

## 1: 5 Animal Qigong / The Five Animal Frolics

*History of Kung Fu and the Shaolin Five Animals The union of the five animal forms (dragon, tiger, crane, leopard, snake) clearly displayed the efficacy of both hard and soft movements, of both internal and external energy - this form of Chinese martial arts was known as Shaolin Kung Fu, named after the temple in which it was developed.*

Menu History of Kung Fu The history of kung fu below includes the Shaolin 5 Animals style of kung fu while philosophy looks at the Tao of kung fu and how it is applied to daily life. The man credited with introducing martial arts to China is said to be an Indian monk known as Bodhidharma who is also known as Do Ma or Buddha, 6th AD. It is this traditional system that is taught at the Golden Lion Academy. They divided the martial art into five styles, based upon animals; Dragon, Tiger, Crane, Leopard and Snake. This was known as Ng Ying Ga, or Five Animal Style each animal complimented the others, and yet still maintained its own unique characteristics. History of Kung Fu and the Shaolin Five Animals The union of the five animal forms dragon, tiger, crane, leopard, snake clearly displayed the efficacy of both hard and soft movements, of both internal and external energy this form of Chinese martial arts was known as Shaolin Kung Fu, named after the temple in which it was developed. The Manchu invasion of China in 1644, along with the establishment of the Ching Dynasty, led to the destruction of many temples, including Shaolin. These various styles have now spread throughout the world, forming the wide variety of martial arts styles that exists today. Although this is not incorrect, the practice of naming styles after their inventors were also present in ancient China; for example, the Hung style Hung Gar or Hung Kuen or Hung Fut was named after master Hung, the founder of the style. The Shaolin 5 animals style of kung fu is a southern style of Chinese martial arts, its techniques are briefly: Exercises to cultivate spirit, flexibility, and graceful movements. The dragon is a mythical animal associated with courage and energy. Exercises to strengthen the bones. Read more about the Tiger and Crane in kung fu. Exercises to strengthen the sinews and promote vitality. The crane style stresses balance and fast foot movements. Read more about the kung fu crane technique. Exercises for developing strength, power and speed. Read more on the kung fu leopard style. If you would like to learn these animal moves and attend regular classes, please call us now on our central telephone for class times and fees or email us through our contact-us form. Many other figures in history has also contributed greatly to Chinese martial arts as we know it today. Bruce Lee, Kung Fu Martial Arts Movie Star and Millenium Man Bruce Lee , the famous Chinese martial arts movie star and millenium man, although his technical skills were extraordinary, his character and determination provide lasting influences for future generations of martial artists. Call us on Book a Free Trial Class.

## 2: Enter the dragon - the world of animal kung fu styles

*Kung Fu Panda (franchise), the Furious Five, the supporting protagonists of the franchise, are homages to the Five Animals Southern styles of Chinese martial arts (i.e. crane, snake, monkey, mantis, and tiger).*

