

PARENT/STUDENT



MANUAL

Welcome!

Welcome to Panda Kung Fu and the White Birch School of Tien Shan Pai. Your child begins their journey towards self-development that will help them become the very best version of themselves. Martial arts can teach mindfulness, persistence, confidence, respect for self and others and personal reflection. It can strengthen the mind/body connection and enhance self-regulation. Our curriculum was developed to offer these benefits in a fun, inclusive format that kids will enjoy.

As children move up through the animal ranks, they receive a robust preparation for entry into Tien Shan Pai Kung Fu at a yellow sash level. We will cover stances, flexibility, technique and philosophical preparation so that their transition yields the best results.

So, thank you for choosing Panda Kung Fu! We look forward to getting to know you and your child. Our martial arts family welcomes you.

Warm Regards
Sifu Brian Bowles



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What is Tien Shan Pai?

Tien Shan Pai is a northern style of Kung fu which stresses rhythm, the demonstration of power accentuated by solid thuds made by the hands, the emitting of power from the entire body, the coordination of the hands and feet as well as blocks and strikes, high kicks and low sweeps, as well as locking and throwing techniques.

At the same time, it also contains graceful empty-hand and weapons forms. Tien Shan Pai self-defense is characterized by angular attacks coupled with multiple blocks. If one block fails, the second can cover. Footwork is considered essential to countering attacks. Tien Shan Pai focuses on low and steady steps to the side, along with swift "hidden" steps to trick the opponent. Paired boxing forms and exercises are emphasized for timing and accurate evaluation of distance in reference to a moving, responsive adversary



History

- Created by Wang Jyue Jen in the late 1940's.
- Wang Jyue Jen arrive in Taiwan in the late 1940's as a member of Chian Kai Shek's armed forces.
- In the 40's and 50's Wang Jyue Jen was a skilled Gwo-Shu (Chinese Martial Arts) coach.
- Wang Jyue Jen combined what he learned at the Gwo-Shu academy with what was handed down to him from various other private teachers into what would become the Tien Shan Pai system.
- In 1964 Wang Jyue Jen and four of this students represented China at the Tokyo Olympics with Wang Jyue Jen as the head coach.
- In 1971 Willy Lin, one of the first students of Wang Jyue Jen, came to the US and began teaching Tien Shan Pai.

Lineage

Grandmaster Wang Jyue Jen

Creator of Tien Shan Pai



Grandmaster Chao Chi Li

Trained under Founder Wang Jye Jen



Sifu Robert LaPoint

4rd degree black sash

Trained under Grandmaster Chao Chi Liu



Sifu Larry Vincent

3rd degree black sash

Trained under Sifu Robert LaPointe



Sifu Brian Bowles

1st degree black sash

Trained under Sifu Larry Vincent



Panda Kung Fu Ranking System

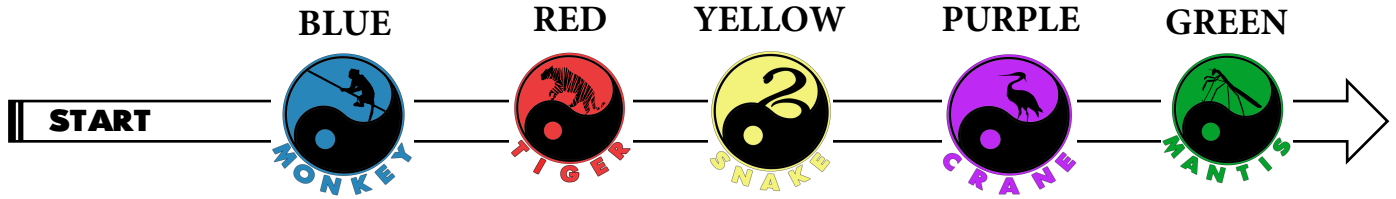
Panda Kung Fu covers the white sash level of Tien Shan Pai Kung Fu and is broken down into five sections, each relating to an animal. They are Monkey, Tiger, Snake, Crane and Mantis. Each animal represents a collection of philosophies, stances, techniques and skills at that level. All students start at the Monkey level and work their way up as each one has crucial techniques and skills necessary for the next level.

