



## Fujian Five Ancestor Boxing

Zoom-Recorded Classes for self-study and guided practice  
Taught by 6<sup>th</sup> generation instructor, Sifu Russ Smith

\$25 USD or 1 Educational Credit (EC)\* each. Must be purchased in order.  
Payable via Paypal (BurinkanDojo@hotmail.com)  
(Must provide Youtube-related email address for secure access to videos)

Participants can connect with a training community at the Facebook group “Burinkan Five Ancestor Boxing”.

\*Educational credits are available to Patrons at our Patreon site (<https://www.patreon.com/user?u=31924100>)

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### ***A few participant testimonials:***

“Five Ancestors is an anthology of the Hoklo martial arts, which share principles with the more widely practiced Okinawan and Cantonese arts. If you're a practitioner of one of these arts, study of Five Ancestors can be illuminating, like a Spanish speaker learning Latin. If that's your interest, Smith Suhu, who also teaches Okinawan Goju-Ryu and Hakka Pak Mei, can shed light on those connections.

Despite the influence of the Hoklo arts, instruction is difficult to find. Traveling to Asia and training long-term is, to put it mildly, unrealistic for most of us, and Burinkan's Five Ancestor program makes these arts accessible to those of us who can't.

Moreover, Russ puts an extraordinary degree of care into his teaching. A skilled martial artist is not necessarily a skilled teacher, and it is very clear that Russ has put a great deal of effort into mastering both.”

**-Stanford Chiou**

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“As an art or as a window into another method, Ngo Cho Kun as taught by Russ Smith Sifu of the Burinkan is levels beyond what you're expecting.

While trying to avoid hyperbole, let me explain.

The Five Ancestors Boxing course is presented in a logical, methodical and illuminating way. The underlying principles - things given a ton of lip service in the M.A. community though often without nuts-n-bolts detailing - are clearly explained and enumerated. Tools for pressure testing and validating techniques are detailed. And the explanations lend themselves to use as exploration mechanics of other arts.

Transmission of the tradition is clearly a priority, but that is not used as an excuse to hide core ideas behind the awe of the style.

And most importantly, the art is fun & interesting to learn. Both for the style itself as well as the manner in which it's transmitted.

Do yourself a favor - get in. You WILL learn and you WILL grow as a martial artist.”

**-Sensei Cody Stephens**

“It’s rare to find a highly skilled practitioner of the martial arts with a passion for teaching, as well as the ability to decode the core principles of a complex system such as Wu Zu Quan, and then play it back to students in a format that is easily understood and applied.

Sifu Russ Smith is one of these rare individuals.

This is not one of those dumbed-down, learn-everything-in-five-minutes bits of fluff the MA world is known for, but an intelligently crafted, fantastically detailed study of Five Ancestor Fist that will benefit anyone serious about training and excelling in the Southern Chinese Boxing methods. Hugely recommended!!!”

**-Ryan Ng**

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“Five Ancestor Fist is a fascinating art to study, as a karate practitioner. Parallels between both arts surface in every class, and make it clear that 5A is a parent art to styles like Goju Ryu. This course explores the engines behind power delivery, martial strategy, history and conditioning. In my experience, 5A feels like an expansion upon my karate, which also includes Chinese weapons.

Sifu Russ Smith is a hidden treasure of martial arts instruction in the US. He has practiced and studied multiple Japanese, Chinese and Filipino martial arts in a career spanning over 30 years, which has led to an instruction model that focuses on developing live skills while keeping traditions alive.

Sifu Smith possesses an admirable ability to discern the esoteric aspects of martial arts from the practical theory that applies in a self-defense scenario, and eloquence to transmit his learnings.

The best recommendation I can give is the fact that most of Sifu Smith's students are teachers in their own styles, coming to the Burinkan for enrichment and continuing studies. Whatever level you are at, you're sure to learn good things.”

**-Sensei Jorge Rincón**

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“I have trained in Goju Ryu Karate for over 30 years and am always looking for a deeper understanding of its techniques, applications and history. I was initially drawn to Sifu Russ Smith’s Five Ancestor Fist program because of the shared history between these two styles and what I found is a different way to look at moves that I have been doing for years. Not one class goes by that I don’t gain insight into the kata of Goju Ryu. I have also been introduced to a system with a beauty and complexity all of its own showing me many new things that I have not come across before.

Furthermore, I can say that as a teacher, Sifu Russ Smith is one of the most articulate and competent instructors that I have ever worked with. He has lesson plans and clear learning objectives for each class and takes a professional approach to the role of an educator.

I would recommend this program to any Goju Ryu practitioner or other martial artist who is looking for a greater understanding of the principles and concepts that guide their arts.”

**-Sensei Trevor McLaughlin**

“When Sifu Russ Smith started the Ngo Cho Kun course, I knew that this was a rare opportunity. I had read his book ‘Principle-Driven Skill Development in Traditional Martial Arts’ and found in it an incredible resource for improving my own training, but to be taught a beautiful art directly under his eye and according to his processes? Too good to pass up.

I've practiced a lot of things over the years, but with 17 years of Isshinryu karate experience I'm more than comfortable to say that anybody who practices an art under the Nafadi umbrella will feel right at home in 5 Ancestors Boxing. I promise you'll find nuance in your training and connections to your art that will be illuminating, but to say my Suidi friends should look elsewhere would be an opportunity for growth wasted.

Sifu Russ Smith has decades of experience in multiple arts and you can tell just by how he moves that he has put in the work, but even more impressive than his obvious skill is his mindset: he recognizes that teaching is a profession with its own goals and related skillsets separate from being an expert practitioner. To put it simply, he approaches this program as an educator. He's not trying to get you out the door doing a couple forms and some one-off applications as his "contribution to the art". Every class is focused on skill-development and creating the ability to explore the art as an informed practitioner.

See you in class!”

**-Matt Perlingiero**

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"I would like to take the time to share my feelings about being a student at the Burinkan Martial Arts Dojo. Firstly, throughout my martial arts journey, I have never seen a teacher so deeply involved in the advancement of his students. Mr. Smith is not only generous with his time but also provides a plethora of tools for the learning process, such as books, training camps, and online fine-tuning.

I was not a fan of online learning before, but the way Mr. Smith has implemented it is incredibly functional. I just completed his one-year Five Ancestors online program, and I have gained a much deeper understanding of martial arts than ever before. I am now starting my second year in his well-structured curriculum.

I wholeheartedly recommend Burinkan in any of its forms."

