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## Hung Gar Supplemental Training Activities

All training opportunities and events below are open to Hung Gar members only. Please see required levels as well as pre-requisite courses and any restrictions. Instructors reserve the right to invite students of exceptional merit to observe or participate higher level training. There may be a minimum number of students needed to activate an event or training session below. Additional Events, training sessions and seminars are not a fixed part of the calendar and are subject to change or removal from the schedule. Please sign up ahead of time if you plan on attending. Some additional training or events may require a fee but most will be included with the membership.

\*Details below subject to change at any time.

### Drill for Fighting Condition

#### Fitness Training Level I

Initiate - Advanced

Duration: 2 hours

This is an essential first course as well as a great periodic review for all levels. No time for talking. This is a workhorse course. It is an expansive time for essential Hung Gar conditioning from the ground up – the hard way. Southern Shaolin qigong, rooting and flexibility walk through; fixed and moving low stances; crawls; various push-ups, planks, sit-up drills; the importance of practicing rolls and falls.

Offered Quarterly

#### Fitness Training Level II

Advanced Beginner – Advanced

Pre-requisites: Fitness Level Training I

Duration: 4 hours

The general purpose of this course is to continue general martial arts and kung fu strength and fitness conditioning. Everything in Fitness Training Level I, plus: one half-hour non-stop moving stance work (no breaks), two-person testing stance drills, team heavy lift, carry wounded ally exercise, etc.

Offered Quarterly

### **Speed and Agility**

Advanced Beginner – Advanced

Duration: 2 hours

Although Hung Gar “style” kung fu is not popularly known for its quickness, the larger system has Northern Shaolin influence which forces the practitioners to not just be concerned with posture advantage and power but also agility, softness and speed. These later Northern Shaolin traits were added later to the Chan Hon Chung Lineage through adopting contemporary forms in honor of his peers. This class will focus on speed drill conditioning methods and review moves from the form.

Offered Bimonthly

### **Explosive Power**

Intermediate – Advanced

Duration: 2 hours

Pre-requisites: Fitness Training Level I, Fitness Training Level II, Speed and Agility

The famed Chinese *fa jin* (lit. sending or shooting out energy) is explored only after familiarity with a strong foundation, root and an understanding of Fu Hok. This allows the student to correctly apply the stance and qigong they have learned and expel the power correctly from their *dan tian* (or energy center). The class will consist of various Hung Gar striking techniques using more internal energy to channel out from the center into the limbs to express the explosive intent.

Offered Quarterly

### **Flying Kicks**

Advanced Beginner – Advanced

Duration: 2 hours

Pre-requisites: Fitness Training Level I, Fitness Training Level II, Speed and Agility

The art of high kicks is often thought the pinnacle of the traditional martial arts and it is surely an excellent traditional method of kung fu conditioning to have in every great martial artist’s skill-set.

Greater leg flexibility and agility are important additions to strength drills. Traditionally Hung Gar did not emphasize high kicks because it puts you off-balance standing on one leg, there are less opportunities to use them in practical fighting and combat scenarios. Nonetheless, a master of flying kicks can find more realistic opportunities to use leg strikes. Hung Gar is not against kicking and our lineage has taken a large page from Northern Shaolin training methods over time, through forms like *Wu Dip Jeung*. This course will focus on the most basic kicks as well as training the method for greater leg control and higher and more exotic kicks.

Offered Quarterly

### **Flow and Evasion**

Advanced Beginner – Advanced

Duration: 2-4 hours

Pre-Requisites: Hung Gar Form Review I

Under the Agility and the Evasion category of Chinese Martial Arts, this Shaolin kung fu method is as essential as it is practical. Hung Gar is erroneously thought to be a style of slow, hard fixed stances but anybody that has ever learned even the first pillar form will see that this is not so. Jumping, leaping, turning, twisting, hopping, sweeping and twisting are all present. Martial arts critics of other styles often confuse the fact that Hung Gar is not willing to sacrifice good posture and form for speed with having good posture and speed. Timing is also important as our circular moving and dodging threats without losing structure. Flow training is about the art of evasion to immediate threats that cannot otherwise be countered or are better defeated through evasion. This means jumping, leaping, twisting, turning and switching feet with smooth flowing movements and the ability to reassert a solid advantageous position and then immediately switch to flowing moves. This course will help the student transition from rooting and sinking to floating and flowing and back again.