There are two forms they will learn throughout the five ranks. The first is called Wu Bu Quan, five stance form. This is the initial form taught to children going into kung fu. It is comprised of the five basic stances used throughout kung fu, regardless of style. At each rank they will have to perform the form with different requirements.

When they reach the third rank of Snake they will begin to learn Chu Chi Chen, which is the white sash form for Tien Shan Pai. It is a 24 beat form that is broken down between the last three ranks. Once they complete Mantis your child will move on to the adult Tien Shan Pai classes with a yellow sash.



Ranks and Requirements



Student					Rank Start Date			Rank Completed Date		
Taolu (Forms)	Tui (Kicks)	Boji (Stirkes)	Drills	Physical	Chinese	Name of Stance	Knowledge	TUMBLERS		
Wu Bu Quan	Monkey Leg Sweep	Jab	Rolling Block Drill	Block Bean Bags	Count 1 - 5	Ma Bu (Horse Stance)	Name of Salute is Wushu Baoquan Li	Back Bend		
	Monkey Front Drop Kick	Cross		Roll from Standing to Monkey stance			Your Sifu is Sifu Brian Bowles	Cartwheel		
	Monkey Back Kick			Roll from Monkey stance to Monkey stance			Tien Shan Pai means Heaven Mountain System			
				Monkey Twirl			Hou (Monkey)			
				Roll			Monkey Kung Fu was created by Kou Sei			
				Monkey Hop Cartwheel			Monkey Kung Fu is Da Sheng Men (Great Sage Style)			
							Inspired by watching monkeys from his prison cell.			



Benefits

Martial arts goes back two thousand years to its origins in India. It spread throughout Asia, gaining variation, philosophical and physical specialization to the different styles practiced today. So, for a tradition so old, what does it have to offer in these very different modern times?

Most people in the US understand martial arts as a system for self defense. This certainly has relevance for children who experience bullying or might encounter threatening situations. Martial arts can build physical skills and confidence needed to make a child an unsavory target. Martial arts, though, has much more to offer its students than self defense--especially in this modern world of sedentary environments, academic pressures and social isolation.

Panda Kung Fu has been developed as an introductory program to the White Birch School style of Tien Shan Pai Kung Fu. It is a curriculum designed for children that merges physical, technical, philosophical, and cultural elements of Kung Fu in a fun, inclusive format. There are five animal ranks that each center around a basic developmental concept that is iterated with movements, techniques and character education as seen through the lens of that animal's behavior and characteristics.

Monkey rank focuses on the concept of reactivity/responsiveness. As Monkeys learn their environment and expectations, they move from reactivity and impulsiveness to responsiveness and intention. They are able to exercise willful attention when expected and joyful movement when appropriate. This translates well to a child who struggles with impulsivity, attention issues and hyperactivity.

Tiger rank focuses on responsible power. As Tigers learn techniques, they focus on directing power, understanding control and modulating force while building strength and confidence. They are able to reserve their power when interacting with someone weaker than themselves. They are able to channel strong feelings into healthy outlets and better regulate their inner thermostat. This is especially helpful for a child who struggles with emotional lability or roughness with siblings and peers. It also benefits children who are shy or reluctant to engage to find a way to express powerful, loud feelings, sounds and movements.



Snake rank focuses on quick appraisal, speed and accuracy. Snake techniques focus on wise use of resources by utilizing specific actions to achieve specific results. Snake learns exactly when to strike, exactly where to strike and how much is necessary to neutralize danger. Snake concentrates on alternations of calm stillness and fast action with a focus on flexibility. This is beneficial for the child who deals with fear and anxiety.

Crane rank focuses on a more mindful, meditative understanding. Cranes center on awareness of self, environment and others and develop meditation and balance skills. Cranes refine their techniques in order to learn calm and steady repetition as a tool of refinement and character development. This is crucial for a child who must deal with many distractions, both internal and external or has trouble setting and working towards goals.