This has resulted in numerous Kung Fu styles. While many sets emphasize individual qualities and emphases represented by the certain animal forms, Shaolin Kung Fu – with a few exceptions – rarely deals exclusively with one animal style only. Therefore, in sets emphasizing the dragon one will also find a crane kick here or a tiger technique there. This is also a good outward representation that Shaolin Kung Fu is a comprehensive and holistic system, not limited to individual components. This makes Shaolin Kung Fu the perfect foundation, which makes it easy to pick up another Kung Fu style. Many styles developed later focus more on individual aspects. Here is a brief overview of the influence of the five animals on different styles and sets. It combines all five animal styles in a sequence and is therefore the most efficient set to benefit from the holistic training of all of the animal spirits. It is ideal to get a good insight into all the five classic animal spirits and to train them. The corresponding combination set partner set conveys many profound combat applications and principles. These two animal spirits are, besides the dragon, the dominant animals of the style. Contrary to the common presumption of Hoong Ka Kung Fu being an external style, it should contain a distinctive internal component and be based on internal force tiger. In addition to the pattern version from Hoong Ka and the pattern version of the legendary Ng Mui, the pattern set after grandmaster Lai Chin Wah, favoured by many, is also contained in the repertoire of Shaolin Wahnam. The short version with 36 techniques can be considered as the crystallized essence and even has more specific tiger and crane techniques than the pattern set, which is based on Lohan Kung Fu. This inspired him to make his Kung Fu even more fluid and elegant. Many consider his martial art as the origin of Tai Chi Chuan. In Wahnam Tai Chi Chuan, besides the crane and the snake, the dragon plays a major role. The Shaolin Flower Set also makes use of the snake and the crane. Therefore, it is obvious that the resulting Wing Choon Kung Fu also predominantly uses these animals. It is interesting to note that Tai Chi Chuan and Wing Choon have the focus on the same two animals that are considered the softest of the five, and both styles are known to be particularly well suited for overcoming stronger opponents. Nevertheless, the two martial arts differ very clearly in appearance, approach and philosophy. The crane gives Wing Choon its directness and economic movement. Many arm movements resemble the flapping of crane wings. In Tai Chi Chuan the crane expresses itself through elegance and balance. The snake makes the movements of the Tai Chi Chuan circular, round and flowing and stimulates energy flow, while in Wing Choon it is manifested by the "shoot" sudden palm thrusts. In general, Tai Chi Chuan is more influenced by the snake spirit, to which it owes the development of internal force. Wing Choon is more dominantly characterized by the crane and its avoidance of useless movements. That is why it is one of our greatest treasures and why it is also the favourite set of my Sifu and myself. Our grandmaster once "exchanged" it with one of his Sihengs against the Tiger-Crane Set. As the name suggests, the "Shaolin Travelling Dragon Pakua Set" has a high proportion of dragon forms and is very beneficial to the training of the dragon spirit. Originally, he developed the set using corresponding techniques he knew for one of his students. Sifu later used it as a basis for his profound book "Introduction to Shaolin Kung Fu". The "Triple Stretch Set", which Sifu has compiled from two different "Great Majestic Sets", is dominantly influenced by the dragon and the tiger. It develops a lot of consolidated internal force, but at the same time, it can also be very flowing. Leopard In Shaolin Wahnam, the leopard does not have any pronounced significance, since our training is not oriented towards the development of muscular strength, but rather cultivates internal force. Other martial arts basing on Western fitness training, such as boxing, would be attributed to the leopard according to Kung Fu philosophy. Unfortunately, most Kung Fu styles are trained externally too nowadays. Regardless of whether the associated schools use tiger forms and those of other animals and talk about the philosophy of the five animals, as long as the training remains on a purely physical level, the leopard is the dominant animal characteristic. Regarding the other quality of the spotted cat of prey, namely speed, the highest goal in Shaolin Wahnam is "Dragon Speed", which is superior. Nevertheless, leopard techniques give

## THE FIVE ANIMALS OF KUNG FU pdf

us a tactical hint, as they remind us in our combat sequences to act quickly. Choy-Li-Fatt Kung Fu, which was developed for fighting on the battlefield, emphasizes the leopard by using muscular strength and speed. Genuine masters of the style also have internal force, which makes the tiger the dominant animal spirit. In Wuzuquan, also practiced in Shaolin Wahnam, the crane is dominant. One of the three most famous internal martial arts styles, next to Taijiquan and Xingyiquan more on this in the next article of this series is Baguazhang. In the style known especially for agility, the dragon plays an important role. One of our sets is also called "Baguazhang Swimming Dragon Set".

