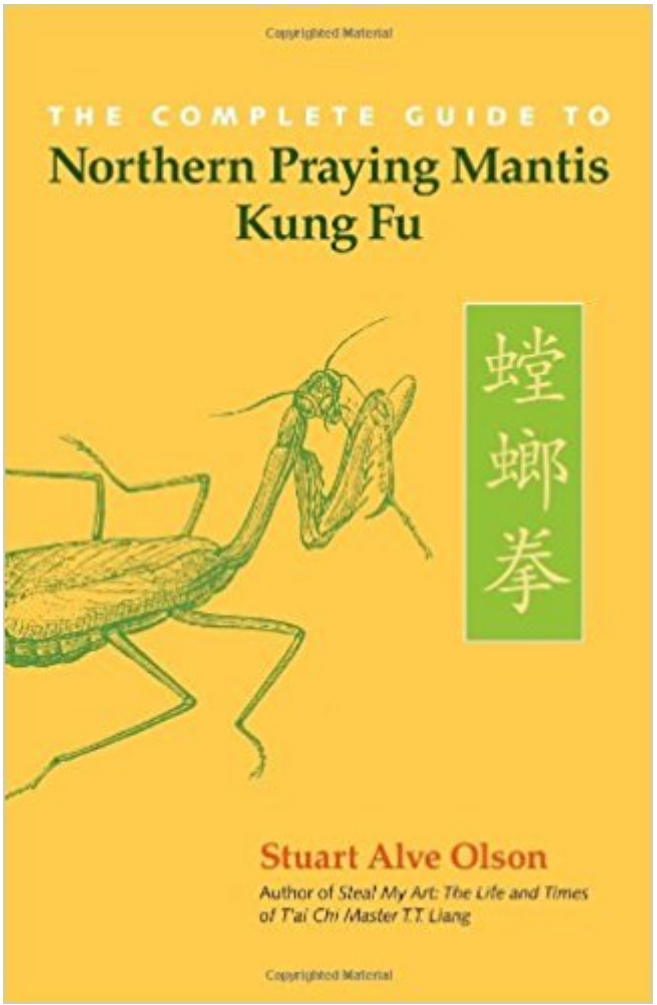
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The Complete Guide To Northern Praying Mantis Kung Fu



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Synopsis

Developed by Wang Lang over 300 years ago, Praying Mantis Kung Fu is the only martial art based on the fighting skills of an insect. This fascinating system utilizes swift, methodical movements for defense and offense, and is well respected as an art that helps practitioners develop great strength and perseverance. The Complete Guide to Northern Praying Mantis Kung Fu provides an in-depth look at the history and practice of this remarkable martial art. Author Stuart Alve Olson, a student of T. T. Liang, draws on the lineages of Masters Feng Huan-I and Wang Han-Fon, but includes detailed description of all major schools, styles, and lineages. The first half of the book focuses on tactics and theory; the second half contains step-by-step descriptions of the fundamental Praying Mantis stances, exercises, footwork, and kicks, clearly illustrated by more than 200 photographs. What sets this book apart from other works on Praying Mantis is its philosophical depth; author Olson gives a clear account of the development of the art and the Taoist principles from which it arose. This book provides the basis for not only mastering the martial art of Praying Mantis Kung Fu but also mastering oneselfÃ¢â ¬â •the true goal of all martial arts.

Book Information

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Customer Reviews

Stuart Alve Olson has taught martial arts worldwide and is the author of Steal My Art: The Life and Times of Tai Chi Master T.T. Liang and many other books on Taoism, Qigong, and Chinese martial arts. He is the founder of the Phoenix Taoist Center in Phoenix, AZ, where he lives.

Very informational book A's I'm currently studying N. Mantis Kung Fu. Back to basics. Good info. My current instructor has used book in curriculum.

It Ironically looks a lot like the seven star praying mantis book published by Leung Ting.

Great Mantis book for the price. Contains many exercises and stances that are very helpful for a budding Mantis stylist. The footwork section is a little confusing but decipherable. This book does not contain any info on strikes, although if you master all the stances and perform the very useful exercises you'll be off to a very good start with Mantis or Chinese martial arts in general.

what I would have like to have seen is a more in depth look at say maybe the basic forms of the northern mantis systems or perhaps the southern mantis system still all in all a very good read

After going through this book, I would say its a pseudo book of Northern Praying Mantis which is not establishing its Mantis core factors solely on the Praying Mantis system. The Author has a strong foundation on Tai Chi Chuan and it overtakes the principles of the praying mantis system. He is unable to describe a technique in Mantis, however because of this lack of knowledge he equates it to Tai Chi, although this is often done when a person is familiar with multiple Chinese and/or other martial arts styles. It can be confusing to someone new to Chinese martial arts whom might be thinking from reading this book that Praying Mantis and Tai Chi are the one and the same. They are not, the applications are different as well as the motion, spirit, attitude and discharging of the techniques. Thus, if anything this is an intermediate book relating to the generalization of the Northern Praying Mantis system. I would suggest a better book for such people would be The Praying Mantis System Vol 1. By James Wong or Seven Star Praying mantis by Leung Ting. I studied 7 Star Praying Mantis under Si-fu John Chiu for a number of years and I am also a practioner of the Hung Gar and White Crane systems. I am also familiar with various other styles of MA as I trained others while I was in the United States Navy in VA.

Nearly every other sentence compares a posture from Northern Praying Mantis to Taiji. Not a lot of content, but interesting if you are a connoisseur of Chinese martial arts information. Get it as cheaply as possible.

A complete guide without discussion on northern, southern or seven star mantis? No forms, no

applications.Outside of common stance work shared among many styles this bares no resemblance to mantis. The photos of such poor form on stances, punches and kicks are better suited for the senior citizen home where they teach Tai Chi. Which is were I think this author learned his martial arts from.Save your time and money and look elsewhere.

This book is simply the worst you can buy about tang lang kungfu.It’s impossible to believe that author ever practiced seriously kungfu.

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