Offered Quarterly

### **Kung Fu Methods**

Intermediate – Advanced

Duration: 2 hours

Pre-Requisites: Fitness Training Level I, Hung Gar Form Review I and II

There are too many kung fu methods to completely review. This course covers many Shaolin kung fu methods and there is a demonstration, question and answer time for students to select the methods they are most interested in personally and train those in addition to core Hung Gar kung fu methods. It also emphasizes the student's responsibility in daily dedication and discipline. Picking Iron Body and Horse Stance for several years and perhaps a few others as a framework to build from, the lesson will review many more exotic forms for intermediate and more advanced students to continue: flying kicks, iron broom, kicking a wooden pole/tree, iron palm, iron fist, iron head, the celestial palm, rolls and falls,

tiger claw, snake fist/spear hand, snake tongue, crane beak, striking a candle flame, light body evasion, etc. Both the harder and the softer, the internal and the external, kung fu methods are encouraged. Everything you train should be *gong fu* in the spirit that this translates as hard work to achieve mastery at something.

Offered Bi-Annually

### **Hung Gar Form Review I**

Initiate – Advanced

Duration: 2-4 hours

Pre-Requisites: The Student has begun the Gung Ji Form

This long lesson will go over *Gong Ji Fuk Fu Kuen*, the first Hung Gar hand form learned at the school. This class will be more traditional in scope and review. After warm up and stretching, the instructor will lead the class into a slow pace full form sequence and then break the form into sections of the form with corrections. Most of course will drill individual moves over and over again.

Offered Quarterly

### **Hung Gar Form Review II**

Intermediate I – Advanced

Duration: 2-4 hours

Students receive the benefit of reviewing minor Hung Gar hand forms, including: *Moi Fa Kuen* and *Lau Gar Kuen*. This class will be more traditional in scope and review. After warm up and stretching, the instructor will lead the class into a slow pace full form sequence and then break the form into sections of the form with corrections. Most of course will drill individual moves over and over again.

Offered Quarterly

### **Hung Gar Form Review III**

Intermediate I – Advanced

Duration: 2-4 hours

This long lesson will go over the intermediate Hung Gar hand forms learned at the school: *Fu Hok and Fu Hok Chaat*. This class will be more traditional in scope and review. After warm up and stretching, the instructor will lead the class into a slow pace full form sequence and then break the form into sections of the form with corrections. Most of course will drill individual moves over and over again.

Offered Quarterly

### **Hung Gar Weapons Workshop I**

Intermediate I – Advanced

Duration: 2-4 hours

This long lesson will go over the intermediate Hung Gar weapons and forms learned at the school: daggers and cudgel. This class will be more traditional in scope and review slow pace full form sequence and break the form into sections and drill individual moves again and again.

Offered Quarterly

### **Hung Gar Weapons Workshop II**

Intermediate II – Advanced

Pre-requisites: Fitness Level I, Hung Gar Weapons Workshop I

Duration: 4 hours

This long lesson will go over the intermediate Hung Gar weapons and forms learned at the school: cudgel, broad sword and straight sword. This class will be more traditional in scope and review slow pace full form sequence and break the form into sections and drill individual moves again and again.

Offered Quarterly

### **Hung Gar Weapons Workshop III**

Intermediate II – Advanced II

Pre-Requisites: Hung Gar Weapons Workshop I and II

Long Weapons: Straight Staff, Tapered Staff, Kwan Dao, Flexible Weapons

## **Self-Defense Seminars**

### **Combat Psychology and Tactics I**

Beginner-Advanced

Duration: 2 hours

This seminar explores the proper response of undesired physical touch and the more extreme physical assault. Most “fights” are escalating from push and shove or hands on positions. Punches are rarely the first assault. Other topics include: psychology of conflict; situational awareness, monitoring the surroundings, the situational context; self-defense laws and restrictions. It will also cover basic tactics like: trying to diffuse the situation; when to use the authoritative voice or give commands; counterattack options and the appropriate response to various threats and threat levels. A must for all students.

Offered Quarterly

### **Bear Hugs and Holds**

Beginner – Advanced

Duration: 2 hours

The first of many supplemental training opportunities in self-defense and application. When someone wraps their arms around you in a bear hug, it is not pleasant; especially if that person is much larger and stronger than you. The bear hug is a form of attack in which the attacker seeks to present you to onward attackers, squeeze or crush you as hard as possible; uplift you to throw you on the ground, or even brace you while the attacker’s allies come to take you away. Students learn to defend from many forms of bear hugs, wall pins and various holds. They will learn to engage potential kidnappers or assailants with strong rooting power and leg strength; full body counters; develop an aggressive mind, create space to get away from attacker(s) and defend against more than one on-coming aggressors. Highly recommend for all.