**-Simon Ducharme**

**Class 1 – Introduction to the art. Training first defensive hand, Kim.  
(Duration 1 hr. 28 min.)****Video Bookmarks:**

00:00:00 Intro, History, Theory, Summary of the Style  
00:14:30 Books  
00:24:00 Information about the style  
00:54:15 Stances (馬) and Stepping (步) (Chien Be [戰馬], scoop/sweep and shuffle forward)  
01:01:15 Short salutation (起拳)  
01:08:45 180 deg. turn  
01:13:50 Defensive Hand: Kim (擒)  
01:18:40 Ho Chiu Kim (和手擒)  
01:21:30 Questions and Summary

**Class 2 – Variations on Kim, related techniques, and usage.  
(Duration 1 hr. 6 min.)****Video Bookmarks:**

00:00 Welcome  
03:30 Review of prior class topics  
07:30 Stance: Sei Ping Ma (四平馬), passthrough stepping, and chasing step  
14:50 Combining Stepping with Kim  
19:30 Ho Chiu Kim (和手擒)  
21:40 Hong Be Tsai “Elegant Phoenix Tail” (鳳尾彩)  
24:24 Kim to Che Chat (坐節)  
25:26 Kim to Che Chat to Yim Cha (陰插)  
28:05 Double Kim (雙擒) to Sang Kwa Lip (雙掛入)  
30:50 Kim reaching to capture 2<sup>nd</sup> arm  
35:28 Theory of San Sau (散手) practice  
39:30 Stances vs Stepping (“ma” vs “bu”)  
47:40 Bow and Arrow stance (弓箭馬) usage  
49:30 Three-legged tiger punch (三腳虎拳)  
51:49 Combining straight and diagonal stepping  
59:55 Adding a leg kick  
1:02:14 Summary

**Class 3 – Introducing defensive hand: Kou (“hook”)  
(Duration 1 hr. 19 min.)****Video Bookmarks:**

00:00 Welcome, questions, elbow position and humerus rotation  
04:25 Kim – practice and usage. Methods for grabbing and pulling.  
09:36 Ho Chiu Kim  
11:26 Elegant Phoenix Tail. Inside gate tactics.  
14:46 Kim / Chieng (撞) and Ho Chiu Kim / Chieng  
19:45 Chieng / Liu (扭)  
21:40 Liu to Chieng transition with short power  
26:54 Che Chat and Liu - Sinking, stepping, bridging options, long-arm sinking  
34:56 Kou (“hook”, 鉤), Kim / Kou combination  
38:10 Kou / Cha (截) combination  
39:20 Power management with the hips for short power (swallow 吞, spit 吐)  
40:38 Kou / Chieng / Cha (截) combination. Elbow connection to core.  
45:38 Form timing and power versus usage timing  
51:10 Kou and closest weapon, closest target. Elbow line targets.  
51:55 Elbow control and po pai (抱牌)  
53:56 Chieng to Kou and Chieng / Kou / Chieng combinations  
56:55 Chieng / Kou / Chieng / Cha (截) (3 beat) combination  
1:00:24 One arm Chieng / Kou / Cha (截) – feeling the gap  
1:02:30 San sau free study  
1:03:17 Kim / Chieng / Kao / Chieng / Cha (截) combination  
1:04:14 Retreating elbows, pulling, and extending kim.  
1:07:16 Short salutation  
1:08:33 Long Salutation – Movements 1 (鐵槌沉江) and 2 (金蟬脫殼)  
1:14:36 Questions and Closing

#### **Class 4 – Introducing defensive hands: Tioh (“flick”) and Hian (“turn”) (Duration 1 hr. 17 min.)**

##### **Video Bookmarks:**

00:00 Welcome, reminder of prior classes, discussion of terminology, bow in  
 04:26 Tioh (“flick”, 挑)  
 06:21 Ho Chiu Tioh (和手挑) variations  
 19:40 Visualizing usage on the inside and outside gates. Enlisting sink and spit with che chat or kim.  
 24:58 Classical shapes and taolu for structure and power vs practicing for usage.  
 26:44 Examples versus formulas. How to guide your own study and understand the art.  
 30:06 Dividing practice time between “training” and “study”. Understanding context.  
 34:00 Defensive hand – Hian (掀)  
 39:27 Ho Chiu Hian (和手掀) with pivoting and Sia (“peel”, 削) as a follow-up. Sinking  
 46:06 Classical Combination practice – Kim / Chieng  
 49:06 Classical Combination practice – Chieng / Liu  
 50:09 Classical Combination practice – Tioh / Cha  
 52:38 Combination practice – Kou / Chieng  
 54:00 Combination practice – Kim / Chieng (same hand)  
 56:42 Combination practice – Tioh / Chiat (切) (same hand)  
 1:00:06 Long Salutation practice, first two movements  
 1:05:17 Long Salutation practice, adding next two movements (大鵬展翅, 美女梳妝)  
 1:14:00 Class review and summary

#### **Class 5 – Salutation, Kai and Yao (Duration 1 hr. 15 min.)**

##### **Video Bookmarks:**

00:00 Welcome, class 5 plan  
 02:24 Bow in  
 02:34 Closing with “Enticing Hands” (招揚手). Chest-closing fajin.  
 08:12 Usage of Enticing Hands, depending on range and use of shifting back to Tiao Be  
 18:08 Introducing Kai (“open”, 開)  
 20:35 Classical combination practice – Tioh / Cha  
 21:55 Classical combination practice – Kai / Chiat  
 23:23 Classical combination practice – Kai / Chiat (single beat) and usage  
 25:21 Introducing Yao (“shake”, 搖), its variations, and pairing with Kao  
 27:00 Combination – Kim / Yao and usage, including “shuai” (摔)  
 38:47 Classical combination practice – Kao / Yao  
 41:40 Two forms of combinations: simultaneous vs serial  
 43:00 Fei Yao (“flying yao”, 飛搖)  
 44:20 Double Kao into Yao  
 51:47 Combination Kao / Fei Yao / Tioh  
 56:20 Chasing and continuing  
 59:14 Understanding the class format. How to practice the san sau effectively.  
 1:00:56 Long Salutation practice, adding next two movements (關平抱印, 請拳)  
 1:12:08 Class summary / wrapup

**Class 6 – Five Classical Combinations and Clearing Obstructions  
(Duration 1 hr. 20 min.)**

**Video Bookmarks:**

00:00 Welcome  
 04:14 Class 6 plan  
 05:40 Short Salutation and Closing. Chest-closing fajin. Additional usage concepts.  
 15:38 Classical combination practice – Chieng / Liu. Usage and variations.  
 31:40 Classical combination practice – Kim / Chieng  
 37:25 Classical combination practice – Tioh / Cha  
 40:58 Classical combination practice – Kai / Chiat  
 45:02 Footwork reminders  
 47:36 Classical combination practice – Kao / Yao  
 54:10 Clearing Obstructions - Escaping Hand (脱手) and Sang Kia Kun (double vertical punch, 雙豎拳)  
 1:04:42 Clearing Obstructions - Coiling Hand (盤手) and Sang Kwa Lip (double hanging in)  
 1:10:40 Long Salutation practice, adding final two movements (白鶴亮翅, 雙龍搶珠)  
 1:15:00 Class summary / wrapup