## 3: History of Kung Fu and Shaolin 5 Animals

*And animals can determine the attitude behind what we are doing, the spirit behind the kung fu that we are practicing. So the five animals, they are; the tiger, dragon, leopard, snake and crane.*

Breaking limbs and joints The crane is a long range animal style especially suited to tall practitioners with long limbs. It uses sweeping movements of the arms to clear a way through attacks and lock or throw an attacker along with striking movements of the beak on vital parts of the body. This is combined with comprehensive kicking patterns as the crane is used to standing on one leg. Studying the crane is a study in angles of attack and defense. It will stand in a studied pose until the prey comes within range then hop out of the way, defend and counter attack from many unusual angles then patiently stand on one leg waiting for the prey to come within range again. It teaches strength through postural alignments Patience, balance and the ability to extend force in many directions. Kicking skills and sophisticated use of knee and elbow blocks and strikes Eagle style Eagle style "supreme defensive skills with talons that tear muscles and shred skin The Eagle Style: These powerful arm movements provide the eagle with superb defensive skills. The eagle shares some similarities with the crane but where the crane is a ground fighting bird, the eagle attacks while in flight. It has one of the best defences of any kung fu style. Develops power in extended arm movements. Take down multiple attackers as quickly as possible The leopard is paired with the eagle but where the eagle has a great defence the leopard barely bothers with defence at all. Among African big game hunters the leopard is considered to be the most dangerous animal despite the fact that the hippo kills more people. It is also said that the leopard is the only animal, apart from man, that will kill for fun. Develops fearlessness and the ability to attack without warning Uses a light root so that it can remain quick footed Probably the most effective system for dealing with multiple attackers. Take opponent to the floor and strike with speed The monkey is the most agile of animals with arms as strong as its legs. It leaps and rolls then grabs and strikes with amazing rapidity. It is an expert at bringing an opponent in and taking him down while striking with multiple attacks and kicks. Physically demanding style to learn Develops contractive power, Agility and mobility even when crouching down Strength in the arms and hands. However, where the dragon is yang, the snake is yin, cold and able to penetrate the strongest and most complicated defense. The snake coils itself around the attacker in many different ways then strikes with extreme speed penetrating muscle, sinew and organ at weak points of the body. As a cold blooded animal it spends most of its time conserving its energy in enclosed spaces. At the highest level it is the most instantly lethal of all the animals. Develops the ability to find the gaps in any defence and strike with precision. Teaches balance and patience, waiting for the prey to come within range. Close in fighting and striking vulnerable points The mantis is paired with the monkey and is a short range system that uses complicated footwork with elbows and finger strikes to hit vital pressure points. The mantis, being an insect, has no higher thoughts and is all instinct and reflex. At close range the system is devastating. The Tang-Lang style which mixes mantis with monkey footwork is reputed to be the only system that defeated the monks of Shaolin. Best style for close range fighting Teaches anatomical knowledge of pressure point targets Fast reflexes Sophisticated elbow and knee use The mantis is often used by high level healers as it is used to projecting energy through the fingertips and focusing the energy on points of the body much like an acupuncturist. The most all round combat style which contains elements of the other 7 styles. The dragon is the animal that most represents the principles on which the system is based. The Chinese dragon is associated with water and as such it uses flowing, twisting and coiling movements generating force through the whole body and through every movement and angle of attack and defence. It has a very wide range of locks, throws, strikes and so on and the coiling footwork and body help the dragon to move in and out of dangerous situations and attack from many angles. You cannot fight water as you cannot apply force directly to it, it moves out of the way and the dragon style does the same. Helps passive people become more powerful and assertive. Can I train them all? By joining this site you will get access to all the training articles and videos on the 8 animal styles that are here now or coming up soon. Studying the fundamental skills is very important before you try to learn any of the animal skills. You will find that each of the animals has different fitness

requirements and some of them are better suited to people of a certain build. But, over time there is nothing to stop you from learning them all. The wide range of movements you will learn will make it so easy to learn other physical skills such as other sports or dance etc. You will develop power and patience, grace and speed, calmness of mind and a will of steel. Four of the eight animals – the dragon, snake, eagle and mantis are used by healers all over the world although they may not realise it. To study one animal is a privilege – to study 8 animals is an opportunity that very few outsiders to the closed world of real Chinese martial arts will ever gain. New animal training videos coming soon for members.

