



18 Buddha Hands: Southern Praying Mantis Kung Fu

Roger D Hagood

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A rare instructional treatise of Chinese boxing from the Kwongsai Dragon-Tiger Mountain, Bamboo Forest Temple, Praying Mantis Clan, as transmitted by the late Grandmaster Lam Sang. Details include stories of Lam Sang's supernatural ability such as Poison Snake Staff, Sun Gazing, and Light Body Skills. Boxing principles elaborated are Body posture, Rooting, Sinking, Center-line, Spiral power, Contact-control-strike, Intercepting and sticky hand, Bridging, Anticipating-telegraphing, Dead and live power, Form and function, 4 word secret, Dim Mak vital points and more. Boxing Fundamentals included are Footwork: Chop, Circle, Advance, Shuffle step, Turnarounds, Side to side; Kicks, Sweeps, Takedowns, Grappling, Chin Na Seizing, Hook hands, Elbow strokes, Dui Jong, Sticky hands, Forms, and Phases of training. Eighteen Buddha Hand techniques, 9 defensive, 9 offensive, are illustrated in color with instruction in attributes, function and vital point targeting. Boxing maxims of strategy and tactics are included.

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