

KUNG FU 功夫

for Kids

Kung Fu means Time/Effort.
Whenever you practice hard
to perfect your skill at anything,
it is Kung Fu.



Kung Fu Code (Wu De) 武德

1. Humility (Qian Xu) 謙虛
2. Respect (Zun Jing) 尊敬
3. Virtue / Righteousness (Xian De) 賢德
4. Trust (Xin Yong) 信用
5. Loyalty (Zhong Cheng) 忠誠
6. Will (Yi Zhi) 意志
7. Endurance (Ren Nai) 忍耐
8. Perseverance (Yi Li) 毅力
9. Patience (Heng Xin) 恆心
10. Courage (Yong Gan) 勇敢



KUNG FU *for Kids*

Chapters

*Training Workout

- Stretch and Warm Up
- Run and Jump
- Stances
- Punches
- Blocks
- Kicks
- Relaxation

*Kung Fu Code

*My Favorite Kung Fu

*Detail Section

- Stances in Detail
- Punches in Detail
- Blocks in Detail
- Kicks in Detail

*Sun / Moon Greeting

*About Kung Fu

*Slideshow

*Credits

Stances (Bu Fa) 步法

1. Horse Stance (Ma Bu) 馬步
2. Climbing the Mountain Stance (Deng Shan Bu) 登山步
3. Four Six Stance (Si Liu Bu) 四六步
4. Sitting on Crossed Legs Stance (Zuo Pan Bu) 坐盤部
5. Taming the Tiger Stance (Fu Hu Bu) 伏虎步
6. Swallow Stance (Tun Bu) 吞步
7. Golden Rooster Stands on One Leg Stance (Jin Ji Du Li) 金雞獨立
8. False Stance (Xu Bu) 虛步
9. Unicorn Stance (Qi Lin Bu) 麒麟步

Punches (Quan Fa) 拳法

1. Flat Punch (Ping Quan) 平拳
2. Vertical Punch (Li Quan) 立拳
3. Palm Strike (Tui Zhang) 推掌
4. Uppercut – Upwards Hook Punch
(Shang Gou Quan) 上鉤拳
5. Hook Punch (Gua Quan) 掛拳

Blocks (Zu Dang) 阻擋

1. Cover (Gai) 蓋
2. Repel (Bo) 撥
3. Downward Filing – Downward Following Carrying
(Xia Shun Dai) 下順帶
4. Low Outward Hooking – Downward Hook Leading
(Xia Gou Pan) 下鉤盤
5. Double High and Low Tiger Block
(Shuang Shang Xia Hu Dang) 雙上下虎擋

Kicks (Tui Fa) 腿法

1. Toe Kick (Ti Tui) 踢腿
2. Heel Kick (Deng Tui) 蹬腿
3. Ramble Kick (Liu Tui) 溜腿
4. External Crescent Kick
(Wai Bai Tui) 外擺腿
5. Internal Crescent Kick
(Nei Bai Tui) 內擺腿

Relaxation (Fang Song) 放鬆

1. Gather Energy (Ji Qi) 集氣
2. Stand with Eyes Closed
(Bi Yan Zhan Li) 閉眼站立
3. Sitting and Calming the Mind
(Jing Zuo) 靜坐

Safety Tips

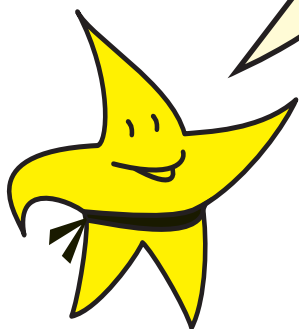
DRINK LOTS OF WATER
BEFORE, DURING, AND AFTER
YOUR EXERCISE EVERY DAY TO KEEP
YOUR BODY HEALTHY.

MAKE SURE YOU HAVE PLENTY OF SPACE
AND DON'T BUMP INTO ANYTHING.

WEAR LOOSE-FITTING CLOTHES
SO YOU CAN MOVE EASILY.

GET PERMISSION
WHEN YOU WANT TO PRACTICE.

REST WHEN YOU NEED TO. PAUSE THE
VIDEO WHENEVER YOU NEED A BREAK,
AND START AGAIN WHENEVER
YOU'RE READY.



Dr. Yang, Jwing-Ming is a world-renowned author, scholar and martial arts master. He has been involved in Chinese

martial arts since 1961. Dr. Yang's writing and teaching include the subjects of Qigong, Taijiquan, Massage, Meditation, Chin Na, and he is a leading authority on Kung Fu. Dr. Yang teaches at his Retreat Center near Arcata, California.



Ben Warner is a Shaolin instructor at YMAA. He has been studying YMAA Shaolin Kung Fu since 1998, has been teaching since

2001, and is a certified instructor of RKC Kettlebell training. Ben Warner resides in Boston, Massachusetts.



Nicholas C. Yang, President of YMAA International, has trained in Chinese martial arts under his father's tutelage since

1989. He is a multiple award-winning competitor, a longtime assistant to Dr. Yang, and the principal YMAA Boston Shaolin instructor. Nicholas C. Yang resides in Boston, Massachusetts.



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