Mantis rank focuses on unifying and applying all the concepts learned. Mantis brings new, more mature understanding to all the curriculum in the preceding ranks as it synthesizes that information in practical application. This is essential for building personal responsibility and locus of control. Mantis graduates into Tien Shan Pai with a yellow sash and a firm grasp on fundamental Kung Fu teachings.

Through these ranks we hope to instill in each child an unshakeable sense of confidence in their own ability to effect change through responsiveness, intention and effort. We wish to instill a lifelong love of movement and exercise. We seek to create a calm, centered place inside the student where they can find stability in unstable times. We endeavor to inspire rectitude and right action, humility and gentle power. These are ancient concepts and foundational values that are timeless and vital in any era and any culture.



Dojo/Wu Kwan Etiquette -

1. **Shoes** should not be worn on the workout floor.
2. **Always show utmost respect** to your instructor and listen to what he/she has to say at all times.
3. **Profanity is not allowed** in or around the Dojo/ Wu Kwan.
4. **NO:**
 - a. Gum chewing
 - b. Wearing of jewelry during class
 - c. Talking while you are being instructed
5. **Horseplay** should be kept to a minimum during class time.
6. **Never intentionally injure** or cause one of your fellow members to be injured. Any type of injury should be brought to the instructor's attention immediately.
7. **Personal cleanliness and hygiene** is a must.
8. **Clothing or valuables** of any type in or around the dojo are your responsibility.
9. **Do not study weapons** unless permission is given by your Sifu.
10. **Toe nails and finger nails are to be kept trimmed.**
11. **If you have a question** during class, please raise your hand and the instructor will assist you.
12. **No one**, regardless of rank, **will** teach a student new moves without permission without the permission of the chief instructor.
13. **Do not** ask your Sifu when you will test. You will achieve a higher rank when you show that you are ready.
14. **Never** put down or insult anyone inside or outside of the dojo.
15. **Do not** touch weapons, fighting gear or any personal possession not belonging to you. Ask first!
16. **Be prompt for class.** If you are late to training, wait at the side of the workout floor, dressed, in attention stance, until you are bowed in. Then fill in behind the other students.
17. **Students are not** to leave the workout area during a formal class session unless permission is granted by the instructor.
18. **Observe proper order of rank when lining up.** Upper belts up front, lower belts in the back, lining up in rank order from right to left



Stances

Yi Bu / 仆步
(Attention Stance)



Stand feet slightly apart and hands down by you side.

Ma Bu / 马步
(Horse Stance)



Feet need to be shoulder width apart. Squat down into a seated position with your thighs parallel to the floor.

Gong Bu / 弓步
(Bow Stance)



Front foot points in the direction you are facing. Back foot angled slightly away from you. Keep back leg straight and slightly bend your front leg. Hips pushed forward.

Stances

Xie Bu / 蟹步
(Twist Stance)



Squat down with your lead foot turned 45 degrees outwards. Tuck your back knee into the calf of your lead leg. Back foot should be pointing in the direction you are facing.

Pu Bu / 仆步
(Drop Stance)



Extend your lead foot all the way out. Turn the lead foot in slightly. Back foot is turned out in the opposite direction your front foot is turned. Drop down and extend your lead hand out to touch your lead foot while bending your back leg. Both feet flat.

Jin Ji Du Li Bu / 金鸡
(Golden Rooster Standing)

