

少林長拳

SHAOLIN Long Fist KUNG FU

INTERMEDIATE SEQUENCES



PERFORMED BY NICHOLAS C. YANG AND SENIOR STUDENTS
WITH APPEARANCE BY DR. YANG, JWING-MING

Shaolin Long Fist Kung Fu (Gongfu) Intermediate Sequences

少林功夫中級長拳套路

Page 2 **Yi Lu Mai Fu (1st Way of Ambush)**
一路埋伏

Page 4 **Er Lu Mai Fu (2nd Way of Ambush)**
二路埋伏

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十字趟

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嘯虎燕

Yi Lu Mai Fu (1st Way of Ambush) 一路埋伏

Part I. History of Yi Lu Mai Fu, Er Lu Mai Fu, and Shi Zi Tang
一路埋伏, 二路埋伏, 十字趟, 歷史

Part II. Basic Training of Yi Lu Mai Fu
一路埋伏基本練習

1. Basic Stepping
基本步法

- a. Xing Bu (Walking Steps)
行步
- b. Tiao Bu (Jumping Steps)
跳步
- c. Ta Bu (Skipping Steps)
踏步
- d. Dian Bu (Shuffling Steps)
墊步

2. Basic Kicking

基本腿法

- a. Ti Tui (Toe Kick)
踢腿
- b. Pai Tui (Slapping Kick)
拍腿
- c. Deng Tui (Heel Kick)
蹬腿
- d. Liu Tui (Ramble Kick)
溜腿
- e. Xia Ding Tui (Low Ball Pressing Kick)
下頂腿
- f. Nei Bai Tui (Internal Sweep Kick)
內擺腿
- g. Ping Qie Tui (Side Cut Kick)
平切腿
- h. Qiao Tui (Hook Kick)
躑腿
- i. Tiao Deng Tui (Toe Heel Jumping Kick)
跳蹬腿
- j. Tiao Nei Bai Tui (Jump Internal Sweep Kick)
跳內擺腿
- k. Nei Xuan Feng Tui (Internal Tornado Kick)
內旋風腿

3. Ten Basic Training Routines (Yi Lu Mai Fu)

一路埋伏基本練習

Part III. Yi Lu Mai Fu Sequence

一路埋伏套路

A. Learning Yi Lu Mai Fu

學習一路埋伏

1. First Section (第一段)
Slow Speed (慢速), Regular Speed (常速)
2. Second Section (第二段)
Slow Speed (慢速), Regular Speed (常速)
3. Third Section (第三段)
Slow Speed (慢速), Regular Speed (常速)
4. Fourth Section (第四段)
Slow Speed (慢速), Regular Speed (常速)

- B. Yi Lu Mai Fu (Slow Speed) (一路埋伏, 慢速)
- C. Yi Lu Mai Fu (Regular Speed) (一路埋伏, 常速)
- D. Martial Applications of Yi Lu Mai Fu (一路埋伏之應用)

Er Lu Mai Fu (2nd Way of Ambush)

二路埋伏

Part I. Basic Training Er Lu Mai Fu

二路埋伏基本練習

1. Basic Stepping

基本步法

- a. Xing Bu (Walking Steps)
行步
- b. Tiao Bu (Jumping Steps)
跳步
- c. Dian Bu (Shuffling Steps)
墊步

2. Basic Kicking

基本腿法

- a. Ti Tui (Toe Kick)
踢腿
- b. Pai Tui (Slapping Kick)
拍腿
- c. Deng Tui (Heel Kick)
蹬腿
- d. Nei Bai Tui (Internal Sweep Kick)
內擺腿
- e. Ping Qie Tui (Side Cut Kick)
平切腿
- f. Qiao Tui (Hook Kick)
蹺腿
- g. Tiao Deng Tui (Toe Heel Jumping Kick)
跳蹬腿
- h. Tiao Nei Bai Tui (Jump Internal Sweep Kick)
跳內擺腿

3. Eight Basic Training Routines (Er Lu Mai Fu)
二路埋伏基本練習

Part II. Er Lu Mai Fu Sequence

二路埋伏套路

A. Learning Er Lu Mai Fu
學習二路埋伏

1. First Section (第一段)
Slow Speed (慢速), Regular Speed (常速)
2. Second Section (第二段)
Slow Speed (慢速), Regular Speed (常速)
3. Third Section (第三段)
Slow Speed (慢速), Regular Speed (常速)
4. Fourth Section (第四段)
Slow Speed (慢速), Regular Speed (常速)

