CHOY LAY FUT KUNG FU

THE DYNAMIC ART OF FIGHTING

蔡李佛功夫

BY LEE KOON-HUNG

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李冠雄

LEE KOON-HUNG

RECOMMENDATION:

Choy Lay Fut Kung Fu is a sophisticated, complete and refined martial art. To grasp the essence of this Kung Fu, one must have deeper research, hard training and comprehension of this art. Moreover, he must have a qualified instructor to give him instruction and guidance. Because of the lack of qualified instructors, a lot of enthusiastic learners just waste their time and energy in learning this Kung Fu. Meanwhile, most of the instructors and learners of Choy Lay Fut Kung Fu have only vague or confused ideas of this martial art and therefore, not only its glamour cannot be manifested, but it is always misunderstood.

In my opinion, a Choy Lay Fut Kung Fu learner must be persistent, hard-working, and eager to learn. He definately needs a qualified instructor to give him guidance. This qualified instructor must be well-experienced, learned and have readiness to improve himself. As I am certain that the author is qualified and well-experienced in teaching, I firmly believe that this book is a media to express and explain the essence and technique of real Choy Lay Fut Kung Fu.

Mr. Shek-Kin and
Master Lee Koon-Hung

SHEK-KIN

INTRODUCTION

Choy Lay Fut Kung Fu (蔡李佛功夫) is a martial art which has a history of more than a hundred years. Its theory, methods of practice, combative potential and other aspects are complete, neat and practical. However, there is not much improvement in the method of instruction during these hundred years. As for the few books which are left, if not their contents are not up to standard, they are not organized systematically. Therefore, it is essentail for a person to learn Choy Lay Fut Kung Fu through the personal instruction of a qualified instructor. If not, he can hardly attain the knowledge of this complete and sophisticated Chinese Kung Fu through other media.

In Hong Kong, Choy Lay Fut Kung Fu is a popular style which attracts most learners. However, the quality of instructors fluctuates and this problem is even worse in overseas. This causes a lot of misunderstanding and some people even think that Choy Lay Fut Kung Fu is Karate, Hung-Kar or some other kind of martial art.

Basing on the above reasons, the author, Master Lee Koon-Hung wrote a series of books specializing in Choy Lay Fut Kung Fu. They are the summary of his 20 years' experience in researches and teaching of Choy Lay Fut Kung Fu written in direct and simple language with relevant diagrams. This book is the first one among the series. It gives an introduction to Choy Lay Fut Kung Fu and explains its practice and application. Through the explanation and demonstration of this book, readers can get a deeper understanding of the techniques and main-points of 'real' Choy Lay Fut Kung Fu. Morever, they can learn by themselves through the direction of this book so that they can practise and apply this Kung Fu effectively.

If readers are interested in a deeper study of Choy Lay Fut Kung Fu after reading this book, they may refer to some other books of Mr. Lee Koon-Hung which will be on sale very soon. By that time, I believe that readers will grasp the essence of this martial art and has learnt its rudiments which prepare the learners for further researches.

EDITOR

ORIGIN OF CHOY LAY FUT KUNG FU—

More than a century ago, a young man called Chan-Heng (陳享) who loved martial art had already had a sound foundation of martial art under the patient guidance of a Shaolin monk, Choy-Fok (蔡福). Then Choy-Fok introduced him to a famous martial artist called Lay Yau-Shan (李友山). Chan-Heng then followed him to learn Lay-Kar Kung Fu (李家拳) which is renowned for its ferocious fighting and fast movement. For eight years, Chan-Heng learnt the foundament of martial art. Then as Choy-Fok and Lay Yau-Shan were satisfied with his progress and achievement, they had an open mind as to encourage him to go a long way to Bak-Pai Mountain (八排山) which was in central China so that he might follow a monk called 'Green Grass Monk' (青草和尚) to learn the sophiscated 'Buddhist Palm Style' (佛家掌) and its wily and powerful palm striking.

After pleading hard for some time, Chan-Heng was accepted by the 'Green Grass Monk' and under the instruction of the monk, Chan had acquired more attainments in martial art.

By the time when Chan-Heng returned home from Bak-Pai Hill, his attainment in Kung Fu was quite superb and his skill became to gain admiration.

Since Chan-Heng's art gathered his three instructors' mertis and also his own findings and his experience, he had already established a new style of martial art which was unique and complete. In order to popularize this brand new art and make it easier to call, Chan-Heng named it 'Choy Lay Fut' (蔡李佛).

Why did he choose this name?

The main reason was that Chan-Heng wanted to express his respect and gratitude towards his instructors, and that was exactly the spirit of "respect one's teacher", which was a spirit always emphasized in Chinese Kung Fu. Chan picked out the surnames of his first and second teachers, "Choy" and "Lay" respectively as the first two words; since his third teacher, "Green Grass Monk" had abandoned his original name due to his devotion to monastary, Chan used the word "Buddha" which was the religion which the Monk worshipped and placed it as the third word of his art's name. The three words, "Choy", "Lay" and "Fut", being linked together, became a Chinese Kung Fu which was passed to the present and has become the most popular Chinese Kung Fu style among the learners.

In fact, Choy Lay Fut really exists the essence of Choi-Fok, Lay Yau-Shan and "Green Grass Monk". In adding up the good points of these three masters, Chan-Heng added in his own experience and made this Kung Fu more complete, flexible and active, aiming at a powerful, fast and accurate attacking and defencing technique by hands and legs.

The Modern Choy Lay Fut Kung Fu—

During the many years' development, Choy Lay Fut Kung Fu has undergone modifications. Nowadays, the high standard instructors have already "filtered" carefully and seriously the traditional Choy Lay Fut Kung Fu and make it into a Modern Kung Fu which stresses the scientific dynamics in its trainings, while at the same time, the essence of the traditional art is preserved.

