



DRAGON TIGER YING YANG. THE SYMBOL INDICATES SOFT & HARD TECHNIQUES

# SHAOLIN MANTIS KUNG FU News

DECEMBER 2015

## Southern Shaolin Mantis Kung Fu is here

Welcome to the first edition of our Shaolin Mantis School of Kung Fu newsletter. Here you will get the latest updates on what students have been learning, what we will be teaching over the next few months, and additional need to know or useful information.

### GENERAL APPROACH TO TRAINING

As a brand new martial arts school, we are pleased with the interest by adults, parents and children in our system. We teach authentic and effective Kung Fu, and not waste time on fitness exercises which can be done outside the class. We want you to gain the maximum benefit from your training. We also help you by providing clear demonstrations, repetition of techniques, and application training.

### BENEFITS OF LEARNING KUNG FU

For children, learning Kung Fu is a great way for children to develop confidence, respect, better discipline, co-ordination, improved focus, learning how to concentrate for longer periods, and of

course, give them the tools to help stand up to bullies and defend themselves.

Adults also receive multiple benefits including improved health, better body balance, increased core strength, mental stimulation and learning how to defend yourselves in a very direct effective manner without wasting energy.

### ADULTS and KIDS CLASSES

Adults learn this Kung Fu style in its original form known as Chow Gar Tong Long, or Southern Praying Mantis. There are no high kicks or wasted flowery moves; just stopping the assailant.

Adults (and to an extent children) are given the theory behind what they are learning so that they understand and can use the technique in the manner it is intended.

Children's classes are more energetic, with moves made simpler and much safer, though still very effective.



### HONG KONG

Sifu Peter Orum will be travelling to Hong Kong in January 2016, to train with Master Loi in the Southern Chow Gar Tong Long system.

*Above photo: Master Loi with Sifu Orum*



### GRADINGS

Belt grading for kids are taking place on 31 January 2016 for those that will be ready.

Once passed students receive their white belt and a certificate.

# White Belt Syllabus

## ADULTS

The Chow Gar Tong Long syllabus is extremely interesting to learn. For adults there are 10 stages from white to black belt, including learning locks, takedowns, weapons, Chi Kung and medicine. **Adults** are currently learning the following white sash syllabus:

- Basic footwork and steps (forward step, side-step, knee raise)
- Basic hand movements to teach about attacking, defending and body perimeters; these are:
  - Deflection hand (Cye sau)
  - Hooking hand (Narp sau)
  - Cutting hand (Gok sau)
  - Locking hand (Saw sau)
  - Sinking elbow hand (Chum chung sau)
- Form - Eighteen bridge hands (Sup baat kui sau)
- Form - 3 step arrow punch form (Sarm bo jin)
- Basic grinding arms (Cye sau)
- Conditions exercises
- Hammer hand (Gau choy)



## CHILDREN (5 – 12 years)



The syllabus has been amended so that it is easier to learn, with specific parts removed until they get older. This is important to help ensure the children can use what they have learnt in a much safer manner whilst still being effective.

We have broken down the children's syllabus into 18 stages to make learning easier. Children are currently learning the white belt syllabus:

- Bow on entering and leaving the Hall (Kwoon)
- Salutation (we do this at the start of each lesson)
- Mouse steps (Shu ma)
- Forward steps (Sarn ma)

Then we go onto basic San Sau as follows:

1. Tiger claw (Fu jau ) This is from the Chow Gar Form *Mo Yin Sau*
2. Single punch (Dan dar)
3. Hammer Hand (Gau choy)
4. Front Kick (Chin keok)
5. Side Kick (Pai keok)
6. Dragon Claw (Loong jau)

Then we put together some of the moves into combinations as follows:

- Horse Stance and Punch ( Ma + Dar)
- Front Kick + Tiger Claw
- Single Punch + Hammer hand

Finally we have the Four Direction Block (From the second part of the *yum yearn form*)

## OLDER CHILDREN/TEENAGERS

This group currently train with the other children and learn the aforementioned children techniques. However for the first stage we also teach this group a separate form called "Ten Linear Hands" and its application. Students will be required to demonstrate this additional form at their first grading.

## HOW DIFFICULT ARE GRADINGS?

Gradings are important as this is a simple way of checking and advancing progress, plus encouraging students to reach a specific goal. However we also appreciate that any test can cause a little apprehension so we take this into account when assessing students.

The grading itself involves the student demonstrating what he/she has learnt. Perfection is not needed, just a basic understanding of the technique and a demonstration showing it.

At the first stage, for both adults and children, though we have made the first stage grading relatively easy, once passed, students will continue to practice what they have learnt in addition to learning new things. We want students to become confident, proficient and effective in Kung Fu, not just *think* it is effective.

## CHRISTMAS AND NEW YEAR TRAINING TIMES

During school and bank holidays we are still providing Kung Fu classes. For Christmas the last training session will be Sunday 20th December, and there are **no lessons on Sunday 27th December 2015**.

We will be back training the 3rd January 2016 as normal. We appreciate you have joined us and that you pay for a months training. As such we have **reduced the December 2015 fees by 25%** to reflect the Sunday you are unable to train with us.