**Class 7 – Rotating Chop, Clearing Obstructions, Sam Chien core sequence  
(Duration 1 hr. 20 min.)**

**Video Bookmarks:**

00:00 Welcome, class 7 plan  
 04:42 Short Opening, Enticing hands closing, adding Rotating Chop (Tsun Puah, 轉破)  
 18:40 Clearing Obstructions – Bridging / Transfer  
 44:48 Adding stepping “in the space of an Ox laying on the ground” (拳打卧牛之地)  
 1:00:46 Sam Chien primary sequence (cha [插], che chat, tun chiu [吞手], chun chiu [駿手])

**Class 8 –Clearing Obstructions, Po Pai, Sam Chien breath detail, Scissor and double hook  
(Duration 1 hr. 16 min.)**

**Video Bookmarks:**

00:00 Welcome, class 8 plan  
 06:09 Clearing Obstructions – Bridging / Transfer  
 11:48 Power Focus – “Diamond Ging” (金剛勁) – single-side hip power  
 22:40 Clearing with Kao Yao and stepping offline  
 29:30 Clearing and finishing with Po Pai, from both above and below  
 37:00 Coiling hand and foot sweep to Sang Kwa Lip  
 45:40 Sam Chien – focus on breath percentages for each movement  
 01:04:14 Sam Chien tail – first two movements – Scissor (雙關剪) and double hook (雙鉤)  
 01:11:06 Using Sinking energy with double hook  
 01:13:00 Summary, Closing, Questions

**Class 9 – Sam Chien details, thrusting, applying the form ending, clearing obstructions  
(Duration 1 hr. 19 min.)**

**Video Bookmarks:**

00:00 Welcome, class 9 plan  
02:48 Sam Chien – poem and meaning (三戰起, 練到死)  
07:27 Thrusting and variation  
21:00 Form Ending, adding Sia, Chiat, Tueh (釵)  
34:06 Applying the scissor and hook  
54:58 Exiting the pa chat (打節) with flipping hammer (反墜)  
59:06 Exiting the pa chat with sinking punch (沉手)  
1:04:58 Pressing out of pa chat  
1:12:58 Summary, Closing, Questions

**Class 10 – Sam Chien – 4 points of gold, applications of ending, lotus blossom  
(Duration 1 hr. 18 min.)**

**Video Bookmarks:**

00:00 Welcome, class 10 plan  
02:05 Formula for Obstruction clearing with Escaping and Coiling  
03:08 Attack and Defense transitions and Moving bridges  
04:40 Beginning Sam Chien  
09:58 Four Points of Gold (四點金) stepping training  
15:10 More on Four Points of Gold training  
17:28 Lotus Blossom (蓮花) stepping with Sam Chien movements in application  
1:08:00 Ending Sam Chien  
1:11:46 Summary, Training and Application theory, Questions, Closing



**Class 11 – San Sau – Partner Usage Demonstrations and Application Theory  
(Duration 1 hr. 35 min.)****Video Bookmarks:**

00:00 Welcome, class 11 plan  
02:55 Beginning Sam Chien  
07:54 San Sau four-level training theory (進步協調練法)  
13:58 Defensive Hand: Kim variation (elbow control)  
24:20 Defensive Hand: Tioh (flick)  
27:44 Defensive Hand: Hian (turn)  
32:47 Defensive Hand: Kai (open)  
35:33 Defensive Hand: Kao (hook)  
40:18 Kao and Po Pai variations  
42:46 Chieng / Liu (punch / sink)  
44:50 Kim / Chieng  
46:20 Tombstone body (墓碑身) and Triangular body movement (三角勢)  
47:15 Four Stages of Training: Single (單技練法), Serial (連環攻擊), Parallel (連消帶打), Parallel to Serial (合練)  
47:40 Tioh / Cha (intercepting chop)  
49:30 Strong vs Weak (壯節對弱) and Three Segments (三節三門)  
52:11 Kai / Chiat – finding openings  
54:38 Kao / Yao (shaking) and double Kao / Yao  
57:28 Fei (flying) Yao  
1:00:48 Three-legged Tiger punch  
1:01:46 Kao / Chieng -> Cha and study of beats, timing, and hip rotation  
1:06:44 Enticing hand and details of range and timing  
1:11:15 Scissoring and Qinna (chin-na) with double kao  
1:14:20 Obstruction-clearing: Escaping and Coiling hands  
1:15:36 Usage of Chiat (slicing chop)  
1:17:48 More obstruction-clearing with Po Pai variations  
1:21:56 Engaging the front foot sweep  
1:22:58 Tsuan Puah (rotating chop)  
1:24:24 Applying double hook from Sam Chien (na / shuai)  
1:27:00 Kim / Pa Chat -> Sia -> Chiat from Sam Chien  
1:28:00 Transitions out of Pa Chat. Using movements for alternative use  
1:31:34 Questions and wrapup  
1:32:18 Ending Sam Chien

**Class 12 – “Po Pai” variations and classical taolu Li Sip Kun (“20 punches”)  
(Duration 1 hr. 20 min.)**

**Video Bookmarks:**

00:00 Welcome  
 03:16 Questions and Class 12 plan  
 05:20 Beginning Sam Chien and Sam Chien details  
 13:26 Po Pai overview, meaning, variations  
 15:06 Po Pai - Push / Pull variation  
 21:12 Po Pai - Neutral / Rotation method (yin / yang) and grabbing with various parts of the body  
 28:50 Defensive Hand: Gai (scoop, 盖) and Qinna (擒拿) against the elbow  
 37:16 Po Pai - Scoop and Push variation  
 41:58 Po Pai summary  
 43:06 Classical Taolu: Li Sip Kun (“20 punches”, 二十拳)  
 45:40 Li Sip Kun sequence practice and power focus  
 53:50 Linear practice  
 57:28 Application-based timing  
 1:06:30 Putting application-based timing in the taolu  
 1:07:40 “Heavy” hands (重手), sinking power practice  
 1:09:30 Body engagement, timing for power, diamond ging, and avoiding “floating” punches  
 1:12:33 Questions  
 1:16:30 Ending Sam Chien