Having both the traditional and scientific spirits, Choy Lay Fut Kung Fu indeed has stronger and greater potential. And, it can account for the reason why this art can continuously own the greatest number of learners among the so many styles in Hong Kong.

Hong Kong is regarded as the modern "Kung Fu Kingdom" which has more than a hundred martial art styles. Among the vigorous competitions, it is really not easy to stand firmly, let alone the power to attract the greatest number of learners! Thus, it cannot be denied that Choy Lay Fut Kung Fu is an art which suits both past and present.

According to a statistic, more than 40% of the Hong Kong martial art learners are practising Choy Lay Fut Kung Fu. There are mainly five reasons why this Kung Fu can gain such a high standing:

i. It owns an actual and excellent multisided force which is practical during real combats.
ii. During either real combats or full-contact tournaments, it has the same force and power.
iii. The hygenic amount of practice enables the learners to maintain at a level of shift movement, quick response and healthy physique.
iv. The diversified contents suit people of different classes and age groups.

THE CHARACTERISTICS OF THE APPLICATION:—

In the application of technique and movement, Choy Lay Fut Kung Fu stresses shift and unpredictable motions, but not rigid fighting.

This Kung Fu places the same amount of emphasis on the attack and defence of arms. And the four limbs assist one another. However, the hand- technique is particularly well-developed.

Though the attack and defence area of Choy Lay Fut Kung Fu is in an arc shape, the arc does not cover a large area. Also, the motions are done according to the movement of the stance, and there are other appropriate action to assist the motions; therefore, such small-arc motions are not only forceful, but can prevent the motions to be understood thoroughly by the opponents.

Besides, Choy Lay Fut Kung Fu also has straight-line attack, such as 'Panther Fist' and 'grasp skill', which are very outstanding straight-line attack and defence techniques.

In the aspect of defence, since it is usually co-operated with the attacking techniques, many defending skills are of great strength. The kicking techniques could be used as a direct attack as well as a motion which can prepare for attacking. Before the kicking takes place, the hands will first divert the attention of the opponent. After the legs are kicked out, no matter whether the kick is useful or not, the learners of this Kung Fu will give a prompt and continuous attack.

The attacking technique and strength are based on an instant 'dynamic' force, but not just contracting the muscles and thrust towards a certain target in a rigid way. Besides,

when defending, the prompt force is assisted with the action of waist twisting, and the smooth moving of stance and the shoulders so as to add much strength to the attack. Making use of the tendency as well as the weakness of the opponent to give out an immediate defence or attack is also a major characteristic of this Kung Fu.

The weapons for attacking are mainly the hard bones and knuckles. All attacking motions are concentrated on the weak vital spots of the opponent's body, and most of the attacks are centred in intruding the opponent's point of force giving, so as to diminish the opponent's force and to prevent him from giving out further attacks.

A Brief Introduction of the Contents

In order to equip readers with a deeper understanding of the basic techniques of Choy Lay Fut Kung Fu, the author particularly sets up an extraordinary learning short-cut. The instructions and diagrams of this publication will contribute the practice of this art to a great extent. After reading this book, if you find yourself interested in this leading Chinese Kung Fu, a coming book by the same author will surely be of great value. Bearing the skills and theories mentioned in this edition as basic knowledge, a firm foundation can then be attained.

Followings are the arrangement of the contents introducing the various basic techniques and theories of Choy Lay Fut Kung Fu.

To avoid the demonstrating actions shown by the pictures from being disturbed by any numbering, the numbers indicating the photos in this book are arranged separtely. The arrangement of photos are indicated by circled numbers placed at the sides or near the pictures. For example: ①
②
③→④
means that the first one on the left is figure 1, the middle figure 2 and the last one figure 3; while figure 4 is on the right of the page.

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CHAPTER 1

PREPARATORY EXERCISES

PREPARATORY EXERCISES

Choy Lay Fut Kung Fu has much emphasis on Preparatory Exercises. Preparatory Exercise not only helps learners maintain at best condition and equips them with physical and mental qualifications, it also could avoid the happening of accidents.

To facilitate the practice and application of Choy Lay Fut Kung Fu, general Preparatory Exercise and physical trainings should be supplemented by various "specific" practices. The demonstration shown by figures below are parts of the Preparatory Exercise in Choy Lay Fut Kung Fu. Readers could master their skill better; also, they could learn that this Kung Fu demands great flexibility and co-operation among the waist, shoulders, legs and arms.

SWING-ARM EXERCISE

Swing the arm in an anti-clockwise and then clockwise direction. This helps improve elasticity of muscles and facilitate the motions of Choy Lay Fut Kung Fu.

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②
③
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ROUNDHOUSE EXERCISE FOR BACK MUSCLES

A limbering exercise for back muscles. It adds flexibility and power for the waist.

①
②④
③⑤
↓ ↓

LEG-UPS

Squat down to the left and right side. This exercise is good for the hip joints, leg stretching and balancing.

①
②
③→④

LEG SPREADING EXERCISE

Significant to the attainment of strong kicks. Be careful not to strain in the first attempts.

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②
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①
②
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FORWARD AND BACKWARD BEND EXERCISE

This exercise stretches back and abdominal muscles. Since it imitates the waist-stretching motion of tigers, it is also called "tiger-style" stretching exercise.

①①
②②
③↓
↓

A
①
②
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In order to add force and to prevent of the wrist part during the performance of 'Flat Fist Strike', a special set of exercise is recommended. This exercise is divided into three stages, so that the power of the wrist and the joints can be increased bit by bit.

First Stage: A. Push-up with fingers.

Second Stage: B. Push-up with flat fist (First and Second finger joints)

Third Stage: C. Push-up with flat fist (Third and Fourth finger joints)

B
①
②
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WAIST-TURNING EXERCISE

Being assisted by the turning of steps, one should turn one's waist to the right and left sides as far as possible. It adds flexibility to the body, increases the force of the waist and can help one have a 'smooth' breathing.

