

www.hakka-mantis.com



HAKKA MANTIS BOXING INTERNATIONAL

ONLINE COURSES CATALOG

客家螳螂拳

USA KWONGSAI MANTIS | CHINA KWONGSAI MANTIS | CHU GAR MANTIS



Lam Sang

USA Kwongsai Mantis

Courses include First
and Second Generation Transmissions



Wong Yuk Kong

China Kwongsai Mantis

Courses include First
and Second Generation Transmissions



Lao Sui

Chu Gar Mantis

Courses include First
and Second Generation Transmissions

Train All the Online Courses – One per Month
and in Three Years You Will Gain an Expert Understanding — Your Ability Will Depend on Your Effort Over Time!

Enroll



Membership

Enroll your
Annual Membership
and gain access to all Online Courses

Take A Course



From the Source

Traditional Hakka Mantis
from the Source! Three Transmissions:
USA Kwongsai, China Kwongsai, Chu Gar

Train Daily Lessons



Step by Step

Step by step Daily Lessons
outlined for maximum understanding
& ability in the Hakka Mantis boxing skills

Online Clickable Catalog Contents

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USA KWONGSAI JOOK LUM TEMPLE MANTIS ONLINE COURSES



USA KWONGSAI, DRAGON-TIGER MOUNTAIN, JOOK LUM TEMPLE – LAM SANG TRANSMISSIONS

USA KWONGSAI JOOK LUM TEMPLE MANTIS ONLINE COURSES



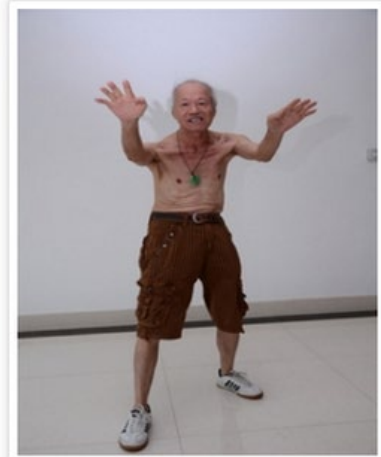
Som Bo Gin Shadowboxing –
USA Kwongsai Mantis – First
Generation – Course 1 of 2



Som Bo Gin Shadowboxing –
USA Kwongsai Mantis – 2nd
Generation – Course 1 of 2



Two Man Form Som Bo Gin –
USA Kwongsai Mantis –
Course 1 of 2



Som Bo Gin Shadowboxing –
Comparative Analysis All
Clans – Course 1 of 2



Som Bo Gin Shadowboxing –
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Two Man Form Som Bo Gin –
USA Kwongsai Mantis –
Course 2 of 2



Som Bo Gin Shadowboxing –
Comparative Analysis All
Clans – Course 2 of 2

USA KWONGSAI JOOK LUM TEMPLE MANTIS ONLINE COURSES

SYLLABUS OF CURRENT AND UPCOMING ONLINE COURSES

Fundamental Training

- DVD Fundamentals
Volumes 1 – 9

Intermediate Training

- DVD Volume 10:
Chi Sao, Trapping,
Passoffs

Single Man Shadow Boxing Forms

- Som Bo Gin
First Generation
- Som Bo Gin
Second Generation
- Um Hon Shadowboxing
- Eighteen Point
First Generation
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Advanced Two Man Forms

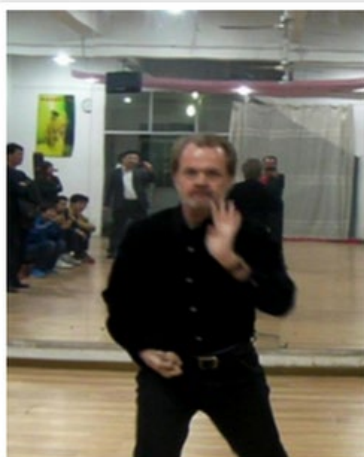
- Loose Hands One (DVD)
- Som Bo Gin
- Loose Hands Two
- 108 Subset
- Um Hon One
- Um Hon Two
- Mui Fa Plum Flower
- Eighteen Buddhas