**Class 13 – Classical Taolu Li Sip Kun details  
(Duration 1 hr. 26 min.)**

**Video Bookmarks:**

00:00 Welcome  
 01:27 Recap, Theory, Questions and Class 13 plan  
 03:15 Beginning Sam Chien  
 09:10 “Ten toes facing heaven, four points of gold rooted”  
 10:54 Classical Taolu – Li Sip Kun – study variations  
 11:40 Training (訓練) vs Studying (學習)  
 13:30 Classical method – 1 hip rotation per movement  
 20:08 Focus on “guarding hand” (護手). Lead hand like a lance, rear hand like a shield. (前手取人如戟, 後手顧己如盾)  
 25:22 Hian re-purposed as Wan Tui (flipping hammer / backfist)  
 30:02 Colliding / Diamond Ging  
 31:08 Focus on leg lift during turn  
 38:10 Short power practice  
 48:32 Open hand variations – Kim/Chiat/Cha/Cha. “Like a dog shaking water from its fur.”  
 56:46 Changed timing, with high/mid/low punches. Three-legged tiger punch.  
 1:00:48 Focus on retreat during turn  
 1:03:04 Focus on advancing after turn  
 1:05:56 Summary of Li Sip Kun variations covered  
 1:10:08 Variation - additional stepping per punch. Ground reaction force.  
 1:18:45 Class 13 wrapup and questions  
 1:21:40 Ending Sam Chien

**Class 14 – Ancestor – Taizuquan introduction (1 of 2)**  
**(Duration 1 hr. 30 min.)****Video Bookmarks:**

00:00 Welcome  
02:04 Recap, Theory, Questions and Class 14 plan  
02:48 Beginning Sam Chien  
07:10 Li Sip Kun – classical timing for body development  
09:30 Li Sip Kun – application-based timing  
14:36 Li Sip Kun – varying targets and stances  
22:26 Question regarding po pai and opening the center  
26:16 “Techniques don’t leave the middle gate, Hands stay on the center line” (技不离中门, 出手对子午)  
27:36 Li Sip Kun – varying targets and stances, focus on guarding hand  
31:55 Introduction to Taizuquan, history, strategy, mental and physical attributes  
44:05 Kwi Kieng (開弓) / Single Leg sweep (掃割) – body coordination and power development  
1:01:30 Shuai Tactics / Principles of takedowns (ROM, BOS, COG)  
1:06:10 Continuing when avoided – Continuous cutting leg sweep (連環掃割)  
1:22:26 Close range – Lion Shaking a Bell (獅子搖鈴)  
1:25:26 Class 14 summary  
1:26:28 Ending Li Sip Kun  
1:28:02 Ending Sam Chien

**Class 15 – Ancestor – Taizuquan Shuai continued (2 of 2)**  
**(Duration 1 hr. 18 min.)****Video Bookmarks:**

00:00 Welcome, Recap, Theory, Questions and Class 15 plan  
09:00 Beginning Sam Chien  
13:48 Beginning Li Sip Kun  
15:16 Li Sip Kun details and refinement  
25:50 Clipping Elbow (刈節) and Open the Bow – Single Leg Sweep details  
30:00 Keeping the weight back during the sweep  
36:12 Double (Vertical) Slap Sweep – Sang Pueh Sau (雙批掃)  
41:20 Transition to Lion Shakes Bell  
42:04 Transition to Double Spring Chop (雙彈出)  
52:25 Transitioning from any defensive hand  
53:25 Wuzuquan leg keywords “low” and “cold” (腿法講究低與冷)  
54:25 Double (horizontal) Slap Sweep  
1:13:04 Ending Li Sip Kun – Application-based timing  
1:15:45 Ending Sam Chien

**Class 16 – Five methods of Po Pai, introduction to Po Pien and additional Shuai practice  
(Duration 1 hr. 18 min.)**

**Video Bookmarks:**

00:00 Welcome, Recap, Theory, Questions and Class 16 plan  
 02:08 Beginning Sam Chien  
 06:18 Po Pai variations, applications and usage relative to bridge-clearing  
 15:38 Principles of false/empty and real/solid (以虛擊實)  
 20:52 Po Pai after applying “pass under”  
 35:18 Using stillness to control motion (以靜待動)  
 36:28 Li Sip Kun  
 50:02 Yin, Yang, Zhao Yang (陰, 陽, 昭陽)  
 52:15 Continuous (front and back) Leg Sweep chained practice method  
 56:00 Po Pian (“holding slanted”, 抱偏)  
 1:05:54 Bumping Jin (靠勁) vs Colliding Jin (撞勁)  
 1:07:20 Lion Shakes the Bell details, transition to Double Spring Chop  
 1:11:34 Double Horizontal and Vertical Slap Sweep (sang pueh sau)  
 1:15:06 Entering with Kai for Double Vertical Slap Sweep for under-bridge situations  
 1:18:28 Summary of class and corrections  
 1:21:40 Ending Li Sip Kun  
 1:22:45 Ending Sam Chien

**Class 17 – Introduction to the Luohan ancestor, footwork practice and Luohan hand techniques  
(Duration 1 hr. 27 min.)**

**Video Bookmarks:**

00:00 Welcome, Recap, Theory, Questions and Class 17 plan  
 02:38 Beginning Sam Chien  
 06:25 Rooting focus using “dropping four points of gold, five toes facing heaven”  
 12:42 Introducing Luohan ancestor and focus on lotus blossom footwork  
 15:04 Li Sip Kun technique warmup – alternating between floating and rooting  
 22:48 Li Sip Kun form practice  
 31:02 Power development in Sam Chien vs Li Sip Kun  
 33:56 Offensive hand - Whip (“pien”, 鞭), Kim / Pien combination, Sinking for power.  
 40:00 Evading exchange step (“hua be”, 換馬) with Kim / Pien  
 47:30 Transitioning into a leg sweep  
 59:10 Ox Turning the Grass (牛掀草)  
 1:02:35 Father and Son Following (父子相隨) (clip at 1:7:35)  
 1:12:10 Luohan keywords, application theory, mental and physical attributes, and “San Zheng” (三正)  
 1:14:20 Combining evading (閃) with exchange step  
 1:16:58 Questions  
 1:16:16 Ending Li Sip Kun  
 1:20:16 Ending Sam Chien  
 1:22:08 Additional options and details, plus summary of class and corrections