The Preparating Exercises for the reinforcing of Flat Fist –

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CHAPTER 2
STANCES and FOOTWORK

Stances:

Stances are the original force of motions, and the strength of skills. Besides, body balance depends on one's attainment in stances.

Choy Lay Fut stances includes many forms, such as front, side, wide, narrow and single-legged forms.

When one has learned the techniques and forms of the different stances well, one can manage to give out any suitable stance according to different situations.

Choy Lay Fut stances demand for a proper level of steadiness and firmness, but not those kinds of rigid and inflexible style.

In order to indicate the correct standing position of stances, different directions, front, back, left, right and centre are represented by points A to M. Point M, the centre point, is the centre of gravity of a human body; Point A is the direction facing the front, Point G the back, Point D the right, and Point J the left.

STRADDLE STANCE

Action: Body at a crouch-sit position; keeps the distance between the feet wide; toes all point to the front part.

Function: Sets the centre of gravity at the lowest so as to give out greater power. When adopting this stance, if one turns round to attack, the force will increase.

Usage: This stance is seldom used during real fighting. It is mainly for the training of muscles and lets the learner know how much force should be given out.

Many Chinese Kung Fu require very firm stances from the practisers. The instructors think that the stances should be as steady as huge trees which are grown deep in the earth; therefore, they always demand their students to remain at a fixed stance for half an hour. In fact, it is very unhealthy. During the hundred years, Choy Lay Fut Kung Fu is against this kind of stance practice. The reason is that Choy Lay Fut prefers accurate, well-balanced and flexible stances rather than those over-done steady ones. We hope that the readers can pay attention to this point.

E-CHI STANCE

Action: Turns the body to face the side; the knees bend slightly; front leg steps at point A, hind leg at point F.

Function: The positions of the legs are advantageous for shift movement. Both legs can lead to forward or backward movement and can change to other stances or kicking skills easily.

Usage: Mainly prepares for fighting; can make use of every opportunity to attack.

CHI-NG STANCE

Action: At a slightly crouched position; the toes of the front leg and hind leg are placed at points L and D respectively. The knees are slightly bended. The body faces forward and is ready to fight.

Function: Each leg supports the equal body weight; the

centre of gravity, being at the centre, can shift according to different situations when the front or back arm gives out strike.

Usage: This stance is particularly suitable for front and back arm connected attack. It is an accompanying stance of many main attacking techniques.

The differences between E-chi Stance and Chi-ng Stance

Up: E-chi Stance
Down: Chi-ng Stance

BACK LEANING STANCE

Action: Turns the body to face the side; keeps the normal distance between the feet; the front leg stands on tip toe, with the heel hanging up; the hind leg steps on the ground firmly.

Function: 70% of the weight, and the centre of gravity are at the hind leg; the front leg prepares for kicking or thrushing forward.

Usage: This stance makes the attack more shifty during front kicking; it also gets ready for forward thrusting or retreating for counter-attack.

FORWARD LEANING STANCE

Action: Body crouches; toes of front leg are placed at point A, with the knee bended; slides the hind leg to the back, keeping the knee at 15 cm from the ground. Keeps the inner edge of the sole of the hind foot at point F, while the outer edge hanging away from the ground.

Function: Can add power to the attack, seek opportunity for sudden attack, and give out prompt counter-attack.

Usage: All accompanying actions of this stance give out great power. And the attack can reach out to a long distance.

CRANE STANCE

Action: Body facing the side, lifts the front guarding foot to the thigh level and bends the sole inward. Keeps the hind leg firmly on the ground.

Function: A special stance for denfence and attack.

Usage: Especially used for defending or blocking the oppenent's kicks, and can prepare for forward thrust or kicking. At times when body cannot be balanced, this stance can fix the body shape temporarily and threatens the opponent that he might be counter-attacked by kicking.

HOOKED STANCE

Action: The body side faces the opponent; the toes of the front guarding foot twist anti-closewisely to a position where the inner edge of the sole faces the front. When twisting, the body maintains at a crouched position. The knee of the hind leg fixes at the arc of the bending front leg.

Function: Shift the centre of gravity to the front leg quickly. Also, the twisting motion adds power to the hind arm when it strikes forward.

Usage: A very special kind of stance. Its anti-clockwise twisting is a direct and quick way to alter the attacking direction without any change of footsteps. It is suitable for the time when the front guarding hand is pushed by the opponent. And, when the opponent thrusts forward, the sudden twisting can minimize the force.

Section Two: Footwork

Stance is the original force of motions, while footwork is a key which decides whether the motions are efficient or not.

Without the assistance of footwork, the original force produced by stance, and the force of the skill itself will be severely restricted by distance. Once an opponent goes beyond the distance which the technique can exert control, all motions will become futile.

Since Choy Lay Fut demands merely an appropriate degree of stability of the stance, shifty and flexibility are two important characteristics.

The highest level of the footwork technique is the level of 'snake sliding' and 'mouse running'. 'Snake sliding' means that the footwork should be as shifty as a snake, and should slide on the ground harmonously in unpredictable motions; 'running mouse' means that one should be as flexible, and changeable as a mouse.

So, the footwork of Choy Lay Fut is a kind of vivid and flexible motions. The feet slide on the ground but not in steps. When moving either the front or hind leg, the other leg will, at the same time, follow the movement, also if environment allows or in time of needs, the leg will return to the original stance or change into another one.

The major footworks of Choy Lay Fut Kung Fu include:—

i. Forward Step Movement
ii. Backward Step Movement
iii. Side Sliding Movement
iv. Half-step Style Front and Back Sliding Movements

'Forward Step Movement' and 'Backward Step Movement' are usually brought forth by 'E-Chi Stance'.