## 4: The Five Animals of Shaolin Kung Fu - Part 2

*This clip is taken from the Pilot episode. Starring Radames Pera and Phillip Ahn. The martial artists in this clip were sadly not credited.*

Sanshou and Shuai jiao Application refers to the practical use of combative techniques. Chinese martial arts techniques are ideally based on efficiency and effectiveness. When and how applications are taught varies from style to style. Today, many styles begin to teach new students by focusing on exercises in which each student knows a prescribed range of combat and technique to drill on. These drills are often semi-compliant, meaning one student does not offer active resistance to a technique, in order to allow its demonstrative, clean execution. In more resisting drills, fewer rules apply, and students practice how to react and respond. The objective for those contests was to knock the opponent from a raised platform by any means necessary. San Shou represents the modern development of Lei Tai contests, but with rules in place to reduce the chance of serious injury. Many Chinese martial art schools teach or work within the rule sets of Sanshou, working to incorporate the movements, characteristics, and theory of their style. Forms were originally intended to preserve the lineage of a particular style branch, and were often taught to advanced students selected for that purpose. Forms contained both literal, representative and exercise-oriented forms of applicable techniques that students could extract, test, and train in through sparring sessions. Traditionally, they played a smaller role in training for combat application, and took a back seat to sparring, drilling, and conditioning. Many styles contain forms that use weapons of various lengths and types, using one or two hands. Some styles focus on a certain type of weapon. Forms are meant to be both practical, usable, and applicable as well as to promote fluid motion, meditation, flexibility, balance, and coordination. Teachers are often heard to say "train your form as if you were sparring and spar as if it were a form. Most common are solo forms performed by a single student. There are also sparring forms – choreographed fighting sets performed by two or more people. Sparring forms were designed both to acquaint beginning fighters with basic measures and concepts of combat, and to serve as performance pieces for the school. Weapons-based sparring forms are especially useful for teaching students the extension, range, and technique required to manage a weapon. Please help improve this section by adding citations to reliable sources. Unsourced material may be challenged and removed. Basically, dui lian were not only a sophisticated and effective methods of passing on the fighting knowledge of the older generation, they were important and effective training methods. The relationship between single sets and contact sets is complicated, in that some skills cannot be developed with single sets, and, conversely, with dui lian. Unfortunately, it appears that most traditional combat oriented dui lian and their training methodology have disappeared, especially those concerning weapons. There are a number of reasons for this. In modern Chinese martial arts most of the dui lian are recent inventions designed for light props resembling weapons, with safety and drama in mind. The role of this kind of training has degenerated to the point of being useless in a practical sense, and, at best, is just performance. By the early Song period, sets were not so much "individual isolated technique strung together" but rather were composed of techniques and counter technique groupings. It is quite clear that "sets" and "fighting 2 person sets" have been instrumental in TCM for many hundreds of years – even before the Song Dynasty. There are images of two person weapon training in Chinese stone painting going back at least to the Eastern Han Dynasty. According to what has been passed on by the older generations, the approximate ratio of contact sets to single sets was approximately 1: This is, in part, evidenced by the Qing Dynasty mural at Shaolin. For most of its history, Shaolin martial arts was largely weapon-focused: Even the more recent military exploits of Shaolin during the Ming and Qing Dynasties involved weapons. According to some traditions, monks first studied basics for one year and were then taught staff fighting so that they could protect the monastery. Although wrestling has been as sport in China for centuries, weapons have been the most important part of Chinese wushu since ancient times. During the Northern Song Dynasty A. D when platform fighting known as Da Laitai Title Fights Challenge on Platform first appeared, these fights were with only swords and staves. Although later, when bare hand fights appeared as well, it was the weapons events that became the most famous. These open-ring competitions had