**Class 18 – Continuing exploration of Luohan  
(Duration 1 hr. 28 min.)**

**Video Bookmarks:**

00:00 Welcome, Recap, and Class 18 plan  
 08:50 Introducing offensive hand, Kong (攢)  
 11:36 Introducing offensive hand, Green Dragon Spot (青龍點)  
 13:56 Beginning Sam Chien  
 17:28 Beginning Li Sip Kun  
 23:16 Li Sip Kun using Green Dragon Spot  
 28:42 Hian and Green Dragon Spot to escaping hand and double vertical punch  
 31:13 Kim and Green Dragon Spot with evading exchange step  
 38:48 Hian and Green Dragon Spot transition to Father and Son Following  
 40:16 Hian and Green Dragon Spot transition to Kong  
 43:36 Using Green Dragon spot to create a bridge  
 45:02 Luohan Chiu (羅漢手)  
 48:52 Luohan Chiu transition to Kim / Pien. Kim / Green Dragon Spot to Luohan Chiu.  
 51:40 Range problems vs training in range. Self-defense format.  
 56:22 Entry via clearing or opening. Transitions from clearing to prior techniques.  
 58:30 Louhan Chiu with evading exchange step, then advance to continue attack  
 1:00:40 Enter straight, then evade to the side and crash the center  
 1:08:16 Enter straight and compass out. Continue, using Kim/Kong to Sia.  
 1:15:48 Summary review of technique similarities and differences  
 1:19:16 Three-legged Tiger  
 1:20:36 Li Sip Kun, punching mid/high/low (Three-legged Tiger)  
 1:23:20 Ending Sam Chien  
 1:25:36 Questions and closing

**Class 19 – Introduction to White Crane ancestor theory and techniques  
(Duration 1 hr. 13 min.)**

**Video Bookmarks:**

00:00 Welcome  
 04:16 Class 19 plan and White Crane Boxing history  
 06:04 Crane Qigong – Whipping and Relaxation training  
 07:06 Back Flapping (扇翅膀向後)  
 15:40 Single Water Hand (水手)  
 20:46 Dropping Shoulders (落肩)  
 21:30 Vibration (駿) – purpose and value  
 25:00 Theory of Hard and Soft Cooperating (剛柔相濟)  
 29:08 Beginning Sam Chien  
 31:40 Study of Swallow hand (吞手) – neutralizing, power, and application  
 49:24 Vertical Deflecting Finger Thrust – Tok (啄)  
 55:40 Classical Combination: Tok, Gai, Pien (龍吐珠)  
 59:32 Defensive Hand – Floating Hand/Wrist (漂手)  
 1:00:34 Ploh Cha (漂插)  
 1:04:20 Side Thrust (“tiau kian”, 窈肩)  
 1:11:38 Questions, Summary, and Closing

**Class 20 –White Crane ancestor theory and techniques continued  
(Duration 1 hr. 32 min.)****Video Bookmarks:**

00:00 Welcome  
01:32 Beginning Sam Chien  
04:20 Beginning Li Sip Kun  
07:48 White Crane history and influence, theory, mental and physical attributes  
16:26 Crane Qigong – Side spreading (傳播側翅膀)  
18:30 Crane Qigong – Side Lifting (提側翅膀)  
22:30 Body coordination for sinking energy  
26:26 Back Flapping (扇翅膀向後)  
29:06 Application for back flapping ging, entering with Elegant Phoenix Tail  
32:06 Crane Qigong – Disrupting Yin & Yang (擾亂陰和陽)  
38:16 Formula for training – Xing, Gong, Fa (形功法)  
40:44 Review of Swallow Hand to Chiat. Yu Dayao's theory on timing.  
47:20 Split (li, 離) to open center and for offensive usage.  
1:00:08 Tiaw kian – review and details  
1:03:36 Tok – review and details  
1:04:54 Kao Da (鈎打) – hook and chop. Unified body and power development.  
1:15:52 External (外) vs Internal (內) martial arts  
1:19:40 Pioh Chiu – review and details, transition to Pioh Cha (2 fingers)  
1:22:02 Intersperse Pioh Cha and Tok  
1:22:23 Low Pioh Cha  
1:25:14 Questions, Summary, and Closing  
1:29:55 Ending Sam Chien

**Class 21 – More White Crane power, timing, and usage  
(Duration 1 hr. 18 min.)**

**Video Bookmarks:**

00:00 Welcome  
 06:08 Beginning Sam Chien  
 09:04 Cha (插), Che Chat - long-bridge exercise  
 10:05 Cha (插), Che Chat – soft recoil exercise  
 12:32 Cha (插), Yin Cha (陰插) – rebounding training  
 15:48 If you want to strike East, first point West; want to hit high, first strike low.  
 16:55 Kim to Cha (插)  
 19:54 Adding lotus blossom footwork, evading step  
 21:22 Four-stage training formula review: Single, Serial, Parallel, Combined  
 26:52 Filling the gap with Kim / Cha to Cha  
 29:10 Better intercepting punch #1 – evasion, assisted Kim, or transition Tioh to Kim  
 34:52 Rear leg Kim, lead leg Cha  
 37:26 Using the body to pull with Kim. Delaying the turn of the hips.  
 38:52 Adding an additional beat with intercepting chop  
 39:58 Review the four-stage training formula. Filling the dead space and time.  
 44:14 Transitioning to “Split” against 2<sup>nd</sup> punch. Dangers of the inside gate.  
 46:44 Using Assisted Hook (和手鉤)  
 51:36 Leading with Tiaw Kian, then filling the gap.  
 53:18 Transition to Kao Da, then Split, then Po Pai  
 56:04 Using Kao Da to manage straight or looping punches  
 59:44 Kim / Cha / Cha, transition to hook and floating wrist to Tok  
 1:02:00 Tiaw Kian / Cha, transition to hook and floating wrist to Tok  
 1:07:08 Tiaw Kian power development with closing and opening the chest  
 1:08:24 Target and tool (hand shape) selection  
 1:11:52 Recap, Questions, Summary, and Closing  
 1:16:00 Ending Sam Chien  
 1:17:56 Advice for continuing your San Sau study

**Class 22 – An Chiu and deep dive on the four stages of body coordination training – purpose and value  
(Duration 1 hr. 24 min.)**

**Video Bookmarks:**

00:00 Welcome and overview of Class 22  
 04:08 Beginning Sam Chien and  
 12:48 Li Sip Kun – classical timing  
 16:34 Controlling technique “An Chiu” (按手) with unified body  
 34:28 Focus on the center for power deliver (技不離中門, 出手對子午)  
 35:48 Shoulder position, Tombstone body, closing the chest  
 37:08 Summary of An Chiu. Che Chat as a variation of An Chiu.  
 38:24 Understanding all four stages of body coordination for self-study and understanding  
 38:48 Stage 1: Single – examples, purpose, and value  
 53:58 Stage 2: Serial – examples, purpose, and value. Target availability and hand shape.  
 56:43 Snatching Victory from Defeat (敗中術勝)  
 1:03:48 Stage 3: Parallel – examples, purpose, and value  
 1:12:34 Stage 4: Combined (Parallel to Serial) – examples, purpose, and value  
 1:20:42 Ending Sam Chien  
 1:23:08 Summary, and Closing