'Side Sliding Movement' is usually carried out by 'Chi-Ng Stance,' or by other stance which then moves to become 'Chi-Ng Stance'.

'Half-step Style Front and Back sliding Movements' are the distinctive footworks of Choy Lay Fut Kung Fu. These two movements are very similar to 'Hooked Stance' in their actions and final forms, but the functions and usages among the three are totally different.

'Half-step Style Front Sliding Movement' —

Motion: The hind leg moves forward shiftly and steps aside.
The front leg, with a blended knee, fits tightly into the back of the blending part of the front leg; keep the body in slightly crouched position while at the same instance, the front arm should blow at the target.

Function: To make use of the action of the stepping aside of the hind leg to reinforce the strength and also the distance of attack of the front arm. The action is simple. And yet the front leg, being assisted by the force of this footwork, is much stronger than ordinary front arm attack.

Usage: Attack the opponent in a quick and immediate motion, also prepares for any change of stance to give out other continuous attack.

'Half-step Style Back Sliding Movement' —

Action: Front leg steps backward; at the same time, the hind leg steps aside, making the knee part of the front leg fit into the back of the bending part of the hind leg; Body in a slightly crouched position

and gives an attack from the front arm.

Function: The stepping backward of the front leg lengthens the distance between two people, it, thus, can minimize the chance of being hit by the opponent.

Usage: Could draw the distance between the two people farther "economically" which helps minimize the chance of being hit by the opponent. If the opponent insists on attacking, the front arm led by the stepping back will create a great threat or hindrance to the opponent. Therefore, this sliding movement not only can diminish the opponent's attack but enables one to attack at the first instance.

Besides, "Half-step Style Front and Back Sliding Movements" facilitate the change to other stances and could also motivate heavy kicks or attacks led by the turning of the body.

* Following the examples shown in the figures of this book to practise continuously enables one to grasp the basic footwork and fighting technique of Choy Lay Fut Kung Fu. After practising, the readers can refer to the special training method, "Cross-walk and Straight-out", as recorded in Chapter 7 of this book.

A. Half-step Style Front Sliding Movement
B. Half-step Style Back Sliding Movement

A
①
②
③
↓

B
①
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③
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STEPPING PROCESS OF HOOK STANCE

The readers can see the difference between Hook Stance and Half-step Style, and Front Sliding and Half-step Style Back Sliding Movement.

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BACKWARD STEP MOVEMENT

Just like 'Forward Step Movement', one should use a sliding method and should make preparation for defense and attack.

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FORWARD STEP MOVEMENT

When advancing, do not give out an obvious forward stepping motion. It is better to use a sliding method so as to minimize the opponent's chance to make preparation or to give out counter-attack.

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It is a set of simple drills. Through this 'Stances and Movement Drills', one can learn the methods of stance movement and step movement. During the early practice, one can simply concentrate on stances and steps and can ignore hand striking motions. But after one has got hold of different hand striking techniques, hand striking and stances should be combined during practice.

④⑦
⑤⑧
⑥↓
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Choy Lay Fut Kung Fu

蔡李佛功夫

CHAPTER 3
HAND TECHNIQUES

Hand Techniques

"Flat Fist Strike" ("Panther Fist"), "Back Fist Strike", "Incurve Swing Strike", "Upward Strike", "Vertical Smash Strike", and "Thrust Palming" are all major striking techniques of Choy Lay Fut Kung Fu.

Basing on each of the above techniques, there are more than two striking methods derived from them; and, the sub-techniques derived are uncountable.

In order to help the readers comprehend and understand more clearly, this book concentrates on the main striking methods; and those sub-techniques will be discussed detailly in later publications.

The role of 'Imitation' in Chinese Kung Fu —

'Imitation' technique is a martial art technique derived from the observing and imitating of the attacking forms or ways of giving out froce of certain animals or things. It is a very outstanding skill of Chinese Kung Fu.

Quite a lot of 'Imitation' techniques exist in the basic skill of Choy Lay Fut Kung Fu. For instance, 'Flat Fist' derived from the idea of an attacking panther; also, 'Incurve Swing Strike' and 'Vertical Smash Strike' come from the imitation of the striking action of an elephant's trunk; furthermore, the quick and shifty movements of rats and snakes are also imitated and become an important fundamental skill of Choy Lay Fut Kung Fu.

Certainly, there are differences between human bodies and animals or things, so, if the imitation is inaccurate, a bad effect could only be the reward. Choy Lay Fut, however, excels in this technique for it merely picks up the ideas and essence of those actions, without forcing one to imitate the actions that human beings cannot achieve.

FLAT FIST STRIKE

It is one of the special striking techniques of Choy Lay Fut. Since it imitates the form when a panther uses its sharp claws to attack at a target, it is also known as "Panther Fist".

The weapon of this technique is the folding of the second finger knuckle bone. When bending, the sharpness of the finger bone is more forceful than the fist bone; also, the distance covered is greater. And the several centimetres' distance can always serve as a decisive function in a combat. Besides, the sharp attack of Flat Fist Strike can "penetrate" the force into human body directly and brings serious "destruction" to the internal organs and weak parts of the body.

"Flat Fist Strike", according to the different striking methods, can be divided into the following categories:

A. Flat Strike

Bends and joins the finger knuckles, and attacks in a straight-line.

① **Anticipation**
② **Releasing**
③ **Full extension**
↓

The main targets of attack –

A. temple
B. between eyes
C. eyes
D. between upper lip and nose
E. jaw
F. below ear
G. throat
H. either side of neck
I. sternum
J. solar plexus ①
K. ribs ②
L. groin ③ ↓

Weakens the opponent's fist strike, and at the first stance, attack the opponent's temple with Flat Strike.

①
②
③
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B. Forward Strike

Back palm, facing outward, aims at the target and strikes in a straight-line direction.