B. Er Lu Mai Fu (Slow Speed) (二路埋伏, 慢速)

C. Er Lu Mai Fu (Regular Speed) (二路埋伏, 常速)

D. Martial Applications of Er Lu Mai Fu (二路埋伏之應用)

Shi Zi Tang (Cross Way Sequence)

十字趟

Part I. Basic Training of Shi Zi Tang

十字趟基本練習

1. Basic Stepping and Jumping
基本步法與跳步
 - a. Xing Bu (Walking Steps)
行步
 - b. Ce Tiao Bu (Sideways Jump Steps)
側跳步
 - c. Shuang Tui Tiao (Double Legs Jumping)
雙腿跳

2. Basic Kicking

基本腿法

- a. Pai Tui (Slapping Kick - variation)
拍腿
- b. Liu Tui (Ramble Kick)
溜腿
- c. Tiao Ti Tui (Jump Toe Kick)
跳踢腿
- d. Tiao Pai Tui (Jump Slap Kick)
跳拍腿
- e. Ba Bu Gan Chan (Eight Steps to Chase the Cicada)
八步趕蟬

3. Ten Basic Training Routines (Shi Zi Tang)

十字趟基本練習

Part II. Shi Zi Tang Sequence

十字趟套路

A. Learning Shi Zi Tang

學習十字趟

- 1. First Section (第一段)
Slow Speed (慢速), Regular Speed (常速)
- 2. Second Section (第二段)
Slow Speed (慢速), Regular Speed (常速)
- 3. Third Section (第三段)
Slow Speed (慢速), Regular Speed (常速)
- 4. Fourth Section (第四段)
Slow Speed (慢速), Regular Speed (常速)

B. Shi Zi Tang (Slow Speed) (十字趟, 慢速)

C. Shi Zi Tang (Regular Speed) (十字趟, 常速)

D. Martial Applications of Shi Zi Tang (十字趟之應用)

Xiao Hu Yan (Roaring Tiger Fist)

嘯虎燕

Part I. The History of Xiao Hu Yan

嘯虎燕歷史

Part II. Basic Training of Xiao Hu Yan

嘯虎燕基本練習

1. Basic Kicking

基本腿法

a. Pai Tui (Slapping Kick)

拍腿

b. Deng Tui (Heel Kick)

蹬腿

c. Sao Tui (Sweeping Kick)

掃腿

d. Tiao Pai Tui (Jump Slap Kick)

跳拍腿

e. Nei Xuan Feng Tui (Internal Tornado Kick)

內旋風腿

f. Sao Tang Tui (Floor Sweeping Kick)

掃堂腿

g. Lian Huan Tui (Linking Kick)

連環腿

h. Yao Zi Fan Shen (Sparrow Hawk Turns Its Body)

鶴子翻身

2. Five Basic Training Routines (Xiao Hu Yan)

嘯虎燕基本練習

Part III. Xiao Hu Yan Sequence

嘯虎燕套路

A. Learning Xiao Hu Yan

學習嘯虎燕

1. First Section (第一段)

Slow Speed (慢速), Regular Speed (常速)

2. Second Section (第二段)

Slow Speed (慢速), Regular Speed (常速)

3. Third Section (第三段)
Slow Speed (慢速), Regular Speed (常速)

4. Fourth Section (第四段)
Slow Speed (慢速), Regular Speed (常速)

B. Xiao Hu Yan (Slow Speed) (嘯虎燕, 慢速)

C. Xiao Hu Yan (Regular Speed) (嘯虎燕, 常速)

D. Martial Applications of Xiao Hu Yan (嘯虎燕之應用)

Sun/Moon Greeting

Conclusion



Nicholas C. Yang has been involved in Chinese martial arts since 1989, training under his father, Dr. Yang, Jwing-Ming. He has won over two dozen awards for barehand and weapons forms in international competitions and has been a longtime assistant to Dr. Yang in seminars worldwide. Nicholas holds a B.S. and M.S. in Computer Science from Brown University, and a B.A.S. in Computer Animation and Visual Effects from Ex'pression College for Digital Arts. He is a featured columnist for *Inside Kung Fu* magazine, the principal Shaolin instructor at YMAA Boston, and President of YMAA International.

Credits

Produced and directed by
David Silver
for YMAA Publication Center

Performed by
Nicholas C. Yang
and senior students
Ben Warner
Simon Pang
Walter Wong

Cameo appearance by
Dr. Yang, Jwing-Ming

DVD authoring
and menu design
Ocean Silver

Package photography
Tony Chee

For a free catalog, call
1-800-669-8892.
Visit us on the web at
www.YMAA.com.

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