**Class 23 – Review, feedback, and details on long salutation (“eight-part head”)  
(Duration 1 hr. 33 min.)**

**Video Bookmarks:**

00:00 Welcome  
 05:40 Overview of Class 23  
 08:50 Beginning Sam Chien  
 12:06 Li Sip Kun – classical timing  
 13:26 Review of long salutation with feedback and details  
 1:07:38 Wrapup on review process  
 1:18:50 Review approx. 30 single techniques already taught  
 1:24:52 Things to focus on when practicing “single” techniques, defensive or offensive  
 1:29:26 Terminology concerns

**Class 24 – Review, feedback, and details on Sam Chien and Li Sip Kun  
(Duration 1 hr. 12 min.)**

**Video Bookmarks:**

00:00 Welcome and overview of class 24  
 03:12 Beginning Sam Chien  
 08:08 Li Sip Kun – classical timing  
 09:16 Review, feedback, and details of Sam Chien primary sequence (cha, che chat, tun chiu, chun chiu)  
 26:26 Review, feedback, and details of Sam Chien tail (sang kwi chian, sang kao, pa chat, sia, chiat, tueh, po pai)  
 52:36 Review, feedback, and details of Li Sip Kun primary sequence (Hian, Kunx3)  
 1:07:12 Wrapup and plan for future classes  
 1:10:26 Ending Sam Chien

**Class 25 – Introduction to Monkey Ancestor  
(Duration 1 hr. 25 min.)**

**Video Bookmarks:**

00:00 Welcome and overview of class 25  
 03:26 Beginning Sam Chien  
 05:44 Monkey King references. Physical and mental traits. Strategies and tactics.  
 09:38 Eyebrow Hand (齊眉手) and hook mannerisms  
 12:30 Kut be (crouching / 屈馬)  
 17:24 Lying down movement examples  
 20:26 Shin Press  
 24:40 Leg pull / foot hook (鉤角法)  
 36:28 Cat Washing Face (hook and eyebrow hand)(猴进中央猫洗脸)  
 41:40 Palm movements (T'ng, Yao, and Wan Sut)  
 47:32 Overlapping Open Bow (榻開弓)  
 52:50 Sticking as a passive bridging movement  
 56:28 Po Puah So (“Holding the Tray Grab”, 抱盤掄)  
 1:00:38 Front Catch and Tuh Chiu (propping hand, 托手)  
 1:04:40 Kan Gu So (“Pulling the Cow Grab”, 牽牛掄)  
 1:10:34 Side Catch  
 1:12:30 Coiling Arm Grab (雙捲手 or 茵籐手)  
 1:17:52 Tiger Head Hold (虎頭掄)  
 1:20:28 Questions and wrapup  
 1:21:42 Final Sam Chien



**Class 26 – Monkey taolu (form/kata) Traveler Points the Way (行者指路)****(Duration 1 hr. 29 min.)****Video Bookmarks:**

00:00 Welcome and overview of class 26  
04:10 Beginning Sam Chien  
06:10 Introduction to the form “Traveler Points the Way”  
09:32 Salutation  
22:32 Movement 1: (North) R Hook, Elegant Phoenix Tail  
25:35 Movement 2: Sang pueh sau  
31:40 Movements 3-4: In tin so, L T’ng Chiu  
43:25 Review / Demo  
53:20 Movement 5: (West) Kao / Sut  
54:07 Movement 6: L kim / L leg scoop,  
57:20 Movement 7: R Kim Drop straight down, kut be / L kai  
1:13:08 Movement 8: Stand R pulling cow, knee lift, vibrating kick  
1:14:04 Movement 9: Pa chat / tim chiu (in sei ping ma)  
1:17:58 Demo up to movement 9  
1:18:30 Questions and wrapup  
1:26:26 Final Sam Chien

**Class 27 – Monkey taolu (form/kata) Traveler Points the Way (行者指路)(Part 2 of 3)****(Duration 1 hr. 32 min.)****Video Bookmarks:**

00:00 Welcome  
10:02 Beginning Sam Chien  
13:56 Monkey warmups – Cat Washes Face variations  
25:35 Review of form  
27:16 Deep-dive on Movements 6-7 – timing and double circling practice  
48:50 Movement 10 – Eyebrow hand (x2)  
49:46 Movement 11 – “Chicken Preening Wing”  
1:00:22 Movement 12 – Kao/Yao  
1:01:54 Movement 13 – Double Tucked  
1:02:26 Movement 14 – Overlapping Open Bow  
1:14:24 Movement 15 – Cover, Kick, and Back Slap  
1:20:48 Movement 16 – Lying Scissor and upward kick  
1:25:28 Movement 17 – Kneeling Grab  
1:26:24 Questions and wrapup  
1:30:15 Final Sam Chien

**Class 28 – Monkey taolu (form/kata) Traveler Points the Way (行者指路)(Part 3 of 3)****(Duration 1 hr. 38 min.)****Video Bookmarks:**

00:00 Welcome  
05:28 Beginning Sam Chien  
10:38 Individual Form Review for calibration  
16:42 Details for movements 1-17  
01:05:10 Movement 18 - Double step forward, Assisted Tioh, Po Pai  
01:06:10 Movement 19 – Po Puah So  
01:15:52 Movement 20 – Kao / Kao / Yao  
01:18:22 Movement 21 – L Escaping hand, R Palm strike  
01:18:43 Movement 22 – L Coiling hand, Kut Be – Bending Bamboo  
01:23:12 Movement 23 – Sang Pien  
01:23:46 Movement 24 – Tiger Head Hold, Double Spring  
01:30:04 Full form demonstration ½ speed.  
01:31:20 Questions and wrapup  
01:36:38 Final Sam Chien

NOTE: The audio on this class had intermittent problems, which have been resolved.

**Class 29 – Sam Chien and Li Sip Kun refinement and Se Mun Pa Kak (part 1)****(Duration 1 hr. 36 min.)****Video Bookmarks:**

00:00 Welcome  
02:28 Beginning Sam Chien, with refinements and usage  
24:18 Thrusting practice and Li Sip Kun power development  
47:00 Five Parts Power practice with individual techniques – Kao  
49:52 Flow practice – Kao to Cha  
52:40 Unified body practice with Kao  
59:48 Using Kao to Da  
1:03:22 Kim / Pien with Hua Be  
1:06:34 Sang Pien  
1:07:08 Elegant Phoenix Tail  
1:10:18 Se Mun Pa Kak – Part 1 – movements, strategies, and tactics  
1:29:30 Follow up and questions  
1:34:08 Final Sam Chien

**Class 30 – Se Mun Pa Kak (part 2)****(Duration 1 hr. 21 min.)****Video Bookmarks:**

00:00 Welcome  
05:15 Beginning Sam Chien  
09:34 Review of Se Mun Pa Kak (part 1)  
27:16 New section - Kim and Uppercut in Sei Ping Ma  
45:02 New section – Jump and Kut Be with Kai  
53:24 New section – Kim Pien and Tioh Chiat  
1:02:00 New section – Turn Left, Kim and 2 Punches  
1:05:26 Review of Part 1 and Part 2  
1:18:44 Final Sam Chien

