

SHYUN SYSTEM



EIGHT STEP  
**PREYING MANTIS**  
KUNG FU  
KICKING FUNDAMENTALS

**Master Thanh Van, BSAE, MEME, MBA**  
*Disciple to Master, Shyun System Eight Step Preying Mantis Kung Fu*

and

**Shifu Lee Yokota**

*American-Chinese Martial Arts Federation*

# Eight Step Preying Mantis Kung Fu Kicking Fundamentals

**Lei Shi**



## **Eight Step Preying Mantis Kung Fu Kicking Fundamentals:**

**Shyun System of Eight Step Preying Mantis Kung Fu** Kevin Loftus, James Shyun, 2025-08 L P Qu n translated as Power Cut Boxing is the third of five fundamental sequences or forms taught in the Eight Step Praying Mantis Boxing style of Chinese martial arts or B B T ng L ng Qu n Eight Step Praying Mantis forms are derived from the basic Stances Hands Fists Elbows Palms Blocks High Kicks Low Kicks Knees Kicking Blocks and Foot works of the style referred to as the 8 s As the name suggests the 8 s are each comprised of eight individual single techniques for Stances Hands Fists etc sequenced into their own separate short forms This book will introduce the reader to L P Qu n not only in its single person practice of the form but also as a two person sequence or form The reader will also be introduced to a fundamental concept of Chinese thought and philosophy upon which the Eight Step Praying Mantis Boxing style of martial arts and its L P Qu n are based Y n and Y ng

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**Kung Fu** Eddie Ferrie,Roy Inman,1994 Although it was popularised by Bruce lee in the 1970s Kung Fu has had an extensive history This book charts its development over the centuries from traditional art to the modern competitive sport we know today It then deals with its techniques in step by step detail with extensive action photographs illustrating each method This book should appeal to those interested in both the techniques and philosophy behind this famous martial art      **Bowker's Complete Video Directory** ,2000      **The Shaolin Grandmasters' Text** ,2004

For the last 100 years the Order of Shaolin Chan has worked quietly to preserve the traditions philosophy and arts of the Order in the United States of America since 1970 Shaolin and its martial arts have increasingly become a focal point of popular culture Misinformation and disinformation have anchored this growing notoriety In contrast this volume strives to accurately share what is spiritually meaningful and martially significant about Shaolin The living authors are Shaolin monks who wish to remain anonymous but who put the book together largely from written records and orally transmitted teachings from three Shaolin priests all of whom passed away in the 1970 s They were Li En Huo Hua Ling Po and Ben Ch i Lo      Mastering the Complexities of Eight Step Mantis Thomas H Fletcher,Whalen Kwon-Ling,2024-07-19

Mastering the Complexities of Eight Step Mantis The Definitive Martial Arts Guide is an in depth exploration of the Eight Step Mantis style a renowned form of martial arts This book begins by introducing readers to the basics of Eight Step Mantis explaining what makes it unique and effective The journey starts with a detailed look into the history and origins of this martial art tracing its roots and evolution over time This background helps readers understand the cultural and historical context of Eight Step Mantis making the techniques and principles more meaningful The book then delves into the philosophy and principles that underpin Eight Step Mantis It explains the core ideas and values that practitioners should embody such as balance precision and fluidity These principles are crucial for mastering the art as they guide every movement and strategy The foundational techniques are laid out clearly providing a solid base for beginners and a useful review for advanced practitioners Readers will learn about the importance of stances and footwork which are the building blocks of all movements in Eight Step Mantis Detailed descriptions and illustrations ensure that learners can practice these techniques accurately Hand techniques are covered extensively showcasing the various strikes blocks and manipulations that define this martial art Each technique is broken down into simple steps making it easy for readers to follow along and practice Kicking techniques are also explored highlighting the role of powerful and precise kicks in combat The book teaches how to execute these kicks effectively focusing on form power and accuracy Combining techniques is a crucial part of Eight Step Mantis and this guide provides comprehensive coverage of forms and drills that integrate hand and foot techniques These combinations help practitioners develop fluidity and coordination essential skills for advanced martial artists Advanced combat strategies are also discussed giving readers insights into more complex and sophisticated approaches to fighting These strategies are designed to enhance the effectiveness of the techniques learned earlier in the book Training methods and regimens are essential for progress and this book offers practical advice on how to structure training sessions It includes tips on creating effective training plans that balance different aspects of Eight Step Mantis practice Mental and physical conditioning are equally important and the guide addresses ways to build strength flexibility and mental resilience These elements are crucial for achieving peak performance and maintaining overall well being The application of Eight Step Mantis in self defense is another key focus The book explains how the techniques and strategies can be adapted for real world scenarios helping practitioners protect themselves in various situations Finally the guide explores the role of Eight Step Mantis in modern martial arts It discusses how this traditional art fits into the contemporary martial arts scene and its relevance today Overall Mastering the Complexities of Eight Step Mantis The Definitive Martial Arts Guide is a comprehensive resource for anyone interested in this martial art from beginners to advanced practitioners It offers detailed explanations practical advice and a deep understanding of the art s principles and applications This guide is designed to help readers not only learn the techniques but also appreciate the rich tradition and philosophy behind Eight Step Mantis [Great Martial Arts Movies](#) Richard Meyers,2001 Meyers offers an up to date authoritative kick butt book detailing the best movies and where to find

them Color photos      **The Complete Guide to Northern Praying Mantis Kung Fu** Stuart Alve Olson, 2010-01-19  
Developed by Wang Lang over 300 years ago Praying Mantis Kung Fu is the only martial art based on the fighting skills of an insect This fascinating system utilizes swift methodical movements for defense and offense and is well respected as an art that helps practitioners develop great strength and perseverance The Complete Guide to Northern Praying Mantis Kung Fu provides an in depth look at the history and practice of this remarkable martial art Author Stuart Alve Olson a student of T T Liang draws on the lineages of Masters Feng Huan I and Wang Han Fon but includes detailed description of all major schools styles and lineages The first half of the book focuses on tactics and theory the second half contains step by step descriptions of the fundamental Praying Mantis stances exercises footwork and kicks clearly illustrated by more than 200 photographs What sets this book apart from other works on Praying Mantis is its philosophical depth author Olson gives a clear account of the development of the art and the Taoist principles from which it arose This book provides the basis for not only mastering the martial art of Praying Mantis Kung Fu but also mastering oneself the true goal of all martial arts      13. 1984 Centre de Documentation pour le Sport, 1984      The Video Source Book David J. WEINER, 1990

Delve into the emotional tapestry woven by in **Eight Step Preying Mantis Kung Fu Kicking Fundamentals** . This ebook, available for download in a PDF format ( Download in PDF: \*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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