CHINA KWONGSAI JOOK LUM TEMPLE MANTIS ONLINE COURSES



CHINA KWONGSAI, DRAGON-TIGER MOUNTAIN, JOOK LUM TEMPLE TRANSMISSIONS

CHINA KWONGSAI JOOK LUM TEMPLE MANTIS ONLINE COURSES



Dan Zhuang – China
Kwongsai Mantis Single
Bridge Form – Course 1 of 2



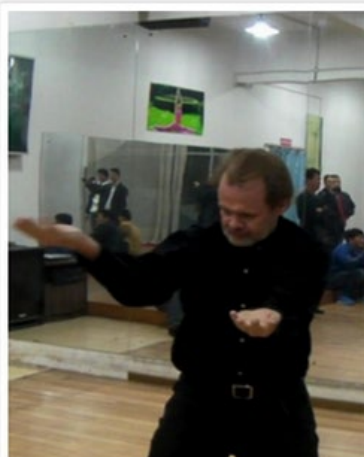
Shuang Zhuang – China
Kwongsai Mantis (Som Bo Gin) –
Course 1 of 2



Three Step Scissors Form -
China Kwongsai Mantis
Course 1 of 2



Four Doors Fist Form -
China Kwongsai Mantis
Course 1 of 2



Dan Zhuang – China
Kwongsai Mantis Single
Bridge Form – Course 2 of 2



Shuang Zhuang – China
Kwongsai Mantis (Som Bo Gin) –
Course 2 of 2



Three Step Scissors Form -
China Kwongsai Mantis
Course 2 of 2



Four Doors Fist Form -
China Kwongsai Mantis
Course 2 of 2

CHINA KWONGSAI JOOK LUM TEMPLE MANTIS ONLINE COURSES

SYLLABUS OF CURRENT AND UPCOMING ONLINE COURSES

Single Man Shadow Boxing Forms

1. Dan Zhuang Boxing - Single Bridge Budhha Hand
2. Shuang Zhuang Boxing - Double Bridge Budhha Hand
3. Three Steps - Three Scissors
4. Som Jian Yao Shou - Three Shaking Bridge
5. Four Door Fist Form
6. Eight Door Fist Form
7. Mui Fa Plum Flower Set One
8. Mui Fa Plum Flower Set Two

CHU GAR HAKKA MANTIS ONLINE COURSES



HONG KONG AND CHINA CHU GAR TRANSMISSIONS – FIRST AND SECOND GENERATION – DIRECT FROM LAO SUI

CHU GAR HAKKA MANTIS ONLINE COURSES



Som Bo Gin Shadowboxing – Chu Gar Mantis – Hard Bridge – Course 1 of 2



Som Bo Gin Shadowboxing – Chu Gar Mantis – Soft Bridge – Course 1 of 2



Chu Gar Mantis – Som Gin Yu Kiu Single Bridge Form – Course 1 of 2



12 Basic Hand Skills - Chu Gar Hakka Mantis Course 1 of 1



Som Bo Gin Shadowboxing – Chu Gar Mantis – Hard Bridge – Course 2 of 2



Som Bo Gin Shadowboxing – Chu Gar Mantis – Soft Bridge – Course 2 of 2



Chu Gar Mantis – Som Gin Yu Kiu Single Bridge Form – Course 2 of 2



12 Combination Hand Skills - Chu Gar Hakka Mantis Course 1 of 1

CHU GAR HAKKA MANTIS ONLINE COURSES

SYLLABUS OF CURRENT AND UPCOMING ONLINE COURSES

Fundamental Training

- Horse, Body Posture, Footwork
- 12 Basic Hand Skills
- 12 Combination Hand Skills

Intermediate Training

- Dui Jong Two Man Methods 1 – 9

Single Man Shadow Boxing Forms

- Jik Bo Straight Steps
- Som Bo Gin Hard Bridge
- Som Bo Gin Soft Bridge
- Som Gin Yu Kiu
- Four Door Short Form
- Four Door Long Form
- Four Door Spring Power
- Pin Kiu
- Pai Kiu
- Cross Section
- Fut Sao Buddha Hand
- Five Mantids Descend the Mountain