The main targets of attack –

A. temple
B. between eyes
C. eyes
D. between upper lip and nose
E. jaw
F. below ear
G. throat
H. either side of neck
I. sternum
J. solar plexus
K. ribs
L. groin

Weakens the opponent's fist strike, and, at the first instance, attack the opponent's ribs with Forward Strike.

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③→④

Use Forward Leaning Stance to prevent being hit by the opponent's upper part hand strike, while at the same time attack the opponent's groin with Forward Strike.

C. Whirling Strike

Strikes in a straight-line, but, as the striking takes place, the back palm whirls in an anti-closewise direction, forming a straight-and-arc shape bended knuckles attack.

Notes for practice:

The bended knuckles attack surely has destructive power. However, the firmness and hardness of the knuckles can only be attained after learning the special exercises of Choy Lay Fut Kung Fu. (Refer to p. 22, 23) If the knuckles are not firm and hard enough, fist bone can be used as replacement; nevertheless, fist bone can only be applied in 'Flat Strike' and 'Forward Strike'. Owing to the change of attacking weapon, it is not so efficient when fist bone is applied in 'Whirling Strike'.

Use Whirling Strike to weaken the opponent's attack, and then slide down to attack the opponent's solar plexus or ribs.

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Weakens the opponent's hand strike first, then at the same time use Whirling Strike to attack at the point between the centre of throat and the collar-bone.

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Stances and attack when used together can reinforce the power of attack. The demonstrating pictures show how the power of Whirling Strike can be performed to the greatest extent when Back Leaning Stance is changed into Straddle Stance.

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Anticipation
Releasing
Full extension

BACK FIST STRIKE

It is another type of strike imitating the attacking motion of an elephant with its trunk. It involves the force of the back fist and fist bone. Though it is less forceful than the "Incurve Swing Strike", the area it covers is very broad. Also, the motions are direct and unpredictable.

This technique makes good use of the twisting of shoulders and waist, however, since most of the force are consumed, other techniques should be used as remedies to compensate for the exposing of the "empty spaces"

"Back Fist Strike" is mainly divided into:

A. Straight Fist

Strikes vertically. Raises one arm to a proper level and strikes downward; or strikes at a target from an upper level directly. The perpendicular strike covers a small area. But since the motion is shift, it is suitable for medium distance close-fighting or sudden attack.

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③→④

Between the gap of the opponent's defense and attack, a sudden Back Fist Strike will be very useful.

①
②
③→④

The main targets of attack –

A. temple
B. between eyes
C. nose
D. below ear
E. the point between the centre of the throat and the collar-bone.
F. either side of the neck

①
②
③→④

B. Cross Fist

Strikes at the target closely in an arc motion. The attacking area is large, however, "empty spaces" are exposed and other techniques are required to serve as remedies.

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Cross Fist is a very fierce form of attack. It can yield a 'knock-out' effect when used to attack the opponent's point between the centre of the throat and the collar-bone, either side of the neck, solar plexus and the back.

①
②
③→④

INCURVE SWING STRIKE

It is another special striking technique of Choy Lay Fut. Since it imitates the form when an elephant uses its trunk to attack at a target, it is also know as 'Trunk Fist'.

'Incurve Swing Strike' involves large arc shaped motion, thus, its force is extraordinarily strong and vigorous. It enables one to strike down the opponent.

'Incurve Swing Strike' can be divided into:

A. Straight Swing

Lift the arm up to face forward, then swings down smoothly.

Either side of the neck is the best target of Incurve Swing Strike.

Use the Elbow Strike to encounter the opponent's knee attack. When the balance of the opponent's stance is disturbed, a forceful Incurve Swing Strike should be given out to attack the back of the opponent's neck.

①
②
③→④

Cross Swing is a very forceful attack. Just like incurve Swing Strike, it is never used by its own. When using, this swing should be accompanied with a proper change of stance.

B. Cross Swing

Swings from the side to the front in an arc shape.

Notes for practice:

When attacking, the body, stance and footwork will twist accordingly to gain reinforcement; also, the arc-shaped motion brings quite a lot of "empty spaces". In order to prevent the opponents from making use of such "empty spaces" to attack, the "Incurve Swing Strike" is never used alone. It always makes use of the opponent's force, and after giving out the strike, another attack will follow to block any further attack by the opponent. Since this technique requires great force from the shoulders, arms, waist and the back, special exercises to make these parts strong are needed.

①③
②

UPWARD STRIKE

The upward force itself is very strong, and when it is assisted with other footwork or waist twisting motions, the destructive force becomes greater. However, since the area of the strike is big, it is easily observed by the opponent, and so other technique must be applied at the same time. The distance is mainly of medium and short length; the target of attack concentrates on every vital spot under the abdomen. It is a sudden attack technique.

'Upward Strike' is grouped into:

A. Front Upward Strike

Uses the back palm bone to strike at the opponent's lower jaw. Its main task is to make preparation for Back Upward Strike.

B. Back Upward Strike

A big arc-shaped movement. The back part of the body rushes forward to an upper front target. The strike is forceful, however, it needs other techniques to assist.

VERTICAL SMASH STRIKE

An up-to-down strike. The weapon of this technique is the knuckle or the side of a tight fist. This striking method is shift and forceful. Besides, the opponent can hardly observe when the fist will reach him, and so could not respond promptly.

Though this strike is of a vertical motion, it can be smooth, quick and unpredictable if suitable assisting ways are used to diversify the attention of the opponent.

'Vertical Smash Strike' can be grouped into two:

A. Smash Strike

Using the knuckles of a tight fist to strike vertically.

Anticipation
Releasing
Full extension

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Smash Strike should not be used as an active attack. It is most forceful when accompanied with other techniques.

