

**BASIC MANTIS KICKS [EXCERPT] GRANDMASTER LEE KAM WING'S NORTHERN
PRAYING MANTIS KUNG-FU**

LINK: https://youtu.be/4AnJ_VOeycg

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[00:00] - Basic Mantis Kicks

JOHN CHENG: In the Seven-Star system there are also some basic kicks that we need to be familiar with.

This kick is called Bai Men Tui (閉門腿), meaning Door-Shutting Kick.

In this posture Master Lee lifts up the right knee and extends out his right leg in a snapping motion.

In other circles this is also known as a roundhouse kick.

You want to lift the lead leg, lifting up the knee in the lead leg and executing a snapping motion at a 45 degree angle.

Making contact to your target.

Next kick is called Sup Ji Tui (十字腿) and it's the Cross Kick.

You want to lift up the right knee or the lead leg, knee and snap out the kick.

Making contact with the instep of your foot onto your target, which is usually the groin area.

When you practice these kicks you want to alternate right and left.

This next kick is called Ja Tui (扎腿) meaning Leg-Bumping Kick.

It's also known as a Shin Kick.

Lifting up the right knee, shooting the leg straight out making contact with the heel and the inside of the foot.

Again we're using the rear leg not the lead leg in this kick and it shoots straight out.

[02:08] - END OF TRANSCRIPT