**Class 31 – Se Mun Pa Kak (part 3)****(Duration 1 hr. 21 min.)****Video Bookmarks:**

00:00 Welcome and discussion of Five Big Roads  
11:22 Beginning Sam Chien  
14:06 Beginning Li Sip Kun  
18:44 Review of Traveler Points the Way  
43:24 Drilling of sections of Se Mun Pa Kak (part 1)  
49:08 Part 2  
1:06:44 New section – Tiaw Kian (x2)  
1:15:34 Final section – Sang Cha and Po Pai, 3 punches, 1 punch, and close  
1:19:36 Wrapup and Questions

**Class 32 – Se Mun Pa Kak segment practice****(Duration 1 hr. 29 min.)****Video Bookmarks:**

00:00 Welcome  
04:00 Beginning Sam Chien  
05:52 Warmup for Kut Be practice  
08:52 Luohan footwork practice – advance and retreat  
09:58 Advancing into low uppercut in Sei Ping Ma  
10:55 Details on retreating with power  
20:38 Practicing 90 deg turn on the diagonals  
25:04 Adding Kim Pien, Tioh Chiat  
29:24 Using gravity to assist forward momentum  
34:02 Techniques used for alternative purposes  
57:22 “Caressing Shoulder” technique coordination  
01:06:53 Double Pierce, Coiling Hand, Po Pai  
01:12:58 Po Pai vs Karate’s Mawashi-uke – four Po Pai variations  
01:27:20 Finishing Li Sip Kun  
1:28:16 Wrapup and Questions

**Class 33 – Se Mun Pa Kak segment practice**

**(Duration 1 hr. 46 min.)**

**Video Bookmarks:**

01:28 Welcome  
04:06 Beginning Sam Chien  
07:14 Influence of Dazunquan (Damo Respecting Boxing)  
09:52 Beginning Li Sip Kun and how it demonstrates Taizu ancestor strategy  
13:24 Adding evasion and observation to Li Sip Kun practice  
XX:XX More details on ancestral preferences  
23:56 Refinements and details on Traveler Points the Way (monkey)  
35:44 Strategies and tactics of the application sequences  
38:32 Luohan footwork practice – advance and retreat  
42:11 Minimal retreat with Exchange step (hua be)  
48:14 Retreating alternative to the rear corner  
52:08 Retreating perpendicular to the attacker  
55:10 Adding the shuffle step to the sequence  
58:34 Rooting, floating, and classical form timing  
1:04:14 Kim Pien entry  
1:10:50 Warmup for Kut Be practice and details on measurements  
1:15:46 Jumping practice  
1:28:42 Power practice aligning stepping for uppercut  
1:32:56 Se Mun Pa Kak form review with details  
1:41:30 Review of class 33 concepts  
1:43:42 Final Li Sip Kun  
1:44:38 Details on turn (hian)

Clip these:

12:30 – Li Sip Kun  
15:20 – timing  
57:13 –  
1:05:10  
1:43:00 – dodging

**Class 34 – Review of prior forms and start of Sam Chien Sip Li Kun**

**(Duration 1 hr. 17 min.)**

**Video Bookmarks:**

00:00 Welcome  
05:28 Beginning Three Battles  
07:20 Twenty Punches  
08:36 Review of Four Doors Hitting the Corners  
16:50 Kut Be Warmup  
21:48 Details on whip (pien)  
25:32 Rearranging the techniques for drilling  
42:02 Review of Traveler Points the Way  
1:04:00 Three Battles Cross Pattern (sam chien sip li)  
1:16:42 Questions and closing

**Class 35 – Sam Chien Sip Li Kun (part 2)**

**(Duration 1 hr. 15 min.)**

**Video Bookmarks:**

00:00 Welcome  
02:28 Beginning Three Battles  
05:26 Twenty Punches (deconstructed)  
13:22 Four Doors Hitting the Corners details  
17:28 Non-classical application (stop at 20:16)  
39:20 Bridging keywords for usage  
40:22 Talkthru of whole form  
42:58 Methods of drilling and elbow control  
45:54 Three Battles Cross Pattern  
49:36 Non-classical timing for usage  
59:36 New movements  
1:02:50 Overview of roads 1-2  
1:06:38 Homework  
1:08:26 Demonstration of roads 1-2 and turn  
1:12:35 Sam Chien  
1:14:36 Closing

### **Class 36 – Sam Chien Sip Li Kun (part 3)**

**(Duration 1 hr. 7 min.)**

**Video Bookmarks:**

00:00 Welcome  
05:54 “Four Big Roads” – Sam Chien thru Sam Chien Sip Li  
15:30 Practicing non-classical  
24:07 Three Battles Cross Pattern – part 3  
51:18 Traveler Points the Way – Fifth road  
58:34 Three Battles Cross Pattern remaining sections  
01:05:06 Wrapup and Closing

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### **Class 37 – Saber (dao) introduction**

**(Duration 1 hr.)**

**Video Bookmarks:**

00:00 Welcome  
03:40 “Four Big Roads”, plus “Traveler points the Way”  
09:12 Traveler Points the Way, 5<sup>th</sup> road.  
15:44 Strategy “neglect the root for the branches”  
18:58 Introduction to saber – sizing, grip, etc.  
22:38 Flower to deflect lower right corner and chop over  
27:28 Defense on the upper right and chop diagonal  
34:14 Keeping the point online, following a chop with a thrust  
38:46 Wrap defense on the upper left and chop  
42:46 Using the wrap to defend the upper right  
57:10 Wrapup and summary  
59:06 Closing with Three Battles

**Introduction to Saber Only**

00:00 Introduction to saber – sizing, grip, etc.  
03:40 Flower to deflect lower right corner and chop over  
09:29 Defense on the upper right and chop diagonal  
15:16 Keeping the point online, following a chop with a thrust  
19:50 Defense on the upper left (wrap) and chop  
23:48 Using the wrap to defend the upper right

**Class 38 – Form 1-3 details and Saber  
(Duration 1 hr. 21 min.)**

**Video Bookmarks:**

00:00 Welcome  
02:06 Three Battles review  
11:07 Twenty Punches review and skills highlight  
22:48 Four Doors Hitting the Corner review  
48:42 Saber practice  
1:18:04 Wrapup and summary

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**Class 39 – Form 1-4 details and Saber  
(Duration 1 hr. 6 min.)**

**Video Bookmarks:**

00:00 Welcome  
03:34 Forms 1-4 linked  
11:26 Three Battles Cross Pattern detail  
29:28 Traveler Points the Way – Transition from Road 1 to 2 - detail  
40:40 Chua Family Saber – Road 1 full  
1:05:50 Wrapup and summary