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The holding right of the fist when it reaches the target of attack can not only make the attack more speedy, but can also add power to the attack. Since the attack involves no sharp attack of the finger joints, one has to add power and should aim at the opponent's vital points.

Hammer Strike is a direct, shift and flexible attack. The main targets are the head, face and either side of the head.

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②→③

B. Split Strike (Hammer Strike)

Strikes the target vertically with the edge of a tight fist.

To diversify the attention of the opponent is very important before giving out this strike. Besides, one must re-attack immediately in order to fill up the "empty-space" and to maintain in an advantageous position. So, 'Vertical Smash Strike' is not suitable for a single strike.

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The main targets of attack –
A. temple
B. between eyes
C. nose
D. below ear
E. either side of the neck

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③→④

蔡李佛功夫

CHAPTER 4

PALM-STRIKE

PALM-STRIKE

Choy Lay Fut Kung Fu embodies the martial art essence of 'Green Grass Monk', thus, the 'Buddhist Palming', which the Monk specialized, certainly plays an important role in Choy Lay Fut.

The 'Buddhist Palming', after being improved by the founder of Choy Lay Fut Kung Fu, Chan Heun, and other instructors, not only preserves its original strength, steadiness and solemnness, but becomes much shifty and wonderful.

The Palming of Choy Lay Fut Kung Fu mainly uses the palm-end and palm-edge to attack the opponent's weak parts. But those techniques transformed from the main palming skills are not confined to the palm-end and palm-edge.

Palming may not be so sharp as striking, however, it is direct, smooth, shift, changeable and correct. Besides, since it is flexible and natural, it does not need so much stress on timing; and so it is very suitable for quick fighting.

SHAOLIN TEMPLE AND BUDDHISM —

Buddhist monks and Chinese Kung Fu are closely related. It is said that the one who rearranged and reorganised Chinese Kung Fu

was an Indian monk, Tat-mo. And Shaolin Temple has long be regarded as the holy place and founding land of Chinese Kung Fu. Therefore, apart from Choy Lay Fut Kung Fu, there are various other art which are directly or indirectly connected with Shaolin Temple and monks. Also, Chinese Kung Fu is greatly influenced by Buddhism. The Thrust Palming introduced in this book is selected from Buddhist Palming, Buddhist Palming, in fact, consists of many kinds of technique, and such techniques were founded by a Shaolin Chief Monk who modified the gestures of the praying monks into martial art. Therefore, the techniques and knowledge of Choy Lay Fut Kung Fu introduced in this book are only a sector of the whole art. The other aspects such as philosophy could only be discussed in further edition.

VERTICAL PALM

Raises the hand and hits down vertically. The force of the hiting can weaken the power of the opponent temporarily.

Vertical Palm is usually combined with "tiger claws", that is, during attack, as the palm gets down, the fingers immediately join together to form "tiger claws" to scratch the opponent's face.

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The main targets of attack –
A. temple
B. between eyes
C. nose
D. below ear
E. either side of the neck

When one strikes at the opponent's face, one can, at the same instance, uses the fingers to scratch the opponent's face and eyes. It is a very fierce attack, however, one should bear in mind that "if you are kind to your opponent, you are unkind to yourself".

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STRAIGHT PALM

A straight-line attack. The hiting distance is short but the strength is great. The force of this palming comes from the twisting of shoulders and waist.

Straight Palm is excellent for sudden attack, infighting and counter-attack.

The main targets of attack –

A. eyes
B. nose
C. between upper lip and nose
D. jaw
E. ear
F. either side of the neck
G. throat
H. the force-giving joints of the opponent's two arms

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Anticipation
Releasing
Full extension

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Anticipation
Releasing
Full extension

To attack the force-giving joints of the opponent's two arms can not only weaken his attack, but also disturb his balance. Thus, the opponent is unable to give any counter-attack. When one achieves this aim, one has to give out other immediate attack so as to block the chance of counter-attack, such as back-kick or Spinning Back Fist of the opponent.

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Straight Palm is usually performed before other techniques. After the giving out of Straight Palm, it is necessary to give out another sudden attack.

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After the shifting to another form of stance, it is important to set the hands in a defending position.

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DOUBLE PALM STRIKE

When the both palms strike at the same instance, an attack-defence function can be achieved. The main action is when the back palm blocks the opponent's attack the front palm gives a counter-attack promptly. It is a technique for sudden attack, and could also force the opponent to retreat.

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UPWARD PALM

Attacks with front guarding hand. Since the motion involves greater area, other techniques are needed to assist. For example, when attacks, one observes a loophole at the throat part of the opponent, a well-trained learner will immediately change the attack of the palm-edge into a claw to seize the opponent's throat.

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Upward Palm, unlike 'hand-knife' which is an up-and-down attack, requires one to attack in an inclined line from down to up. Upward Palm involves very short distance, and yet it is very forceful. It is suitable for counter-attack.

The main targets of Upward Palm are the either side of the neck and the throat part of the opponent. It can make the opponent faint or even suffocate.

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蔡李佛功夫

CHAPTER 5

KICKING TECHNIQUES

The main kicking techniques of Choy Lay Fut Kung Fut are:—

A. Side Kick

Kicks directly from down to up.

B. Front Kick

Uses the kneel to kick each protruding part of the opponent.

C. Instep Kick

Using the instep of the foot to kick the opponent's groin.

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KICKING TECHNIQUES

Though kicking techniques in Choy Lay Fut Kung Fu is simpler than striking techniques, its importance is not ignored.

Choy Lay Fut kicking techniques bear the double function of direct attack and the ability to bring out attack. The kicking is seriously used. Before one kicks, one has to diversify the opponent's attention first; and after the kick, the learner should immediately give out further attack.

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D. Jamming Heel Kick

Standing on tip toe, uses the heel or cross-leg to step towards the opponent's kneel, shank or foot.

