. Formal language certificate exams are given after 10 months of studying the mandarin language. Language students must have good character and adhere to the same rules and regulations as those studying the Shaolin martial arts must adhere to. Course preparation New students who are saving in order to come to the academy have asked if there is anything they should study to prepare them for when they are at the academy. The best thing is to prepare yourself physically; proper diet, sprinting and long distance running, swimming, tennis, hiking, biking, gymnastics, high diving, trampoline, jumping rope, ping pong, skating, etc. Aerobic movements, eye-hand coordination sports, and stamina training will help new students to learn martial arts

faster and easier. Any sport or hobby that breaks down muscle tissue so you can rebuild it, stretches and tones your muscles, gives you better hand and eye coordination, improves your breathing, and is enjoyable to perform is good to do. Students who have already seriously trained in the martial arts for several years or more can expect to learn and to perform some of the more difficult Kung Fu movements and skills. Please fill the application form and pay the application fee according to the website 1 to 6 months before you come to the academy. If the student is approved for training a letter of invitation and form JW will be processed and mailed to the student so they can secure their visa. It normally takes from 3 to 6 weeks for the JW form to be processed and received by students in the mail, depending upon where they reside. Every student should take 6 two inch pictures with you when you are coming for your file in the academy and visa extension. Since then he has never been absent from training for even one day in the past 59 years. He has perfect skills in Bajiquan series body forms and weapons of spear, sword, staff, broadsword, and Shaolin Qi Gong. He won golden plates consecutively for 5 years in China Wushu competition from to He has a rich teaching experience of over 10 years being a master of Shaolin kung fu. Many of his students won the championship in the Shaolin routine quan forms competitions. He is one of the top ten martial arts grandmasters in all of China. Through 20 years of training and teaching Chen style Taiji quan forms; he successfully won the championship in the whole China Taiji quan form competition in He and his students have obtained many honors in performances and competitions, both domestic and overseas. He was awarded the title of "Excellent Master" many times by the superior departments and has been authorized the ranking 7th degree by the China Wushu Association. He gained so many skills in a surprisingly short period of time and soon improved himself as an awesome Shaolin temple fighting monk. Now he is 21 years old. He is one of the best disciples and trained with Shi De Long, who taught at the academy prior to He is now at 7th degree level of Shaolin martial arts. Shi Yan Hao also won many championships in domestic martial arts competitions. He is authorized the master ranking of level 5 by the China Wushu Association through his exquisite skills and rich teaching experiences. Location Food Most of the cooking is Chinese style. The nutrition of food is enough to satisfy the requirements of students. The water at the academy is natural mineral water drawn from the protected area of the national park within the nearby Yehe Mountain. The water is clean and safe for human consumption. In the morning, the academy provides milk, soybean milk, porridge, oats, bread, and eggs. For lunch and dinner, they serve Chinese dishes including three dishes with meat, one egg dish, one vegetable dish, fried chips, rice and soup; either egg, seafood, or sweet. China Shiping Shaolin Martial Arts Academy also has Chinese dumplings and noodles once a week, and seafood, fried fish and bacon Chinese style several times a week. The cook will provide chilies for those who would like some. The academy also caters to vegetarians. There are big feasts at festivals when students and masters eat together. The following meals are included:

Chapter 5 : Chinese martial arts - Wikipedia

The next pair of shoes on our list promises to deliver a great performance for not only TaeKwonDo, but for other martial arts sports like karate, Kung Fu, and even Tai Chi. With a great design that is affordable, features of the aforementioned shoes manufactured by Star Sports Corp include the following.