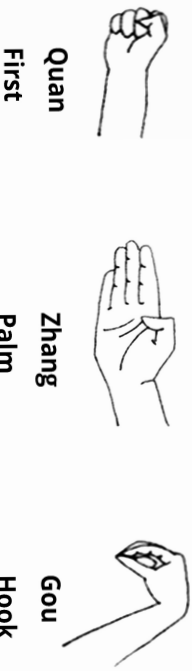
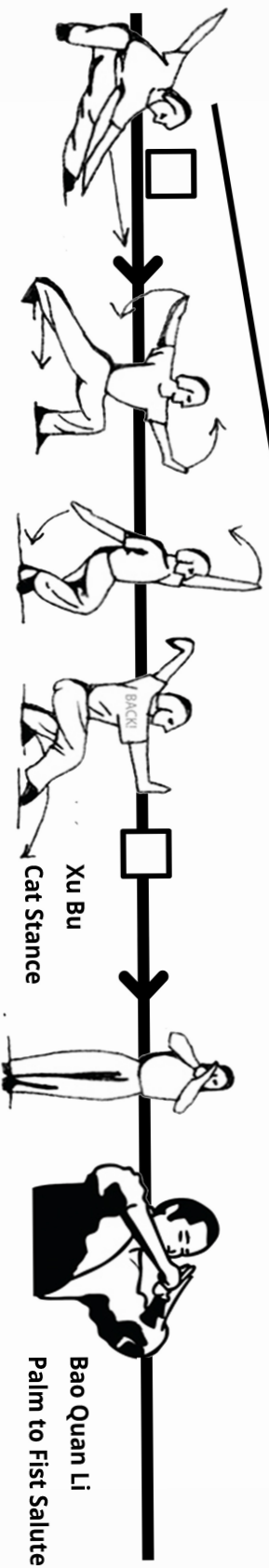
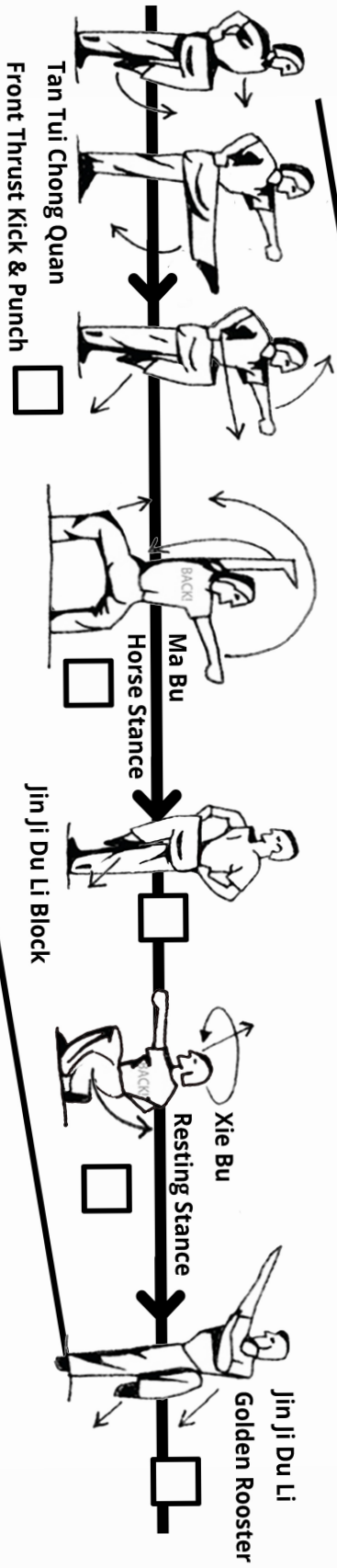
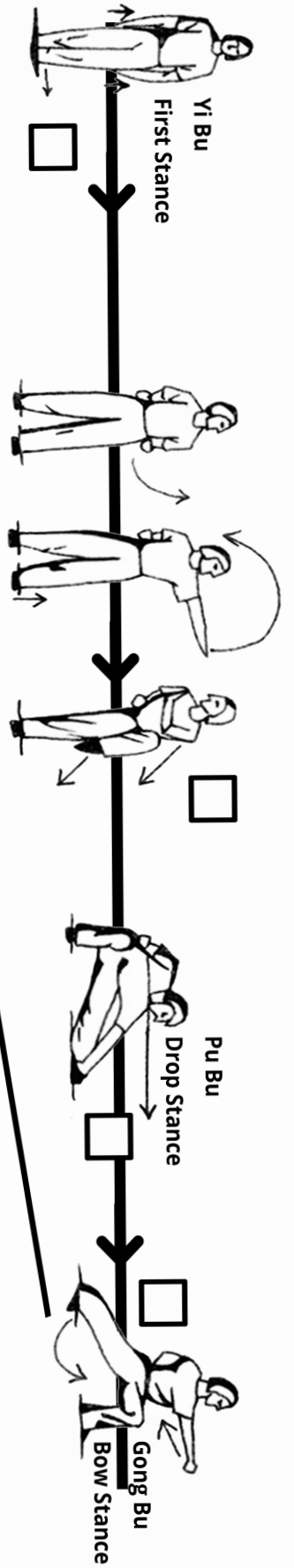