EXAMPLE OF ANY COURSE – FOLLOW DAILY VIDEO LESSONS



Som Bo Gin Shadowboxing – Chu
Gar Mantis – Hard Bridge –
Course 1 of 2

**Follow the Daily Lessons
Step by Step to
Complete each Form in
a Traditional Manner**

Day One Training — Salute, Opening Sequence, One Step Power

Day 2 — Salute, Opening Sequence, One Step Power, 2 Step Powers

Day 3 — Salute, Opening Sequence, One Step Power, 2 Step Powers, 3 Step Powers

Day 4 — Salute, Opening Sequence, One Step Power, 2 Step Powers, 3 Step Powers, Double Circles – Double Short Strikes

Day 5 — Salute, Opening Sequence, One Step Power, 2 Step Powers, 3 Step Powers, Double Circles – Double Short Strikes, Gow Choy Hammer Fist

Day 6 — Salute, Opening Sequence, One Step Power, 2 Step Powers, 3 Step Powers, Double Circles – Double Short Strikes, Gow Choy Hammer Fist, Shung Har Jong

Day 7 — Salute, Opening Sequence, One Step Power, 2 Step Powers, 3 Step Powers, Double Circles – Double Short Strikes, Gow Choy Hammer Fist, Shung Har Jong, 3 Point Turn Around

Daily Video Lessons Teach Step by Step each Form or Skill to Completion

Day 13 — Salute, Opening Sequence, One Step One power, One Step Two Powers, One Step Three Powers, Double Circle-Double Strike, Gow Choy Hammer Fist, Shung-Har-Jong, 3 Point Turnaround, 3 Step Powers, Double Circle-Double Strike, Bao Zhang, Shung Har Jong, 3 Point Turnaround, Closing Sequence

Day 14 — Completion of the Form — Return to the Center

Courses completed should be trained 30 consecutive days without fail to ingrain the skill into muscle memory. If you miss one day you must start again for 30 days.

ENROLL & GAIN ACCESS TO ALL ONLINE COURSES

- Traditional Hakka Mantis from the Source – Hong Kong and China
- Teachings of Various Hakka Mantis Clans and Teachers
- Complete Transmission of Skills - Three Branches
- Step by Step Guided Instruction and Correspondence
- Video Review of Your Training Progress
- Annual Certificate of Membership
- Certificate of Completion for each Course
- Registry and Direct Access to Private Training in China



ANNUAL MEMBERSHIP CERTIFICATE

TRAINING CERTIFICATES ISSUED UPON COURSE COMPLETION

MIT STUDY - online learning shows success, even among those with least preparation!

'The amount of improvement seen "is no different for skillful people in the class" — including experienced teachers — "or students who were badly prepared. They all showed the same level of increase," the study found.'

Our goal is for you to have an expert understanding and ability, in Hakka Mantis Boxing, from the Three Branches.

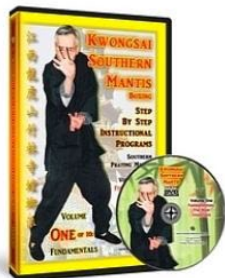
Understanding of only one Branch leads to a limited ability in Hakka Mantis.

The understanding we can provide. Your ability depends upon your effort over time. Enroll and take a Course to increase your skill today. Get started now!

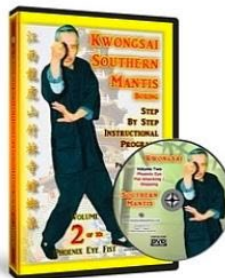


TRAINING CERTIFICATE FOR EACH COURSE COMPLETED

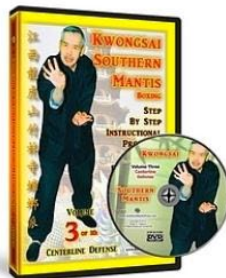
FUNDAMENTALS ON DVD – GUIDED CORRESPONDENCE



DVD Volume One –
Fundamentals
\$39.99

[Add to cart](#)

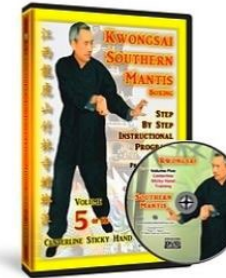
DVD Volume Two – Phoenix Eye
Fist Attacking / Stepping
\$39.99

[Add to cart](#)

DVD Volume Three – Centerline
Defense
\$39.99

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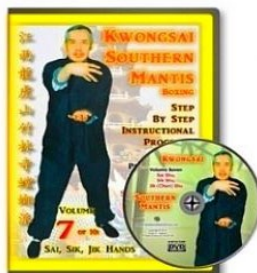
DVD Volume Four – 1, 3 & 9 Step
Attack / Defense
\$39.99