regulations and were organized by government organizations; some were also organized by the public. The government competitions resulted in appointments to military posts for winners and were held in the capital as well as in the prefectures. Many forms have been elaborated upon, on the one hand to provide better combat preparedness, and on the other hand to look more aesthetically pleasing. One manifestation of this tendency toward elaboration beyond combat application is the use of lower stances and higher, stretching kicks. These two maneuvers are unrealistic in combat and are used in forms for exercise purposes. During this time, some martial arts systems devolved to the point that they became popular forms of martial art storytelling entertainment shows. This created an entire category of martial arts known as Hua Fa Wuyi. During the Northern Song period, it was noted by historians this type of training had a negative influence on training in the military. Many traditional Chinese martial artists, as well as practitioners of modern sport combat, have become critical of the perception that forms work is more relevant to the art than sparring and drill application, while most continue to see traditional forms practice within the traditional context as vital to both proper combat execution, the Shaolin aesthetic as art form, as well as upholding the meditative function of the physical art form.

### 5: The Five Animals of Shaolin Kung Fu - Part 1

*Also known as the Kung Fu fist forms, the 5 animals of Kung Fu are known all across the world, and are some of the deadliest martial arts you can study. There are other specific fist styles in Kung Fu, although none of them are as powerful or as well known as the 5 animal styles.*

According to legend,[ citation needed ] Jueyuan, a 13th-century Shaolin martial artist, used the original 18 Luohan Hands as a foundation, expanding its 18 techniques into Using their combined knowledge, they restored internal aspects to Shaolin boxing. They organized these techniques into Five Animals: It relates to the wood element, the season of spring and therefore the liver and gallbladder. Liver Xue nourishes the sinews, therefore, allowing physical exercise. The hun provides the mind shen with inspiration, creativity and a sense of direction in life. By reaching up to bring down Heaven and reaching down to draw up Earth grasping is encouraged; which relates to sinews and therefore the liver. Rolling through the spine stimulates both yin and yang of ren mai and du mai channels activating the microcosmic orbit. It relates to the water element, the season of winter and therefore the kidneys and bladder. Jing determines basic constitution, is derived by our parents and established at conception. The kidneys are the foundation of yin and yang in the body and therefore every other organ and govern birth, growth, reproduction, and development. They also produce marrow, control bones and the Gate of Life Minister Fire , while housing willpower Zhi. Fire heart and water kidney must connect energetically to maintain health. The hand gesture replicating horns calms Shen and connects with the heart by keeping the middle fingers in touch with the palms via the pericardium and san jiao channels. It relates to the earth element, the season of late summer and therefore the spleen and stomach. The spleens emotion is worry and is the central organ in the production of gu qi; from the food and drink we ingest. The spleen is where the intellect yi is said to reside and is responsible for applied thinking and the generating of ideas, memorising and concentration. It starts off with circular abdominal massage to aid digestion by warming and supporting spleen yang, using the entire upper torso to move the hands. The palms are empty to open PC-8 as the hip is raised to shift the leg forward while keeping the knee straight. It relates to the fire element, the season of summer and therefore the heart and small intestine. It relates to the emotion joy and its main function is to govern and circulate xue in the vessels to nourish tissues and house the mind Shen. Shen is used to indicate the entire sphere of mental and spiritual aspects of a human being and therefore encompasses hun, zhi, yi and corporeal soul po. With the first exercise, suddenly lifting the hands with hook palms up towards the chest, the shoulders towards the ears and balancing on the toes with the monkey looking to the side, squeezes the heart and pumps xue as you release down again. The second part calms Shen by clearing the mind moving the branch to grasp the peach fruit of heaven with the thumb inside the palm to hold the Hun within. It relates to the metal element and the season of autumn and therefore the lungs and large intestine. The Lungs emotion is sadness and governs qi and respiration, while being in charge of inhalation and the regulation of water passages. They are the intermediary organ between man and his environment, likened to a prime minister in charge of qi regulation particularly in the blood vessels to assist the heart in controlling blood circulation. The lungs house po the most physical and material part of the human soul; sensations and feelings. The shoulders are raised and squeezed into the neck to squeeze the heart and pump xue while the arms are brought up to mimic a beak and the tailbone is thrust out. The arms are brought back along with one leg to mimic gliding. The second part of the exercise regulates the ascending liver - xue and descending lungs - qi function of qi in the Lungs. The ultimate yin and yang expressed by breathing in kidneys and breathing out lungs connects these two organs to regulate xue and assist the heart. The rhythm created by the up and down movement of the body, the opening and closing of the arms lung and large intestine channels and the in and out breath helps us adapt to the rhythmical changes of the seasons. The final stretch upwards on one leg stretches the flanks and therefore the liver and gall bladder channels to balance with the Lungs. The Xingyiquan 12 animal-forms came first, the Southern Shaolin five animal-forms came later, with about years in between. Some of the animal techniques have only simple, straight forward movements where others are more complex and involve a sequence of mimicking movements. The techniques used in the 12 Animal Forms