With one leg straight lift the opposite leg with the toe pointing down. The toes should be even with knee cap of the straight leg.

Xu Bu / 虚步
(Cat Stance or Empty Stance)



All your weight is on the back foot. Lead leg is bent with the toe touching the floor. The stance should be unaffected if the lead leg is lifted. Angle the back foot out and squat down.



Wu Bu Quan



Tien Shan Pai Kung Fu Sparring, Fighting and Self Defense Principles

While there are many internal and external benefits to be enjoyed by Martial Arts practice, Kung Fu has an essential, practical purpose as a fighting system. Kung fu should be taught with respect and learned with respect for its potential as a weapon. The goal of Panda Kung Fu is to prepare them for entry into Tien Shan Pai Kung Fu class at a yellow sash rank. Student safety is very important to us. Our philosophy and guidelines regarding sparring and safety are as follows.

Children who learn kung fu through Panda Kung Fu will learn techniques and practices that can be used in threatening situations. They will practice these techniques with their Sifu and with each other and, as they progress through the program, will learn to spar with the potential for involvement with tournament contests. This provides children with a valuable learning resource to practice their techniques in situations that will allow them to build muscle memory, opponent appraisal and situational awareness. It is an important, but not required, part of gaining all the benefits kung fu can yield. We do encourage tournament participation but we do not require it as a matter of program completion.

Children will start with movement games and exercise, the basic stance form and kicking and punching drills. Strikes to punching bags and pads will begin in Tiger rank. Snake rank will start preliminary sparring training with Sifu. Crane rank will introduce sparring between higher rank children with soft contact. Mantis rank will incorporate continuous, medium contact sparring training as would be done in a kung fu or open style tournament. The desire is to ease them into sparring gently, building confidence in the movements and techniques before being asked to employ them in a sparring scenario. Children will start sparring with Sifu so that they may learn the body awareness to understand their power and learn control. This helps prevent unknowledgeable children from accidentally hurting each other. When they begin sparring with each other, students will have enough training to be able to modulate their power and aim with intention, minimizing accidents and promoting safe sparring practices.

Upon moving up to Tien Shan Pai classes, students will have the opportunity to choose between three different study tracks; Fighter (sparring centric study), Traditionalist (equal sparring and forms) or Forms (forms centric study with minimal sparring).

Student safety is very important to us. Sparring gloves are required for Tiger rank and up. Sparring pads, sports cup for boys and mouth guard are required for Snake rank and up. Participation will not be permitted without proper equipment. Use of excessive force or unpermitted techniques will face immediate reprimand and/or removal from sparring. Fighting outside of Sifu supervised sparring is a serious infraction that will incur consequences from reparation, to loss of rank, to expulsion depending on severity and recurrence.

If you have any specific concerns or questions not covered, please contact Sifu Brian Bowles. It is our aim to make our class inclusive and fun while honoring the tradition of our style and it's use as a system for personal protection.



Philosophy Statements

1. There are no actions, only intentions and results

Actions are instruments we use to convey our intention upon the world or a situation. Results are what we should be striving for with that intention. To focus solely on the action is to lose one's connection to the moment, your opponent, your environment.

2. Duality; All things in balance

Throughout Eastern philosophy you will find the concept of duality embodied in the Yin-Yang symbol. Duality means that everything contains elements of its opposite. Only through the understanding of duality can we appreciate how peace can be achieved through knowledge of fighting.