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①②→

E. Round House Kick

Using the arc area between the sole of the foot and the heel to sweep outward towards the target.

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F. Back Kick

Uses the heel to kick. It traps the opponent before giving any sudden attack.

G. Dragon Sweep

At a crouched position, making use of the arc area of the back foot to sweep.

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Choy Lay Fut Stresses an immediate attack after any kicking. It is because kicking can bring advantage in attacks. The demonstrating pictures show the immediate attack after a side-kick.

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CHAPTER 6

PARRYING

PARRYING

There is no clear cut of defending actions of Choy Lay Fut Kung Fu. All those defending techniques are directly or indirectly connected with attacks or threatening power. Besides, both defence and attack play the same role in each of the techniques, therefore, it is really difficult to distinguish which type of skill should be placed in the sector of defending techniques.

However, in order to give the readers a clearer picture about the defending techniques of Choy Lay Fut Kung Fu, a special set of 'Aggressive Hand-defense Drill' is figured out. The characteristic of this drill is to make use of straight-line or small-arc parrying or blocking methods to diminish the opponent's attack; while at the same time, a counter-attack is given out by the same hand or the other hand. After practising the drilling methods, one could have better achievement in further grabbing techniques.

The grabbing techniques of Choy Lay Fut concentrate on blocking and controlling the opponent's attack. Such techniques aim at the opponent's joint where force is given out. It is usually for the disturbing of the opponent's balance.

NOTES ON USING

Parrying and blocking which aim at the opponent's centre of gravity and force-giving joints are usually very useful. Of course, in order to make total use of the defending technique, a long term practice, sound judgement and good experience in fighting are very much needed.

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AGGRESSIVE HAND-DEFENSE DRILL

Picture 1 to 16 show the 'Aggressive Hand-defense Drill'. The characteristic is to make use of straight-line or small-arc parrying or blocking method to diminish the opponent's attack; at the same time, a counter-attack is given out by the same hand or the other hand. It is a valuable drill for achieving higher hand defense skills.

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This is the practical application of 'Aggressive Hand-defense Drill'. Through this demonstration, the readers can see the value and applicability of this drill.

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④⑤⑥↓

To have a temporary control over the opponent so as to give out an immediate and direct attack is the main purpose and main use of the Grabbing Techniques of Choy Lay Fut Kung Fu.

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Pictures 1 to 3 are the side view of the left demonstration pictures. The application of Grabbing Techniques can be seen more clearly.

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In performing Grabbing Techniques, the opponent's joints and clothes can be made used of. An accurate and forceful grap can control the opponent's motion and disturb his balance. One then may give out a direct attack.

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Pictures 1 to 3 are the side view of the left demonstration pictures. The application of Grabbing Techniques can be seen more clearly.

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Grabbing technique, being assisted by stances and steps, are forceful enough to make the opponent lose his balancing power and fall down.

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Accurate force-giving method and posture are the basic requirement for Grabbing Techniques. Either of them is of the same importance.

When one is resisted by the opponent during performing Grabbing Techniques, one should immediately give up using Grabbing, but shift to use some other direct and forceful attacks. Please bear in mind that Grabbing Techniques are only for the preparation of direct attack, and no one should attempt to use Grabbing Techniques to defeat the opponent.

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Elbow and Knee Strike is one of the main attacking techniques of Choy Lay Fut Kung Fu. It is especially excellent for 'infighting'. More detail descriptions about Elbow and Knee Strike and other kicking techniques on attacking and defending will be discussed more explicitely in the next publication by the same author.

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蔡李佛功夫

CHAPTER 7
SPECIAL EXERCISES

COMBINED HAND TECHNIQUES DRILL

This drill is a kind of hand striking response exercise. This drill involves at least two learners, A and B. During practice, A gives out five simple strikes, B defends and gives back corresponding response. After A has striken five times, B, using A's method strikes A, and A

will then be the one who defends. Such practice goes on like a cycle and it gives an equal chance to both A and B to practise the attacking and defending skills.

This drill requires skill, quick response, timing and the moving of stances; so, learners are able to grasp an accurate and practical technique, also, learners are trained to give out response at the first instance. Therefore, this drill is really a scientific way for the training of response.

Attack actions

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④⑤⑥→
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⑦⑧⑨→

Defense actions

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STANCES AND FOOT-WORK DRILL

This drill includes all main stances and footwork of Choy Lay Fut Kung Fu. Through this practice which includes forwarding, retreating, swift turning, and swift side-running actions, the learners can have better knowledge in stances and footwork. Hand techniques are, at the same time, applied during the practice. The tradition name of this drill is 'snake sliding and mouse running'.

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Route of drill –

APPLICATIONS

Demonstration is a demonstration for one situation only, whereas the techniques exhibited by the demonstrations of this book can be used in innumerable and various situations.

DEFENSE AGAINST A JAB #1

To deliver a simple side kick to the opponent's knee can weaken the opponent's attack. Also, it is a simple direct, efficient and unpreventable attack.

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DEFENSE AGAINST A JAB #2

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DEFENSE AGAINST A ROUNDHOUSE KICK #1

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Observing the "loophole" of the opponent during his attack to give out a counter-attack is more efficient than to attack "actively". However, when one has not attained a proper level in martial art, one should not depend on such way of fighting.

DEFENSE AGAINST A ROUNDHOUSE KICK #2

Choy Lay Fut Kung Fu encourages one to attack continuously. In this ways, not a single chance is missed, and could also make use of every opportunity to defeat the opponent.

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⑦⑧⑨↓

DEFENSE AGAINST A KNIFE-HAND STRIKE

Choy Lay Fut Kung Fu encourages one to attack continuously. In this ways, not a single chance is missed, and could also make use of every opportunity to defeat the opponent.