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DVD Volume Five – Centerline
Sticky Hand Training
\$39.99

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DVD Volume Six – Same Hand /
Opposite Hand Attacks
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DVD Volume Seven – Sai Shu, Jik (Chun) Shu
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DVD Volume Eight – Gow Choy
Hammer Fist / Internal Strength
\$39.99

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DVD Volume Nine – Footwork In
Southern Praying Mantis
\$39.99

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DVD Volume Ten – Chi Sao Sticky
Hands, Passoffs, Trapping
\$108.00

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DVD Volume Eleven – Loose
Hands One: Two Man Set
\$108.00

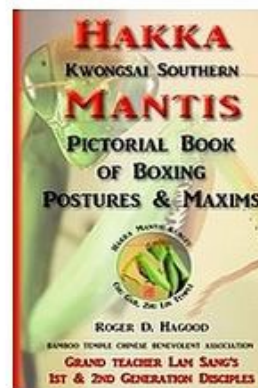
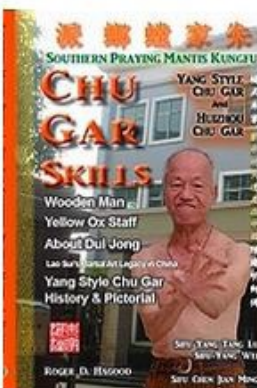
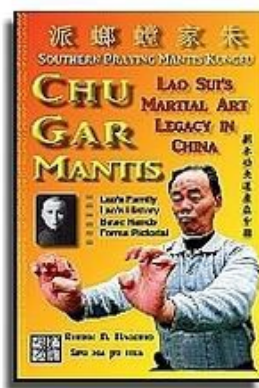
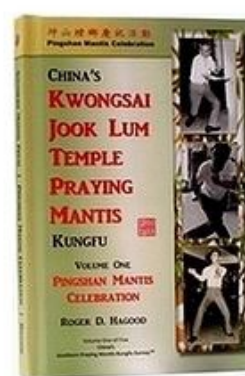
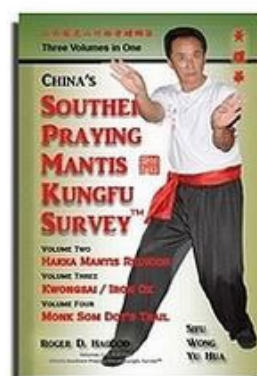
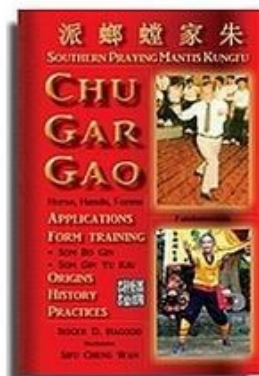
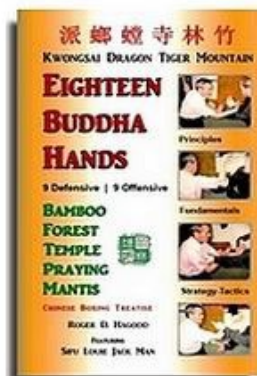
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DVDs
Ship
From the
Las Vegas, USA
Area -
usually within 48
Hours

For optimal understanding and ability train the Fundamentals on DVD's Volume 1- 10 prerequisite to Online Courses.

Without the Fundamentals you will not achieve the essence of Hakka Mantis Boxing: Root, Feeling Hand, Target Practice.

HARDCOVER BOOKS – COLLECTOR'S EDITIONS



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HAKKA MANTIS BOXING

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Video File Sharing for Hakka Mantis Boxing International

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Hakka Mantis Overview Today

Hakka Mantis Videos Since the 1950s!

Start Training Today!

Online Courses



**Som Gin
Yu Kiu
Boxing**

Chu Gar Mantis - Som Gin Yu
Kiu Single Bridge Form -
Course 1 of 2

**CHU GAR
MANTIS**

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HAKKA MANTIS – HISTORY AS TOLD IN CHINA

It is said that Monk Som Dot was originally from Tibet and that he wandered extensively studying Shaolin boxing and medicine.