3. Sustainable Self Confidence

There are many sources people utilize to feel confident in themselves; some external, some internal, some inborn and some cultivated. Kung Fu seeks to build confidence through effort and intention. Effort is an element that one has 100% control over despite obstacles or setbacks one may face. Therefore, it is an ideal and unshakeable foundation for building sustainable self confidence.

4. Be Like Water

This is a snippet from a famous quote by Bruce Lee and it pertains to adaptiveness. When water is poured into a cup, it becomes cup shaped, when it is a river, it cuts the canyon, when it is ice, it either flakes and falls gently or cuts paths down mountains. Water is what it needs to be without losing its essential self so it is an excellent example of responsiveness versus reactivity.



Terminology

Stances	Horse stance	Ma bu
	Bow stance	Gong bu
	Cat stance	Xu bu
	Resting stance	Xie bu
	Golden Rooster Stance	Jin ji du li bu

Kicks	Crouching leg sweep	Sao dang tui
	Roundhouse	Bian tui
	Front snap	Qian tui
	Stomp kick	Chuai tui
	Thrust kick	Ce chua tui
	Front Push kick	Zheng Deng tui
	Back heel kick	bèihòu jiaogen tui
	Crescent kick	Wai bai tui
	Lotus kick	Wai bai lian
	Jumping front snap kick	Tiaoyue qian tui

Punches	Jab	Quan
	Cross	Zou quan
	Reverse punch	Xiangfan quan
	Thrust punch	Chong quan
	Cannon punch	Pao quan
	Horn punch	Nuijiao quan
	Knife strike	Dao boji
	Ridge hand	Ji shou
	Mantis strike	Tanglang boji

General Terminology	Thank you	Xie xie
	Senior male student	Shi xiong
	Senior female student	Xue jie
	Classmate	Hing dia
	Forms	Taolu
	Begin	Kaishi
	Dojo	Wu Kwan
	Salute	Wushu baoquan li
	Head	Tou
	Body	Shenti
	Leg	Tui
	Hand	Shou
	Monkey	Hou
	Tiger	Hu
	Snake	She
	Crane	He
	Mantis	Tanglang



Chinese Numbers 1-100

0	ling	11	shí yī	30	san shí
1	yī	12	shí èr	40	sì shí
2	èr	13	shí sān	50	wu shí
3	sān	14	shí sì	60	liù shí
4	sì	15	shí wu	70	qī shí
5	wu	16	shí liù	80	bā shí
6	liù	17	shí qī	90	jiū shí
7	qī	18	shí bā	100	yì bai
8	bā	19	shí jiū		
9	jiū	20	èr shí		
10	shí				



Equipment list

- Panda Kung Fu/White birch shirt
- Kung fu pants
- Sparring gloves required at Snake level
- Sparring gear is optional at the Monkey and Tiger level and required at Crane.
- Padded helmet, padded foot gear, mouth guard and sports cup for boys.

- Water bottle is recommended

The Kung Fu Fist and Palm Salute

In kung fu we bow with a fist and palm salute called the wushu bao quan li which means “Kung fu courtesy of covering one’s fist. The fist represents power and the open hand represents peace and you showing that you offer peace rather than power. It’s a way of showing that you are sheathing your weapon, your fists.

1. Turn the right foot out and slightly bending your leg while turning in the same direction from the waist up.
2. Slide the left foot forward, slightly bent and just the toes touching the ground.
3. Make a fist with your right hand and bring it in front of your chest, palm towards you.
4. Bring your left hand up to the same spot and place the fist of your right hand into your open left hand. Both palms should be facing you as you hold your fist. The fingers of the left hand do not bend.
5. Still holding the fist turn to face the front.
6. When you face the front turn your hands down and out so your palms are facing away from you. Keep hands connected and bow slightly dipping the head while looking forward.
7. Let go of your fist and make both hands into fists then circle out sideways.
8. Place fists at your sides with your wrists against your hips. Elbows straight back.