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DEFENSE AGAINST A FRONT KICK

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To disturb the balance of the opponent is the best way to diminish the opponent's fighting power. In the demonstration picture, the man gives an immediate counter-attack just after his opponent has missed a kick, and he has made good used of the opportunity to disturb his opponent's balance.

DEFENSE AGAINST A SPINNING BACK KICK

Use a counter-attack to deal with a counter-attack can divert the opponent's attention before he can give out any response.

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DEFENSE AGAINST A JUMP SIDE KICK

The fierce 'Panther Fist' is very forceful even in very short distant infighting. The picture shows how one makes use of short-distant Flat Fist Strike to attack the opponent's throat just after a Jump Side Kick and Jab.

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DEFENSE AGAINST A BACK KICK

Since this attacking method involves a great area, it is not suitable to be performed by itself or performed casually. However, when the opponent has lost his fighting power, it will become a very efficient attack.

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JAMMING JOINT KICK

To attack the joints will bring big harm to the attacked person. Also, the knee part is an easy target and a vital spot for attacking.

FRONT GROIN KICK

Groin kicking is a very cruel attacking technique. It should only be used in times of emergency.

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WHIRLING FLAT FIST STRIKE

Whirling Flat Fist Strike which aims at the opponent's ribs is a very forceful attack. During practice, one should make sure that one's motion is accurate, otherwise the wrist part will be hurt.

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STRAIGHT BACK FIST STRIKE

Back Fist Strike can give out great force even if it is performed in a very short distance. A Back Fist Strike used for defense and counter-attack is even more efficient.

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STRAIGHT INCURVE SWING STRIKE

Incurve Swing Strike, which aims at the opponent's vital spot, attacks in a small-arc to reach the "sharp" part of the opponent's bones.

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SPINNING BACK FIST STRIKE

Spinning Back Fist Strike is 'evolved' from Back Fist Strike. The basic techniques of Choy Lay Fut Kung Fu have different ways of changing. And those 'changes' will be discussed in the new book of the same author.

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SIMPLE COUNTER-ATTACK

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FORWARD FLAT FIST STRIKE

The power of Forward Flat Fist Strike will be reinforced when it is given out by a body-turning motion.

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DEFENSE AGAINST AN AMBUSH FROM ASSAILANTS

To fight shifty so as to win shifty is a very important point during fighting. It is particularly applicable when one has to face more than one opponents.

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Choy Lay Fut Kung Fu does not encourage the learners to abuse or harm others with no reason. Nevertheless, in times when the Kung Fu must be performed, Choy Lay Fut requires the learners to change from a gentleman into a fierce and cold fighter.

At times of fighting, this Kung Fu does not leave a single advantage to the opponent.

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All in all, whether a learner can make every good use of the characteristics and strength of this Kung Fu depends wholly on his own martial art attainment and fighting experience, and many other objective factors.

Kung Fu Tournaments and Exhibitions all over the world:
Hong Kong, Singapore, Malaysia, Thailand, Taiwan, France, U.S.A., Canada and South Africa.

ABOUT THE AUTHOR

Master Lee Koon-Hung who gains much prestige in Hong Kong and worldwide is regarded as the best instructor of Choy Lay Fut Kung Fu. During his twenty years' teaching in Chinese Kung Fu, he has-taught lots of learners who later become good martial artists. Also, among his learners, there are more than ten who come first in international Kung Fu tournaments.

Hard-working and perseverance in researching and improving are the principles which Master Lee holds firmly, and these principles make him a high standing figure in the martial art field and among all his learners.

At present, Master Lee has seven martial art institutes, and he is the only martial art instructor of the Chinese University of Hong Kong.

In extending the development of martial art, Master Lee not only teaches beginners by his own, but also trains those who have potential to be instructors. Besides, he often bears the post of Chief Judge in every important full-contact tournament of Hong Kong, and he is the instructor of the training classes of judges.

Furthermore, Master Lee makes his efforts to spare time to go overseas to perform when he is invited. His aim is to promote the art of Chinese Kung Fu, and to supervise his good learners who teach in the overseas branches.

If future, Master Lee, on one hand, would continue to try his best to spread martial art, while at the same time, he would write and publish more books concerning Choy Lay Fut Kung Fu and other styles. He hopes that through such media of communication, Chinese Kung Fu can be introduced to other parts of the world in an accurate, deep and systematic way.

This publication is mainly for the introduction of the basic techniques of Choy Lay Fut Kung Fu. It can assist

interested readers to learn this martial art by themselves at a shortest time. Therefore, the arrangement of the contents of this book is quite different from those regular ways of instruction.

Master Lee Koon-Hung, with his twenty years' precious experience in instructing martial art, has already found out a set of perfect, systematic and disciplinary teaching method. After a perfect arrangement and an examination system, learners will receive an all-sided martial art training which includes basic techniques, practical techniques, traditional techniques, the using of weapons and also some knowledge on Oriental philosophy.

In order to give the learners an easier access to Choy Lay Fut Kung Fu, the author of this book deliberately makes efforts in finding a revised and systematic way of instructing.

Following the instructions of Master Lee Koon-Hung, the learners can learn the appropriate techniques at different

Apart from teaching, master Lee Koon-Hung is also a successful martial art director of Kung Fu films.

stages. After finishing every stage of the courses, Master Lee will give his learners a test so as to measure their progress and their martial art attainment. If the learners can meet the requirement, they will be proceeded to a higher level of martial art training. Master Lee always gives guidance and advice to his learners. He pays attention to both practical and traditional ways of teaching. He aims at promoting the learners' martial art level as well as their interest of learning. Usually, after four years' training and after having passed the examinations, the learners can enrol in the training courses for instructors, and it means that if one intends to be trained as a qualified instructor, he has to devote six years' time in learning this Kung Fu.

Master Lee Koon-Hung is the only martial art instructor of The Chinese University of Hong Kong.

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