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complement those used in the 5 Element Forms and add more striking, kicking and stepping techniques.

## 6: Five Animals Kung Fu - Traditional Martial Arts Training

*At Long White Cloud Kung Fu we teach authentic Southern Five Animal Style Kung Fu. The fighting movements based on each of the animals teach the student different tactics and strategies and challenge the students body in different ways.*

The creation of Wu Qin Xi was attributed the famous Chinese Physician and Surgeon Hua Tuo who had great skills as a surgeon, acupuncturist, herbalist and knowledge of human anatomy. He is also believed to be the first person in the world to have developed the use of anaesthesia. Besides treating his patients when they were ill, Hua Tuo was also keen to recommend physical exercises for people as a method of rehabilitation, recovery, and most importantly for prevention. Wu Qin Xi is a set of Daoyin deep stretching and Tu Na deep breathing exercise imitates the actions of animals based on the habits of the tiger, deer, bear, monkey and bird. Although the profile and value of Wu Qin Xi remained high through the history of China and Chinese population around the world, the lack of illustrated documents that survived the turbulence changes of China and indeed the world, means that many different version of Wu Qin Xi is inevitable. Health Qigong Wu Qin Xi, one of Health Qigong series, is a new development with the support of Chinese Health Qigong Association to embody the essence of the traditional Wu Qin Xi with balanced physical approach and bring good health and well being for people living in the 21st century. It presents the scientific concept and the character of the modern time sufficiently, and accords with the traditional principles of regulating the body, breath and mind in Qigong. As a result, it fits the needs of people to promote their health. It represents strength and courage in traditional Chinese martial arts and the spirit of Tiger has always provided a deeply profound source of inspiration on Chinese folklore and theatrical production. The Tiger Play consists of two routines: Settle the mind into a calm, peaceful state of concentration. Step out to left into parallel stance at shoulder width, centralise the body weight. The eyes look downwards whilst watching the claws form. Unclench the fists and raise the palms upwards as far as possible then form the claws again. Clench the fists again with eyes watching the change pic 5. Focus the mind on the heel of the palms when pushing upwards to the top and pressing downwards with palms. Imagine your movements are meeting against resistance and the extension of the body is connected through each section of the spine, the waist, the hips, and legs all the way to the bottom of the feet. The waist should be straight without hunching as this will allow the deep stretch to complete from the claws through to tail bone in one straight line. Eyes looking straight ahead see pic 9. Continuing on, similar to the way cats flexing its back, flexing the body from the knees, hips, and abdomen then to mid back and upper back while scratching back and downward the claws towards the side of the knees, eyes look slightly downwards pic Continue to flex the back, then extend the knee, and move hips, abdomen forward and the upper body inclines backwards. At the same time hands form hollow fists and raise along side of the body to the chest level pic Raise the left knee while hands continue to rise to shoulder level pic 12 Continuing on, keeping the body weight back, step out the left heel and form left empty stance. At the same time hollow fists open to form Tiger claws and extend forward and downwards to the side of the knees “ imagine a tiger pouncing on its prey. Eyes looking diagonally downwards pic 13 Step back to parallel stance and hands form hollow fists, return to reparatory position pic The complete flexing movement of the body with squatting with the knees, contacting the abdomen and chest then extending the knees, thrusting the hip forward and abdomen and backwards inclination of the body should be done smoothly and continually like a wave. The downward seizing of its prey should be done gently first, but gradually more vigorously with faster and deeper inhalation from Dantian , embracing the fierce and brave spirit of the Tiger. Health Benefits The deep stretching on the arms will help loosening up the shoulders, lifting up the rib cage and benefit movement of the lungs. The bending and extending movements can greatly improve the flexibility of the spine, getting rid of muscle stiffness along the spinal column and maintaining healthy function of the torso. Wise practitioners should also be aware that beyond all physical extension and contraction of the movements, it is internal impact of these movements that bring the healing benefit for the long term. In particular, the bending and flexing movement on the Spinal Column will help to activate the meridians along the Dumai governing channel which extends

