



Som Bo Gin Two Man Form: Southern Praying Mantis Kung Fu

Roger D Hagood

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An interactive instructional treatise teaching 60 postures of the Som Bo Gin (Three Steps Forward) Two Man boxing routine of Lam Sang's Kwongsai Jook Lum Temple Praying Mantis Kungfu.

Interactive -- use the internet links provided in the book to view online video while following the instruction taught in the book!

Details include; Translation of Som Bo Gin (forward, arrow, scissors), Variance in Som Bo Gin training among Lam Sang's disciples, Speculation about Som Bo Gin, No Kwongsai Mantis Som Bo Gin in China, The meaning of Som Bo Gin, Som Bo Gin - nothing mysterious, The beginning and end of Southern Praying Mantis, Solo training, Paired training, Whole body power, Physical traits, Body weapons, Hakka Mantis posture, Footwork, Deep roots-iron steps, Forward momentum, Centerline theory, Bridge-range-distance, Frightening Spring Power, Contact-control-strike, Mantis summarized in three, Individual skills in Som Bo Gin two man; Call to mind drill;

Unique hand and foot skills in Som Bo Gin Two Man, Bong Pun Shu, Yin Yang Sao, Bot Hop Shu, Mantis traps, Target Practice, Side to side steps, Lateral spins, Monkey step and kick;

Step by step instructional photographs of Som Bo Gin Two Man form,

Step by step breakdown of Som Bo Gin Two Man form in three lines and sixty postures A and B sides, And online link showing video clips matching this book's instruction; Hakka Mantis history, a gallery of Louie Jack Man Sifu and RDH photographs, and more.

Hardcover, full color, 200+ photographs, 128 pages. Cover Image: RDH and Sifu Louie Jack Man.

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