Offered Monthly

### **Self-Defense Postures and Line Work**

Advanced Beginner – Advanced

Duration: 2 hours

This class gives students extra time to work on defensive postures adapted from Hung Gar to real life. Students will learn to “listen” or “read” their opponents. They will learn to do this with the mind and body first and use the arms and hands as extensions of the body. Their guards are relaxed and adaptive

and not stiff and defensive. This is a low to medium intensity session encouraging hand-eye coordination and center-line theory of fighting. Protective gear is optional. Recommended for all.

Offered Bi-Monthly

### **The Body as a Weapon**

Advanced Beginner – Advanced

Duration: 2-4 hours

Pre-requisites: Combat Psychology and Tactics I, Self-Defense Postures and Line Work, Fitness Level I

This is an essential course of Chinese martial arts application and self-defense. Taking from what we have learned from Hung Gar, we build from there learning to utilize the entire body as a weapon. The course covers different types of strikes, hard and soft; external and internal. Hung Gar is used as a base but other styles have and will be included in the Chan Hon Chung Hung Gar martial system.

We need to always train compete ways to defend ourselves using the entire body as a weapon, including: pushing, shoving, pulling, thrusting, hitting, pounding, slapping, chopping, kicking, stomping, kneeing, shouldering, throwing, shaking, scratching/raking; body slamming and body dropping.

Martial strikes: splash hands, thrust palm, palm strike, tiger claw straight punch, reverse punch, hook, uppercut, overcut, back fist, odd ways to punch; leopard strike, phoenix eye fist, finger strikes, elbow strikes, shoulder strikes, knee strikes, thrust mid-level kicks, groin kicks, high kicks, leg sweeps, head bashing, forearm strikes, shin strikes, etc.

Recommended for those students seeking more realistic self-defense training.

Offered Quarterly

### **Grabs, Locks and Chokes I**

Beginner – Advanced

Duration: 2 hours

Grabs and chokes present challenges of more aggressive controlling attacks. The opponent is trying to physically dominate you either as a first step to another attack or abduction. Students will apply realistic counters to grabs and chokes from the forms as counters and other methods of escape, attack and control. Tapping out is introduced while learning submission exercises. The ultimate purpose here is not just to quickly escape but to reverse control of you to control or defeat of your opponent.

Recommended for all.

Offered Monthly

## **Grabs, Locks and Chokes II**

Intermediate – Advanced

Pre-requisites: Grabs, Locks and Chokes I

Duration: 4 hours

This class reviews Grabs, Locks and Chokes I but takes it up a level. Here we learn to choke just before passing out. We spend more time with common forms of *chin na* as well as some more advanced concepts. Counters are also important.

Offered Quarterly

## **Take Downs and Throws I**

Advanced Beginner – Advanced

Pre-Requisites: Fitness Training Level I and II; Bear Hugs and Holds; Grabs, Locks and Chokes I, Self Defense Postures and Line Work

Duration: 2-4 hours

Often the best way to end a fight is to make a quick take down of the opponent. But this is not necessarily a primary objective; nor is there any set methods that should rule over “listening” to your opponent. Most of this class will be basic Chinese grappling and wrestling. Many Hung Gar take downs will be apparent to students the more advanced they are and the class will also go deeper into these. Feeling your partners movements and gentle takedowns will be emphasized using various head, shoulders, arms and leg targets. The class will be limited in throws and a quick review in falls and recovery will be necessary.

\* In spite of using mats, this class is highly intensive and demanding.

Offered Monthly

## **Take Downs and Throws II**

Intermediate – Advanced

Pre-Requisites: Take Downs and Throws I

Restricted to teacher invite and approval only.

Duration: 2-4 hours

Chinese *shui jiao* learned in Take Downs and Throws I will be covered in the first half of the class and then harder controlled take downs and more throws on the mats will be drilled. Also, the class will spend time countering take downs and throws.

\* In spite of using mats, this class is highly intensive and demanding.