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along the posterior midline and Renmai conception channel which extends along the anterior midline, keep the blockage free, ensure the smooth flow of Qi and blood and promote the balance of Yin and Yang in our body. Free pdf download of this and other qigong exercises:

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### 7: Martial Arts & Fitness | Five Animals Kung Fu Academy | San Francisco

*The five animals provide Shaolin Kung Fu with their respective characteristics and essence, not only making it an effective fighting art but also enables it to become an excellent system for physical, emotional, mental and spiritual development.*

The Five Animals Five Ways to Win The five animals of shaolin are often thought of as separate martial arts styles all their own. Each one has a strategy that is effective, but completely different from the others. Tiger, the immediate actor. The first of the five animals is the tiger. The tiger is direct and aggressive, it approaches conflict head on. The tiger likes to attack from where it is strongest. Tiger techniques focus on developing power, ripping and tearing motions, and dragging the opponent to the ground. Leopard, the creative planner. The second of the five animals is the leopard. The leopard is indirect and aggressive, it approaches conflict from the side. The leopard likes to attack where the opponent is weakest. Leopard techniques focus on using agility and quickness. The leopard becomes its opponents shadow. Crane, the patient listener. The third of the five animals is the crane. The crane is indirect and passive, it deflects conflict away. The crane avoids the aggression of the opponent. Crane techniques focus on deflections and redirecting energy. The crane has big powerful wings, sharp claws, and a pointy beak. When the opponent tries to run, the crane helps them with a little extra for the road. Snake, the analytical planner. The fourth of the five animals is the snake. The snake is direct and passive, it slithers to the heart of the conflict. The snake uses the attack as a path to the opponent. Snake techniques focus on using the strength of their whole body and stealing the strength of their opponent. Poisoning them and stealing their balance until they are too weak to fight back. The fifth of the five animals is the dragon. The dragon is more difficult to explain. It is all the strengths of the other four, with none of the weaknesses. Fighting the dragon is like fighting smoke. When the opponent decides to attack, they have already lost. If you are interested in taking a Shaolin Kempo Karate class where we teach the five animals click the button below. If you have questions about the animals in leadership or conflict resolution, contact us and we will be happy to answer your questions or schedule a Five Animal Leadership Workshop.

### 8: Chinese martial arts - Wikipedia

*In the following article, the New Hampshire-based master, who serves as Shaolin Temple's cultural ambassador to the United States, continues the topic he started in his March Shaolin Path column by describing and demonstrating the self-defense techniques of the five animals of the Chinese arts.*

### 9: Five Animals - Wikipedia

*Little Dragon and the Willow Tree (The Adventures of the Kung-Fu Five Animals Book 1) Jul 24, by Tim Johnson and Pandu Dirgantara. Kindle Edition. \$*

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