



# Chu Gar Fist: Complete Single Man Training

*Roger D. Hagood*

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# **Chu Gar Fist: Complete Single Man Training**

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**English language. A rare step by step treatise. The complete transmission of single man training from the late Hong Kong Sifu, Chu Kai Ming, first generation disciple of Lao Sui's Hakka Chu Gar Southern Mantis Kungfu, circa 1920s. Featuring Sifu Anthony Chan, Hong Kong.**

IN THIS BOOK:

## **PRELIMINARY / WARMUP EXERCISES**

- Arm Swings
- Back Strokes
- Fic Sao 1 & 2
- Wrist Circles
- Open the Chest

## **MANTIS HORSE STEPPING**

- Forward - Back
- Cross Steps
- Shifting Horse Steps
- Run the Horse

## **SOM BO GIN SINGLE MAN FORM - HARD BRIDGE**

- Introduction to Som Bo Gin
- Different Charcters - Same Pronunciation
- Hard and Soft Bridge

## **SOM BO GIN HARD BRIDGE STEP BY STEP**

Only Line Three is Different

## **SOM BO GIN: CHU - SUN VARIATIONS**

Lines 1 - 3

## **12 BASIC HAND SKILL COMBINATIONS**

- Introduction to 12 Skills
- Summary of External Work
- Summary of Internal Work

## **BASIC FIST FORMS**

- Tiger's Mouth
- Phoenix Eye

- Ginger Fist

## **HAND SKILLS 1 - 12 STEP BY STEP**

Glossary of 12 Basic Hand Skills

## **TAN ZHUANG - SOM BO GIN SOFT BRIDGE FORM**

Introduction to Tan Zhuang

## **SOM BO GIN SOFT BRIDGE - STEP BY STEP**

## **MANTIS SHAPE FROM FORM TRAINING**

Introduction to 2nd Form

## **CHU KAI MING'S 2nd FORM STEP BY STEP**

## **ANTHONY CHAN SIFU'S INTERVIEWS**

- A true Hakka Mantis Historian
- Previously Undisclosed Details

### **Book Details:**

- Hardcover
- Premium Full Color
- 126 pages
- 475+ Photographs
- English Language
- Library archive quality
- and more!

In addition to this first generation complete single man transmission, read about Lam Sang (Kwongsai Mantis) and Lao Sui's (Chu Gar) opposite Schools, in 1930s Sau Kei Wan, and an early book published stating Lao Sui was injured by a wanderer (and perhaps later succumbed from this injury) and much more! This is a rare Southern Mantis Kungfu treatise. **Get your copy today. Add this genuine Southern Mantis Kungfu treasure to your library now!**

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