Offered Quarterly

### **Combat Psychology and Tactics II**

Intermediate – Advanced

Pre-requisites: Combat Psychology and Tactics I; Bear Hugs and Holds; Grabs and Chokes I; Ground Fighting Basics I

Duration: 2 hours

There is always something that will go wrong during any altercation. There is always someone stronger, faster and better equipped than you. This class works on recovering from disadvantageous positions and scenarios and overcoming your opponent by creating an advantage from an inferiority point. This class builds the student's mind and helps develop a strong and victorious mind. Students will learn what works and what does not. Most importantly, they learn to be adaptive and creative, enhancing their natural instincts and skills they have learned in and outside of normal class.

Recommended to all intermediate students interested in self-defense.

Offered Quarterly

### **Ground Fighting Basics I: Single Attacker**

Beginner – Advanced

Pre-requisites: Bear Hugs and Holds; Grabs, Locks and Chokes I; Take Downs and Throws I, Combat Psychology and Tactics I

Duration: 4 hours

Traditionally, Shaolin Kung Fu did not spend a consider amount of time training one to rely on a horizontal position looking up at their opponent or fighting on the ground. This is because of its many limitations and high risks. For the most part in combat, when you hit the ground you die. Always expect multiple opponents to beat you from behind or surround or pile on top of you when you hit the floor. Nevertheless, ground fighting basics for a situation involving an opponent that has already successfully pinned you or there is a situation where you have to deal with ground fighting for a limited time, then this is an essential and fundamental part of a good martial artist's knowledge base.

This class will cover common take downs and pins, counters, escapes; basic techniques and fundamental postures giving you an advantage or defense against skilled ground fighters. The second half of the class will focus more on reality-based training encourages a controlled self-defense environment of postures,

exercises, application and exploration. We will train what works- simply- always assuming one is trying to kill you, not spar with you.

Recommended for all students.

Offered Bi-Monthly

### **Ground Fighting Basics II: Multiple Opponents**

Intermediate – Advanced

Pre-Requisites: Ground Fighting Basics I; Grabs, Locks and Chokes I and II, The Body as a Weapon

Duration: 4 hours

Out in the real world, we must always assume that there will be another attacker. This does not make us paranoid, but prepared. We cannot be prepared for that unknown assailant when we are pinned or pinning another on the ground. This class looks at the more aggressive ways people will take down and pin their opponents with the added element of surprise attacker. Therefore, Hung Gar students learn to avoid being on the ground longer than necessary, while feeling more comfortable if taken down or pinned and not panicking but relaxing and using technique and position to gain advantage, eliminate the immediate threat and spring up to face potential attackers. Another element is defending from the ground against multiple assailants as a last resort. The class is highly recommended as a real-world introduction to the usefulness and limitations of ground fighting beyond a passing or sport interest in the discipline.

Recommended to all intermediate and advanced students.

Offered Quarterly

### **Weapons Defense I: Single Opponent**

Intermediate – Advanced

Pre-Requisites: Combat Psychology and Tactics I, Hung Gar Weapons Workshops; a strong familiarity with: daggers, butterfly swords and the cudgel

Duration: 4 hours

Determined attackers will use whatever they can to harm you: small sharp objects for stabbing, knife attacks for stabbing or slashing and short blunted weapons. We will regain familiarity with the most commonly used weapons and learn how to survive a knife or stick attack; exploring the most common simulated attacks and counters. The objective is always to minimize personal risk and cause maximum damage of the opponent when one's life is at stake. Mostly the class consists of two-person applications and drills; disarming, hand-to-weapon and weapon-to-weapon. Protective gear will be worn for some portion.

Recommended to all students interested in realistic self-defense.

\*No live blades will be used at the school at any time.

Offered Bi-Monthly

## **Weapons Defense II**

Intermediate – Advanced

Pre-requisites: Weapons Defense I, Ground Fighting Basics I and II; Bear Hugs and Holds; Grabs, Locks and Chokes I and II; Combat Psychology and Tactics I and II

Duration: 4 hours

This course is a step up in intensity and weapon option from Weapons Defense II. It also adds the beginning of handgun disarmament; getting used to short to mid-range weapons with odd combinations; multiple attackers, surprise attacks, locks from behind, etc. There is no such thing as an inferior weapon, only a limited use. Thinking of weapons as more than just things but as aids and extensions. Feeling more comfortable with using them. Introduction to low and ground fighting positions and more realistic self-defense scenarios.

Weapons review: daggers, long knives, sticks, bats, single swords and two-handed swords; guns

Offered Bi-Annually