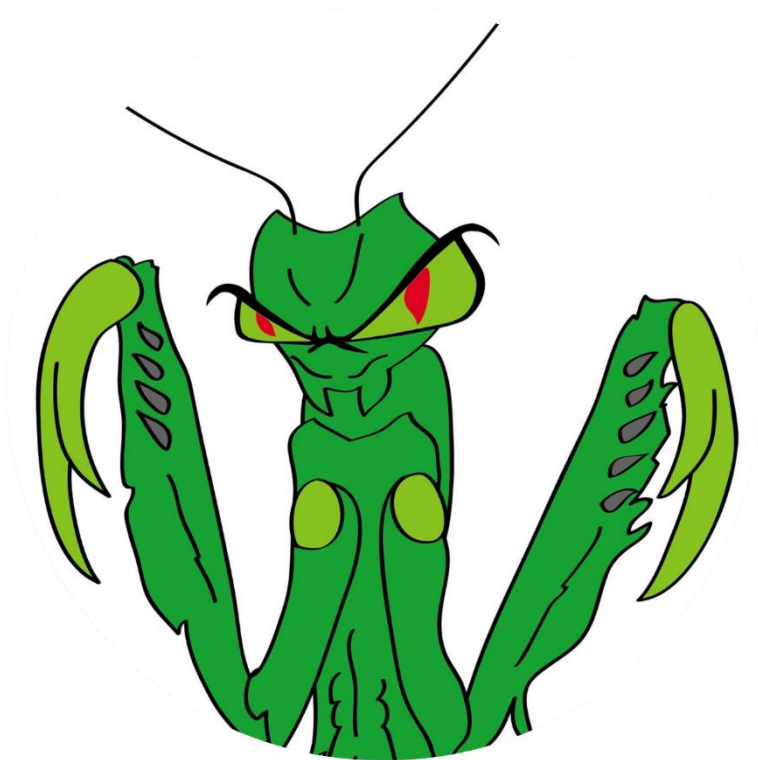


**7 Deadly Skills
Of
Chow Gar Southern Praying
Mantis Kung Fu**



Sensitivity - In Chow Gar Southern Praying Mantis Kung Fu, sensitivity is a cornerstone of the art, encapsulated in the concept of "touch and go." This principle emphasizes spontaneous reflexes and immediate responses, honed through tactile awareness and precise training.

Here's a deeper dive into how sensitivity manifests in Chow Gar:

The Essence of "Sensitivity"

1. ****Immediate Reaction****: In Chow Gar, the moment contact is made with an opponent, the practitioner must react instantly. This "touch and go" ability is about developing reflexes that are so finely tuned, they operate almost independently of conscious thought.
2. ****Tactile Awareness****: Sensitivity in Chow Gar is cultivated through the sense of touch. Practitioners learn to feel the opponent's intentions and movements through direct contact, enabling them to respond with the appropriate technique in a fraction of a second.
3. ****Spontaneous Reflexes****: The training focuses on developing spontaneous reflexes that are both defensive and offensive. This means being able to deflect or absorb an attack while simultaneously countering with precision and power.
4. ****Energy Flow****: Understanding and manipulating the flow of energy between oneself and the opponent is crucial. Sensitivity training helps practitioners redirect an opponent's force, using it against them in a seamless and efficient manner.

Training for Sensitivity –

****Reflex Drills****: Practitioners engage in drills that condition their reflexes to react to unexpected stimuli, reinforcing the "touch and go" principle. –

****Partner Sparring****: Regular sparring sessions help translate sensitivity skills into practical application, allowing practitioners to experience and adapt to different styles and strategies.

The Impact of: Developing sensitivity in Chow Gar Southern Praying Mantis Kung Fu enhances a practitioner's ability to handle real-world confrontations with grace and efficiency. It fosters a deeper connection to the art, encouraging mindfulness and presence in every movement. By mastering the "touch and go" principle, practitioners not only improve their martial skills but also cultivate a heightened awareness that transcends the dojo.

Swimming Dragons - In the rich tapestry of Chow Gar Southern Praying Mantis Kung Fu, the concept of "Swimming Dragons" beautifully embodies the idea of flowing movement and adaptability. This metaphor draws from the graceful and fluid motions of dragons, emphasizing the importance of seamless transitions and fluidity in martial arts practice.