Imagine having greater strength, better flexibility, improved muscle tone, and unshakable confidence. Getting started is easy just check out one of our Trial Programs. The 3 aspects of basics: This is similar to pushing a car. You get down into a deep lunge front knee bent sharply and place your hands on the car and begin to push. For self-defense, kicks give you a longer reach and kicks are more powerful than the hands. Kickboxing uses all four limbs that develop fantastic endurance, quick reflexes and coordination. The three parts of kickboxing: Each aerobic Kickboxing workout uses four different stepping combinations that develop, what we call, Springing Leg Power. The 3 methods of self-defense: There are restrictions on techniques and judges to make sure the rules are followed. Also, the techniques are limited to that sport, so you do not have all the tools necessary to defend yourself on the street. In addition, they do sports sparring practice with partners and the techniques used to have no relationship to the techniques they show you in class. Worse yet, none of these techniques are applicable to defending yourself on the street, but unfortunately, many people think they are. The system that we teach here at the academy. This is one of the oldest and most comprehensive systems of defense in the world. This method combines everything from blocks, strikes, and kicks to locks and ground-fighting. That was my case. I always wanted to do Kung Fu and Tai Chi, but was a little scared to go on my own. Is it going to be too hard? Am I in shape enough to do it? How long do I have to do it? Am I going to get hurt? Then, I discovered that one of the local schools offered a Trial Course. This is a great way for you or your child to try out a few classes risk free. We will cover the regular class schedule when you come in for your Trial Course. The Trial Course are private sessions and can be scheduled at any time convenient for you. Do I have to be in shape to start? This is a common misconception. Our beginner program gradually gets you back into shape, improves your flexibility, muscle tone, strength, balance, and improves focus and discipline. As these areas improve, the more advanced training will challenge you to improve yourself even more. How long have you been in business? Master Rothrock started training in in Karate. What does professional instructors mean? That means that they are specifically trained to teach and take pride in helping you achieve your goals. Many schools use part-time help or volunteers, who are not specifically trained to teach martial arts. What Can I expect when I come in for a visit? We have a safe and modern training environment. In over 50 years, we never had anyone get hurt from the training program. Am I going to be able to do Kung Fu? Many people that have got started felt the same way as you. As I mentioned earlier, we start everyone with beginner classes. These beginner classes are designed, so people that have never done anything before can easily learn the techniques. You can easily follow along as you have a fantastic workout. What does it mean to Have my Mind Work Better? Have you ever found yourself in a situation where you needed to be stronger willed? Do you want to find better ways to overcome the obstacles in your life? Kung Fu will help you develop a stronger and more focused mind. Are Classes Separated by Age? All our classes are separated by level and age. Every age group has its own needs. Children need help with discipline and concentration while adults prefer a healthy workout geared towards improving muscle tone and flexibility as they learn self-defense. Are there testing fees? We have no hidden testing fees or association fees. How many times can I come a week? You can come as often as you want. However, we recommend for Beginners to start with two minute classes a week. What is the Cost of the Classes? We offer a variety of options based on your needs. Not only does it provide you with an easy way to take Kung Fu for a Test Drive, but also allows us to look at your balance, strength, and flexibility. Then based on our 50 years of experience we can make some specific recommendations. To get the most up-to-date prices, we suggest you visit the Academy. How can I get started? You can get started with one of our Trial Programs. That is the best option for most beginners. What a work out, I have been compelled for years to do this, but I wanted the real thing. My first lesson in Wexford feels equal to a 4 mile hike at McConnell Mills, 18 mile bike ride at Moraine Park and a 30 minute

weight training session. I began taking Kung Fu classes because a co-worker of mine constantly spoke about how awesome Kung Fu is. Frankly I became so tired of her speaking about it that I decided I needed to see what all the fun was about. It only took one beginner basics class for me to become hooked. The Kung Fu Fit classes have been a great experience so far. I look forward to my classes as my "me" time to improve myself and also to clear my head.

Chapter 6 : Courses - Monster Martial Arts

Go Kung Fu USA: Lily Lau Eagle Claw KungFu, Chicago, Illinois. likes 56 talking about this 87 were here. Martial Arts Training for the whole family.

Weapons are Shaolin three-section cudgel, Da Mo sword routine, Shaolin spring-autumn saber routine, 9-section intermediate iron-whip routines, paired practice with other students, and other weapons. Third year Students learn the most sought-after skills or "essence" of Shaolin martial art: In the hard external Qi Gong department, the students learn to strike nails into hardwood with the palms of the bare hands, Shaolin Fire gong, Iron hands sand gong; advanced iron and sand palms, etc. The practical boxing department teaches footwork. Chuan form work teaches blending of leg work and wrestling and combines them for practical use;

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enjoyable to perform is good to do. Students who have already seriously trained in the martial arts for several years or more can expect to learn and to perform some of the more difficult Kung Fu movements and skills. Please fill the application form and pay the application fee according to the website 1 to 6 months before you come to the academy. If the student is approved for training a letter of invitation and form JW will be processed and mailed to the student so they can secure their visa. It normally takes from 3 to 6 weeks for the JW form to be processed and received by students in the mail, depending upon where they reside. Every student should take 6 two inch pictures with you when you are coming for your file in the academy and visa extension. Since then he has never been absent from training for even one day in the past 59 years. He has perfect skills in Bajiquan series body forms and weapons of spear, sword, staff, broadsword, and Shaolin Qi Gong. He is one of the top ten martial arts grandmasters in all of China. Through 20 years of training and teaching Chen style Taijiquan forms; he successfully won the championship in the whole China Taijiquan form competition in He and his students have obtained many honors in performances and competitions, both domestic and overseas. He was awarded the title of "Excellent Master" many times by the superior departments and has been authorized the ranking 7th degree by the China Wushu Association. Now he is 21 years old. He is one of the best disciples and trained with Shi De Long, who taught at the academy prior to He is now at 7th degree level of Shaolin martial arts. Location Food Most of the cooking is Chinese style. The nutrition of food is enough to satisfy the requirements of students. The water at the academy is natural mineral water drawn from the protected area of the national park within the nearby Yehe Mountain. The water is clean and safe for human consumption. In the morning, the academy provides milk, soybean milk, porridge, oats, bread, and eggs. For lunch and dinner, they serve Chinese dishes including three dishes with meat, one egg dish, one vegetable dish, fried chips, rice and soup; either egg, seafood, or sweet. China Shiping Shaolin Martial Arts Academy also has Chinese dumplings and noodles once a week, and seafood, fried fish and bacon Chinese style several times a week. The cook will provide chilies for those who would like some. The academy also caters to vegetarians. There are big feasts at festivals when students and masters eat together. The following meals are included:

