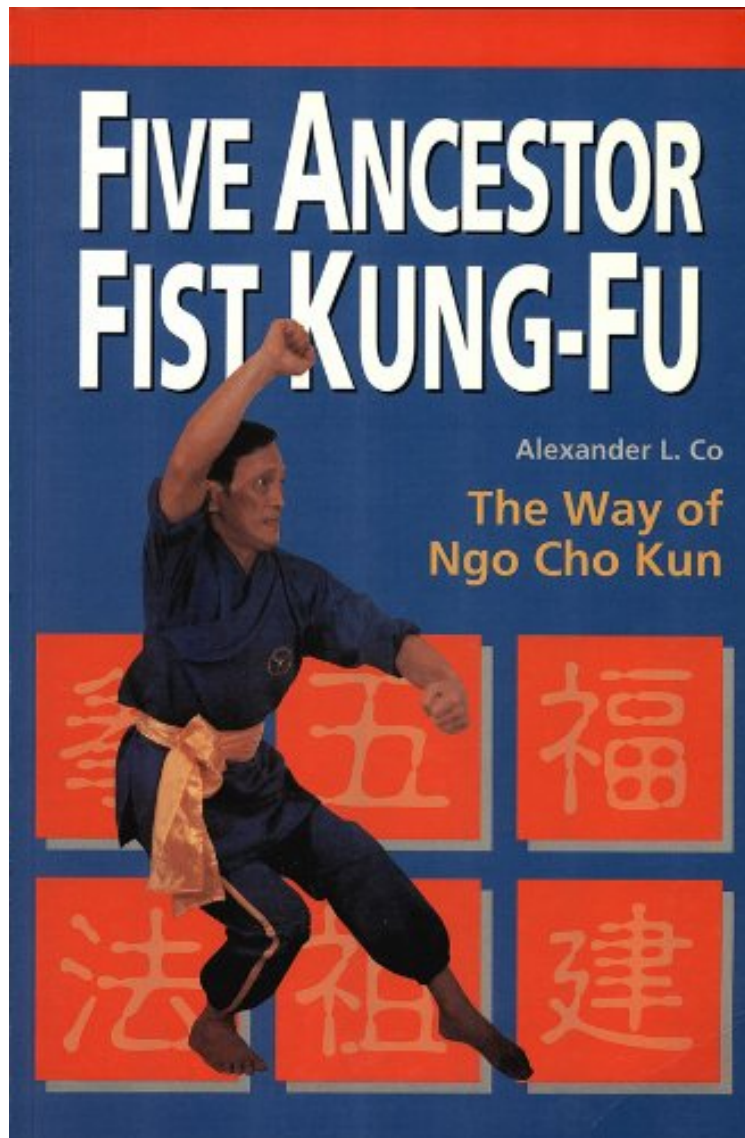


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Five Ancestor Fist Kung Fu: The Way of Ngo Cho Kun

Von Alexander L. Co

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Von Alexander L. Co : Five Ancestor Fist Kung Fu: The Way of Ngo Cho Kun before purchasing it in order to gage whether or not it would be worth my time, and all praised Five Ancestor Fist Kung Fu: The Way of Ngo Cho Kun:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. A typical intro book for the systemVon Ein KundeFrom my perspective, the book offers an intro to the Five- Ancestors kung fu system of Fujian province, southern China, and not what you would prefer a training guide for the reader.

Because of this fact, I would say the book is satisfactory. As a synthesis of the five systems of White Crane, Taizu (First Emperor kung fu), Lohan, Monkey, and Damo (Bodhidharma kung fu, in honour of the first patriarch of Shaolin kung fu), the system places more emphasis on the hand techniques of the crane, and the footwork of Lohan. Because many Japanese masters fled to Fujian province to further their training, Wuzu kung fu has greatly influenced Japanese karate. Of the 44 sets that comprise the syllabus of the system, only 2 are displayed in the book, the movements, themes, etc., the San Zhan (Three Battles) set, the core form, and the Entwining Kick fist set (in tit tat). The authors have not done a great deal to express the kicking techniques and footwork in the system. I chose to select this book because it's the only book on this rare system of martial arts hailing from Fujian province. 0 von 0 Kunden fanden die folgende Rezension hilfreich. Informative Von scase@mci2000.com The book has a great deal of mostly accurate historical information, especially for those who practice that particular kung fu style. Some of the concepts Mr Co discusses in his book, although put in a simple form for understanding, could be appreciated only by those who are fairly well versed in the ngo cho kun kung fu system. Simply reading the book and learning the two forms in it do not replace an instructor who knows the many facets of the system. However, the book does provide a great introduction to some of the concepts. 0 von 0 Kunden fanden die folgende Rezension hilfreich. Does all it should Von Ein Kunde I was given this book by my stepdad, a grandmaster in the Five Ancestor Fist system. It very clearly gives the history, principles and a good idea of what is involved in the art. For such an obscure art to the western world (though so popular in Malaysia, and Fukien) this book provides an excellent introduction to the art. Though, of course, no substitute for finding an instructor.

Kurzbeschreibung Simple, direct, and deadly it's the art of ngo cho kun, or fists of the five ancestors. In its approach to iron body training, its reliance on the sam chien stance, and its special emphasis on hard and soft techniques, this Fukien style of kung fu is believed to be the root of the Gojuryu and Uechiryu Okinawan karate systems. During the declining years of the Ching dynasty, Sijo Chua Giok Beng combined the salient features of five styles from five masters into the formation of ngo cho kun, a distinct blend of both external and internal Chinese martial arts. Aside from being an effective form of self-defense, diligent practice of Ngo Cho Kun can balance the body's metabolism, strengthen internal organs, and improve general wellbeing. Ngo cho kun is at once historically significant and practical for modern-day self-defense needs. Five Ancestor Fist Kung Fu is a must for those who are interested in the historical connection between kung fu and karate, or who wish to expand their self-defense repertoire.