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**Class 40 – Chua Family Saber – Roads 1-2  
(Duration 1 hr. 2 min.)**

**Video Bookmarks:**

00:00 Welcome  
06:35 Three Battles  
09:14 Chua Family Saber – Road 1  
52:04 Chua Family Saber – Road 2  
58:48 Chua Family Saber – Road 3 (sneak peek)  
59:02 Wrapup and summary

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**Class 41 – Chua Family Saber – Roads 1-2  
(Duration 1 hr. 16 min.)**

**Video Bookmarks:**

00:00 Welcome  
02:04 Three Battles  
10:16 Twenty Punches  
24:26 Traveler Points the Way – arm lock details  
37:02 Developing drills from best to worst case scenarios  
46:33 Chua Family Saber – Roads 1-3  
1:13:40 Wrapup and summary

**Class 42 – Double Banner – Road 1, Part 1  
(Duration 1 hr. 30 min.)****Video Bookmarks:**

00:00 Welcome  
05:42 Forms 1-4 – practice and details  
18:04 Six Gates Bridging - 1-3  
33:22 Chua Family Saber  
45:46 Double Banner (song sui)  
1:26:48 Three Battles  
1:29:16 Wrapup and summary

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**Class 43 – Double Banner – Roads 1-2  
(Duration 1 hr. 7 min.)****Video Bookmarks:**

00:00 Welcome  
02:44 Three Battles  
06:18 Forms 2-4 – practice and details  
09:13 Double Banner (song sui) – movements 1-10  
23:30 Double Banner – movement 11 – grab (kim)  
24:38 Double Banner – movement 12 – coiling and holding the tablet (po pai)  
26:04 Double Banner – movement 13 – holding slanted (po pien)  
41:12 Double Banner – movement 14 – drunken step, open (kai)  
44:58 Double Banner – movement 15 – slice chop (chiat)  
47:26 Double Banner – movements 16-18 – open (kai), slice chop (chiat), hairpin chop (tueh)  
53:02 Double Banner – movements 18-22 - grab (kim), elbow block (kwi chiat), hook (kao), pressing palm (t'ng chiu)  
1:04:42 Three Battles (soft)

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**Class 44 – Double Banner – Roads 3-4  
(Duration 53 min.)****Video Bookmarks:**

00:00 Welcome  
02:45 Three Battles  
05:34 Double Banner – review Roads 1-2  
19:08 Double Banner – Road 3 – Eight movements  
26:50 Double Banner – Road 4 – Eight movements  
37:18 Green Dragon Coiling in the Water Staff – Begin Road 1  
52:26 Closing



**Class 45 – Double Banner – Road 5 and Green Dragon Pole  
(Duration 1 hour 5 min.)**

**Video Bookmarks:**

00:00 Welcome  
03:58 Three Battles  
05:24 Double Banner – review, refinement and Road 5  
39:02 Green Dragon Coiling in the Water Staff – Roads 1 and 2  
1:04:56 Closing

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**Class 46 – Double Banner and Green Dragon Pole  
(Duration 1 hour 20 min.)**

**Video Bookmarks:**

00:00 Welcome  
02:09 Forms 1 thru 5  
10:34 - Double Banner – review and refinement  
58:12 – Staff fundamentals  
1:04:54 Green Dragon Coiling in the Water Staff – Roads 1 and 2  
1:18:17 Closing

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**Class 47 – Double Banner and Green Dragon Pole  
(Duration 1 hour 6 min.)**

**Video Bookmarks:**

00:00 Welcome  
01:56 Three Battles  
04:42 Lotus blossom shadowboxing  
30:04 Double Banner – review and refinement  
37:40 Green Dragon Coiling in the Water Staff – Roads 1 thru 4  
1:05:01 Closing

**Class 48 – Double Banner, Green Dragon Pole, Six Gates Hand Method No. 1  
(Duration 1 hour 53 min.)**

**Video Bookmarks:**

00:00 Welcome  
04:56 Three Battles refinement  
09:14 Double Banner – review and refinement  
55:52 Yu Dayao, Sword Classic, etc  
1:01:11 Green Dragon Coiling in the Water Staff – Road 1  
1:26:21 Road 3 details  
1:32:28 Six Gates Hand Methods  
1:35:20 Six Gates - No. 1 – Assisted Hook  
1:48:24 Questions, Summary, Closing and final Sam Chien

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**Class 49 – Double Banner and Green Dragon Pole  
(Duration 1 hour 6 min.)**

**Video Bookmarks:**

00:00 Welcome  
03:30 Three Battles  
06:58 Review and corrections on Pa Kak, Sam Chien Sip Li, and Song Sui  
35:35 Green Dragon Coiling in the Water Staff – Road 1  
58:40 Road 2  
1:08:18 Road 3  
1:20:33 Roads 4-5  
1:27:32 Questions, Summary, Closing

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**Class 50 – Three Battles Cross Pattern, Double Banner, and Green Dragon Pole  
(Duration 1 hour 26 min.)**

**Video Bookmarks:**

00:00 Welcome  
02:26 Three Battles  
06:25 Review and corrections on Pa Kak, Sam Chien Sip Li, and Song Sui  
54:00 Green Dragon Coiling in the Water Staff – Road 3-5  
1:05:03 Six Gates Hand Methods  
1:07:20 No. 1 – Assisted Hook (ho chiu kou)  
1:18:28 No. 2 – Pierce and sit the joint (cha, che chiat)  
1:23:40 Questions, Summary, Closing

**Class 51 –Green Dragon Pole and Six Gates Hand Methods  
(Duration 1 hour 12 min.)**

**Video Bookmarks:**

00:00 Welcome  
04:20 Three Battles  
07:44 Green Dragon Coiling in the Water Staff – review and corrections  
35:12 – Six Gates Hand Methods versus the Eight Methods of Attack  
36:56 No. 1 – Assisted Hook – review and corrections  
38:01 No. 2 – Pierce (then sit the joint) – review and corrections  
39:30 No. 3 – Uppercut (then Cover)  
46:46 No. 4 – Hang (then Low Chop)  
1:03:40 No. 5 – Press (then Scoop)  
1:09:40 Questions, Summary, Closing, and Closing Three Battles

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**Class 52 – Partner training formulas and Six Gates Hand Methods  
(Duration 1 hour 34 min.)**

**Video Bookmarks:**

00:00 Welcome and discussion on learning form sequences  
15:06 Three Battles  
20:20 Skill Development formulas  
21:07 Body Coordination Methodology (single, serial, etc.)  
27:16 Scenario fallback (success, obstruction, failure)  
31:24 Four stages of drill randomness and selection  
47:50 Six Gates Hand methods  
1:29:50 Questions, Summary, Closing, and Closing Three Battles