Chapter 7 : Kung Fu Martial Arts - Rothrock's Kung Fu & Tai Chi

#yolo so why not give Martial Arts a go at the Kung Fu Academy NZ. Get fit, look great all year, make friends and look cool with fancy Kung Fu moves. Come give it a go, you won't regret it. #doit.

Upon watching somebody doing martial arts, the untrained eye will find it hard to tell whether that person is doing karate or kung fu. Even those who are beginning martial arts may sometimes be confused about the different styles until further exposure to them will reveal just how different they really are. Historically, the people living in the islands of Okinawa just south of Japan got exposed to Chinese kung fu martial arts due to the close proximity to China. Although both karate and kung fu utilize many similar martial arts techniques, most kung fu styles will usually have more variety of techniques compared to karate systems. The Japanese also modified the way techniques are executed in karate as they became more linear compared to kung fu. This is especially evident in the forms or katas traditional sequence of set moves where karate techniques are performed with crisp movements that have distinct stop and go motions. In kung fu forms, movements involve the use of more circular techniques, particularly with the hands. These circular motions give kung fu forms a more visually graceful look as techniques seem to flow from one to another. There is less stop and go with most kung fu styles. This is not to say that hard styles such as karate or tae kwon do are more powerful martial arts than kung fu and other soft styles. Circular moves can generate just as much power as linear ones found in hard styles. Most kung fu forms are also usually more complex and longer in duration than most karate forms. To most martial artists, a kung fu form will look much more exotic while a karate form will look more straight forward in terms of martial arts techniques. Interestingly enough, there are karate styles such as goju which do have quite a lot of circular techniques similar to kung fu. Kempo styles are considered a hybrid of Chinese kung fu and Okinawan karate techniques with both circular as well as linear techniques. There are also many more different styles of kung fu compared to karate. Martial arts weaponry is found in both kung fu and karate styles but different sets of weapons are utilized in each martial arts system. Much like the empty hand forms, the kata with karate weapons are also more linear compared to those with kung fu weapons which have more circular movements. As expected, there is a lot more variety of different Chinese kung fu weapons than found in the Japanese karate styles. Traditionally, practitioners of karate wear a white uniform called a gi which features the overlapping kimono-like top. Less traditional schools will allow coloured uniforms. A coloured belt will be the finishing touch to the gi with of course the black belt for those at instructor level ranking. Most of the time and especially inside a dojo, karate stylists will not wear any shoes while training. Most kung fu stylists will wear a very different looking uniform. The uniforms can be black or a variety of colours with often lighter fabrics such as satin and shoes are commonly worn. The modern acrobatic Chinese martial arts of wushu can feature satin uniforms with many different bright colours. Many kung fu schools simply utilize t-shirts and baggy pants as uniforms. Satin coloured sashes are often worn to signify rank of students but this is actually more of a Western style as most kung fu schools in Asia do not show rankings in uniforms. However, that is not to say that one system or style of martial art is superior to another. They are just different and to the observer, it could come down to personal preference. Some prefer kung fu and some prefer karate. Some ambitious martial artists who desire a full well rounded education practice both kung fu and karate.

Chapter 8 : Kung Fu Academy NZ | Palmerston North | Martial Arts Classes | NZ's #1

We're going to explore the exciting world of martial arts with some karate chop razzing. So put on your ninja slippers and Chuck Norris pyjamas because here we go.

Chapter 9 : IWKA CYPRUS | IWKA Wing Tjun, Kung Fu, Martial Arts, Self Defence, Cyprus / North Cyprus

The young energetic students, donning red and black kung fu uniforms, put on an awe-inspiring performance of Shaolin kung fu, one of the oldest and most famous styles of Chinese martial arts.