The Concept of "Swimming Dragons"

1. ****Flowing Movement****: "Swimming Dragons" symbolizes the continuous and unbroken flow of movement. Practitioners learn to transition smoothly between techniques, maintaining momentum and balance, much like a dragon gliding through water

2. ****Adaptability****: Just as a dragon can navigate various terrains, martial artists are trained to adapt to changing circumstances and opponents. This adaptability is crucial for effective defence and attack, allowing practitioners to respond dynamically to any situation.

3. ****Grace and Power****: The imagery of a dragon conveys not only grace but also immense power. In Chow Gar, the practitioner aims to harness both, executing techniques with elegance and strength.

4. ****Mindful Presence****: Flowing like a dragon requires a heightened state of awareness and presence. Practitioners cultivate mindfulness to stay attuned to their movements and surroundings, ensuring they can react with precision and intent.

Training for "Swimming Dragons"

****Form Practice****: Practicing forms with an emphasis on fluidity helps develop the flowing movements characteristic of "Swimming Dragons." Each motion is connected, creating a harmonious sequence. –

****Breathing Techniques****: Controlled breathing aids in maintaining the flow and rhythm of movements, much like the steady, rhythmic breathing of a dragon. –

****Visualization****: Visualizing the dragon's fluid movements can inspire practitioners to embody these qualities in their training, enhancing both their physical and mental approach.

The Impact of "Swimming Dragons"

Embracing the "Swimming Dragons" concept enriches a practitioner's martial arts journey, fostering a more profound connection to the art's philosophy and techniques. It encourages a harmonious blend of strength and flexibility, preparing practitioners for both the physical and mental challenges of martial arts

Destruction - In Chow Gar Southern Praying Mantis Kung Fu, the concept of "Destruction" is intricately linked to the precise art of striking pressure points and conditioning the body's natural weapons. This approach combines anatomical knowledge with rigorous training to maximize effectiveness in combat.

The Concept of "Destruction"

1. ****Pressure Point Striking****: The art of targeting pressure points is central to the idea of "Destruction." By striking these vulnerable areas, practitioners can incapacitate an opponent with minimal effort. This requires a deep understanding of human anatomy and the ability to deliver strikes with pinpoint accuracy.

2. ****Conditioning Natural Weapons****: The body's natural weapons—such as fists, elbows, knees, and feet—are meticulously conditioned to enhance their effectiveness. This conditioning involves toughening the skin, bones, and muscles to withstand impact and deliver powerful strikes.

3. ****Efficiency and Precision****: "Destruction" is not about brute force; it's about efficiency and precision. Practitioners learn to use their energy wisely, delivering decisive blows that neutralize threats swiftly.

4. ****Strategic Approach****: Understanding when and how to apply pressure point strikes is crucial. This strategic approach allows practitioners to control the pace and outcome of an encounter, often turning the tide in their favour.

Training for "Destruction"

****Targeted Drills****: Practitioners engage in drills that focus on identifying and striking pressure points, refining their ability to execute these techniques under various conditions. –

****Body Conditioning****: Rigorous conditioning exercises are employed to strengthen the body's natural weapons, ensuring durability and power in strikes. –

****Sparring and Application****: Real-world application through sparring helps practitioners develop the timing and accuracy needed to effectively employ pressure point strikes.

The Impact of "Destruction"

Mastering the art of "Destruction" empowers practitioners with the skills to defend themselves effectively, using knowledge and technique rather than sheer force. It embodies the essence of martial arts as a discipline that combines physical prowess with intellectual mastery

Searching Insect Hands - In the world of Chow Gar Southern Praying Mantis Kung Fu, "Searching Insect Hands" is a vivid concept that captures the essence of seeking out vulnerabilities and opportunities in an opponent. This involves a strategic and precise approach to identifying and exploiting weaknesses, particularly through the practice of Dim Mak, or pressure point striking.

The Concept of "Searching Insect Hands"

1. ****Dim Mak Points****: At the heart of "Searching Insect Hands" is the quest to locate Dim Mak points—specific pressure points on the body that, when struck correctly, can incapacitate an opponent. This requires a detailed understanding of anatomy and the ability to apply this knowledge in dynamic situations.
2. ****Opportunistic Striking****: Much like an insect that moves swiftly and precisely, practitioners are trained to look for openings in an opponent's defense. This involves keen observation and the ability to react quickly to any lapse or vulnerability.
3. ****Adaptability and Precision****: The practice demands adaptability and precision, allowing practitioners to adjust their tactics in real-time and strike with accuracy. It's about being fluid and responsive, much like the movements of an insect.
4. ****Strategic Awareness****: "Searching Insect Hands" emphasizes strategic awareness, encouraging practitioners to maintain a heightened sense of their surroundings and the opponent's movements. This awareness is crucial for identifying the right moment to strike.