At the invitation of the Taoist Pope he travelled to Kwongsai Mt. Dragon Tiger and after settling there, he accepted two disciples, Wong Leng, an illiterate, but diligent disciple, and Lee Siem. Lee Siem later became known as Siem Yuen, which means capable of grasping the depth of Buddhism. And Wong Leng became known as Wong Do Yuen, capable in Taoism.

After some years, Som Dot sent his two disciples down the mountain to spread his art of Shaolin, which was divided into three orders. The first order taught the principle of 10 soft and one hard, and was taught only on the top of the mountain. The second order was half hard, half soft power. The third order was based on extremely forceful techniques. This is the reason the art is sometimes called a “three door or gate” art today.

In doing so, as they descended the mountain, Wong Do Yuen and Lee Siem Yuen, at the middle gate of the mountain, accepted a student named Chu Long Bot. Hiding the kungfu of the first order, they taught Chu Long Bot only the second order kungfu of Som Dot. At that time, the first order kungfu of Som Dot was not taught.

After learning the art, Chu, having no knowledge of the first order kungfu, betrayed Wong and Lee and used only the Chu surname to pass on what became ‘Chu Gar Gao’ – Chu Family Creed. The name was later changed again to “Chu Gar Praying Mantis” in Hong Kong. Chu Long Bot later taught Chu An Nam, who taught Yang Sao and Lao Sui, who was a friend of Chu Kwei, who was the father of Chu Kwong Hua in contemporary times. This order of kungfu was originally taught only at the middle gate of the mountain.

Later, as Wong Do Yuen and Lee Siem Yuen went back down the mountain, at the lower gate, a praying mantis insect popped out in front of them. Wong, being the first to step off the mountain, proclaimed the mantis must be a sign from Heaven and to avoid further persecution of Som Dot’s Shaolin teaching, the Shaolin art of three orders should simply be called Praying Mantis.

At the bottom of the mountain, a man surnamed Choy and nicknamed Tit Ngau, or Iron Ox, pleaded with sincerity to learn their kungfu and the two of them taught him Som Dot’s third order of kungfu based on extremely forceful techniques.

Not knowing what to call the art, Choy, having no knowledge of the first or second order of Som Dot, eventually did the same as the Chu Clan and called the art Tit Ngau, or Iron Ox. Later a fellow named Chung Lo Ku learned from Choy and passed on this teaching as Chung Gar Gao in the East River region. This kungfu of the third order was taught at the bottom of the mountain.

In China, it is said each of Som Dot’s three orders of Shaolin Kungfu has its advantage and each is worthwhile to learn and study.

RDH - JOIN US! START TRAINING ONLINE TODAY!



FROM RDH:

I'm 61, in 2017. I started training, in the 1960s. I started training USA Kwongsai Mantis with Louie Jack Man, in the 1970s. I made ceremony to Mark Gin Foon, in 1980. I first arrived at Hong Kong's Chu Gar Door, in 1983. I made Chu Gar ceremony to Gene Chen, in San Fran, circa 1988 and Cheng Wan Sifu, Hong Kong, 2002. In 2013, with Chen Jianming, I opened the first public Chu Gar School, in Lao Sui's hometown.

I've been living, in China, since 1983, and haven't left Pingshan Town, in the last 15 years. I've created the **Hakka Mantis Boxing International** site to share, with you, the genuine Hakka Mantis teachings, from the China hometowns. Follow us and you'll be able to understand the various clans of Hakka Southern Mantis and how they relate to each other in boxing, culture, and more.

We welcome you to join us here, in beautiful sunny south China, but you don't have to spend your fortune and travel to China to learn step by step the genuine transmissions of Hakka Mantis boxing. Start training traditional Hakka Southern Mantis with our Online Courses - direct from the Hakka Mantis Hometowns! Make sure to study the DVDs, Books, and other materials to build a strong foundation. Without the foundation taught in the DVDs, Books, and other materials, your shadowboxing will be just an empty form.

Root, Feeling Hand, and Target Practice are the essence of Hakka Mantis Boxing. When you have gained a good understanding and ability from the Online Site, you may be invited to participate in various Private Courses such as a comparative analysis of Iron Ox to Kwongsai and Chu Gar Mantis. Have you trained today? Get started now!

RDH
Pingshan Town
Guangdong, China

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