## ETIQUETTE



Kung Fu etiquette is an important part of every Kung Fu system, including other martial arts such as karate. The following rules should be observed:

- Always be respectful to your Kung Fu teachers, other students training with you, and other adults who come into the Kwoon (hall)
- Please call Peter Orum "Sifu" as he is the top Kung Fu teacher. We are happy for you to call Richard by his name.
- Always bow on entering and leaving the Kwoon
- Children should always wear the Kung Fu suit (if supplied)
- Train in bare feet unless you have a medical problem that prevents you from doing so
- Never use your Kung Fu in anger, to bully others, and never show off with what you have learnt. Whilst we are not a secret closed school, you should not reveal your techniques to others as they could use them inappropriately.

## TRAINING TIPS

We want you to get the most from your training. The following simple rules will help (children pay particular attention please)

- Always try and turn up for your Sunday lesson, however we understand you may become ill, have gone away etc.
- If you do not understand anything, please ask during the lesson, or afterwards
- Pay attention to what you are being told and being shown
- Practice each move carefully with a positive attitude to learning Kung Fu and you will greatly benefit
- At first it is about getting the technique right, not who can hit or kick the hardest. Concentrate on the lines, angles and where you are or would be striking. Speed and more power will develop naturally
- Practice what you have learnt at home on a daily/regular basis if you can. This will without doubt make you learn Kung Fu much faster and you will become better at your techniques.
- If you are right handed, practice lots with your left so that eventually you can do the move good on both sides
- Always warm up and stretch before exercise or doing Kung Fu so as to help avoid injury
- Adults who have the time, being generally active and eat healthy may help though this is not essential to learning Kung Fu
- For children, where time (and parents) allow, try and remain active outside the class

## Q & A

*Q: I have an injury. Can I still train?*

A: Depending on the injury you can still train and if your doctor states this is okay. Always tell us before the lesson so we can modify what you are learning accordingly.

*Q: What happens if I turn up late?*

A: We would encourage you to be one time however if you do turn up late, do not worry, just bow on entering, and join in at the back; your teacher may move you to a different position

*Q: I try but I just don't understand or remember the move I am being taught!*

A: Do not worry – everybody learns at a different pace. Some people learn something on just being shown once, others need to be shown lots and lots of times. All we ask is that you try.

*Q: My coordination is not very good*

A: This is a common challenge however do not worry as your coordination will improve over time

## INTRODUCE SOMEONE AND GET FREE LESSONS!

If you bring someone to come along and try we will give you a free lesson. However if that person joins as one of our students, then irrelevant of how long they stay with us we will give you a **month training for free**.

This offer is open to both adults and children; you could invite a friend or someone you just know. Please be sure to tell us at the time and who they are.

This offer is open on the basis that we have spaces; the children's classes will need to be limited so as to help ensure effective teaching. At the time of this newsletter there are children and adult places still available.



## ADDITIONAL INFORMATION

### MASTER PAUL WHITROD



Paul Whitrod (above) is the U.K. representative of Chow Gar Praying Mantis Kung Fu, and is renowned as one of the world leading Chow Gar experts, holding regular seminars & promoting this Kung Fu in various countries.

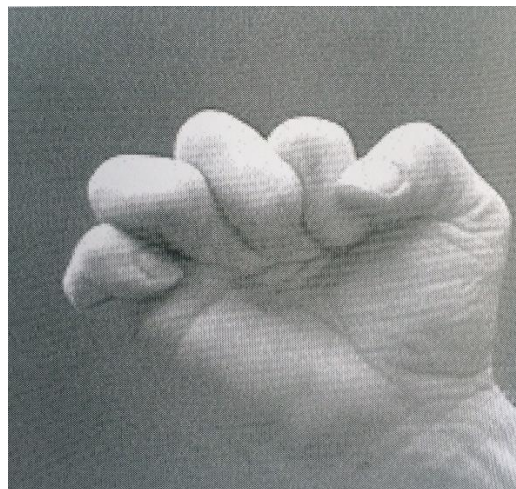
It is under the training & expert guidance of Master Whitrod that has enabled Sifu Peter Orum to become an official endorsed black belt, teaching this Kung Fu to students over the past 15 years.

Chow Gar Tong Long is extremely effective to the point we have changed parts of the syllabus for children so that it is safer. Adults are taught the system in its original format.



## KUNG FU TRAINING AND TECHNIQUES

In each of our newsletters we will introduce something that students will have to learn. In this edition we will introduce the “Ginger Fist”.



Gern Arg Choi (Ginger Fist)

The Ginger fist is used as a training fist during the practice of certain exercises. The shape of this particular fist is to have the last finger folded once, whilst the others are fully folded. You do not strike with these protruded fingers. Instead it is used for “Chin Na” (the art of seizing and locking) purposes by giving reach like an open palm, with the solidness of a fist. It also it has an effect over the ulna tendon which it strengthens during training.

Above photo and information source: *Close-in fighting skills of Chow Gar Southern Praying Mantis Kung Fu by Paul Whitrod, 2004*

If you would like a copy of this informative book it can be purchased direct from Sifu Peter Orum, priced £24.99.

## UNIFORMS

Adult black Kung Fu T-shirts are available for £11. Children should always wear their Kung Fu uniform. Please ensure the washing instructions are followed – note the instructions for the top and trousers are different. Replacement kid uniforms are priced at £25; we usually order a bigger size so it lasts longer

We hope you have found this information useful. Feel free to ask us any questions about any aspect of the training we provide.

## Shaolin Mantis School of Kung Fu

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