Training for "Searching Insect Hands"

****Pressure Point Mapping****: Practitioners study the body's pressure points extensively, learning where and how to apply strikes for maximum effect. - ****Reflex and Timing Drills****: Training includes drills that enhance reflexes and timing, enabling practitioners to seize opportunities as they arise. - ****Controlled Sparring****: Engaging in controlled sparring helps practitioners practice identifying and exploiting openings in a safe environment, honing their skills for real-world application.

The Impact of "Searching Insect Hands"

This approach equips practitioners with a sophisticated set of skills that go beyond mere physical strength. It fosters a deep understanding of the interplay between anatomy, strategy, and timing, allowing for effective self-defence and mastery of the art.

Sink and Spit - In Chow Gar Southern Praying Mantis Kung Fu, the concept of "Sink and Spit" is integral to developing explosive short-range power, particularly through the unique method of rib bone power training. This approach focuses on harnessing internal energy and body mechanics to deliver powerful strikes in close combat situations.

The Concept of "Sink and Spit"

1. ****Rib Bone Power****: At the core of "Sink and Spit" is the development of rib bone power. This involves conditioning the body to generate force from the core, utilizing the rib cage and surrounding muscles to amplify strikes. It's about creating a strong, stable base from which power can be explosively released.

2. ****Explosive Power****: "Spit" refers to the sudden and forceful release of energy, much like a spring uncoiling. This explosive power is crucial for delivering effective strikes at close range, where traditional momentum-based techniques may not be feasible.

3. ****Short-Range Efficiency****: The emphasis is on maximizing power in a confined space. Practitioners learn to generate significant force with minimal movement, making "Sink and Spit" ideal for close-quarters combat.

4. ****Internal Energy****: Developing internal energy, or "chi," is essential for executing "Sink and Spit" techniques. Practitioners focus on breath control and energy flow to enhance their power and precision.

Training for "Sink and Spit"

****Core Conditioning****: Exercises that strengthen the core and rib cage are fundamental, building the physical foundation needed for rib bone power. - ****Short-Range Drills****: Practitioners engage in drills that focus on delivering powerful strikes from a short distance, refining their ability to generate explosive force quickly. –

****Breathing Techniques****: Controlled breathing is practiced enhancing internal energy and ensure that power is efficiently channelled through the body.

The Impact of "Sink and Spit"

Mastering "Sink and Spit" equips practitioners with a formidable tool for close-range encounters, allowing them to deliver powerful strikes with speed and precision. This method embodies the principle of efficiency, maximizing impact while minimizing effort.

"Intent" is a powerful concept that underscores the importance of mental focus and the mind's influence over physical actions. This principle highlights how a practitioner's mindset can enhance their martial abilities and overall effectiveness.

The Concept of "Intent"

1. ****Mind-Body Connection****: "Intent" emphasizes the connection between the mind and body. By focusing one's mental energy and directing it with purpose, practitioners can enhance their physical performance and execute techniques with greater precision and power.

2. ****Mental Focus****: The ability to concentrate fully on the task at hand is crucial. Whether it's during training or in a real-world confrontation, maintaining a sharp focus ensures that movements are deliberate and effective.

3. ****Visualization****: Practitioners often use visualization techniques to set their intent. By mentally rehearsing movements and outcomes, they prepare their mind and body to act cohesively and with confidence.

4. ****Emotional Control****: Intent also involves managing emotions. By cultivating a calm and focused mindset, practitioners can remain composed under pressure, allowing them to make strategic decisions and maintain control in challenging situations. ### Training for "Intent" - ****Meditation and Mindfulness****: These practices help develop the mental discipline needed to focus intent and maintain clarity in both training and combat. –

****Visualization Exercises****:

Practitioners engage in mental rehearsals, visualizing techniques and scenarios to strengthen the mind-body connection. - ****Focused Drills****: Training includes exercises that require intense concentration, helping practitioners hone their ability to direct intent and maintain focus.

The Impact of "Intent"

Harnessing the power of intent allows practitioners to transcend physical limitations, bringing a deeper level of awareness and effectiveness to their martial arts practice. It fosters a holistic approach to training, where mental and physical elements work in harmony