

BIG WHEEL FIST [TAPE 2: INTERMEDIATE] GRANDMASTER LEE KAM WING'S NORTHERN MANTIS KUNG-FU

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TRANSCRIBED BY: Dong Vien Thai

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[00:00] - CHAPTER 1: Introduction

JOHN CHENG: Hello, welcome to Big Wheel Fist. This is the intermediate tape, intermediate form for 7-Star Mantis Kung Fu. In this form, Big Wheel Fist, we stress the importance of circular motion and developing stance work.

This is an intermediate form taught in the 7-Star Praying Mantis system. This form involves a lot of strong circular motion, movements, and really works on the stances, primarily the horse and the forward stance.

Big Wheel Fist.

[01:47] - CHAPTER 2: Warm-Up Exercises

JOHN CHENG: We're going to begin with some basic warm-up stretches and exercises. First one is wrist shaking and this one includes, involves just loosening up the wrist, prepare ourselves for different wrist techniques, wrist locking, grabbing and punching. In this posture we're going to keep the wrist, arms, shoulders relaxed and just focus on the task at hand, getting the mind prepared, and shaking the wrist back and forth.

This next exercise is the arm shaking and this is to help increase circulation and Qi, blood flow to the arms and fingertips and just gently nice and relaxed. Shake the arms up and down, up and down. The arms are moving in a forward and backward continuous motion, nice and relaxed.

Then you move continuously into a shoulder rotation, moving the arms backwards. This is to loosen the shoulders in preparation

for punching, blocking and striking. Alternating direction moving the arms forward. Arms are crossing, moving the shoulders, nice and relaxed.

Waist stretching to the left. Waist stretching to the right. The waist movements are a very important part of martial arts. We want to stretch this out so as to involve improved flexibility in our movements so not to injure our back.

Next waist stretch is more of a horizontal plane moving to the left and using the elbows as a guide and then stretching to the right using the elbow as a guide.

If you notice on Sifu Lee Kam Wing's uniform there is a patch there, it's the Chin Woo patch. As you know the Chin Woo Athletic Association in Hong Kong is one of the major centers of martial arts promotion, martial arts centers and training facilities in Hong Kong and as a source of spreading martial arts throughout the world. Sifu Lee Kim Wing serves as the vice president of the Chin Woo Athletic Association in Hong Kong.

Next exercise here is the hip stretch. We want to rotate the hips in the inward then outward fashion. Alternating between the left and right leg. Again keeping hips nice and relaxed.

Next stretch is the ankle stretch and placing the toe on the ground rotating clockwise, and then changing to the left foot rotating clockwise. You want to move in a nice circular fashion so as to loosen up the ankle and also the knee joints.

In this stretch we want to place the hands on the knees, gently rotating to the right and then to the left. Clockwise and then counter-clockwise.

This is a side stretch, stretching to the right so as to stretch out the groin muscles. You should feel a nice gentle pull in the groin area. Alternate to the left.

Also stretching out your quadricep muscles, your thigh muscles, gently pulling on the ankles and pulling back so you feel that stretch in the anterior part of your thigh.

[08:16] - CHAPTER 3: Basic Stances

JOHN CHENG: As in any martial arts style the different stances form the foundation of the style. What Master Lee is demonstrating here is the Ma Bou (馬步) also known as the Horse Stance, left sided, then right sided. However the motion here is a symmetrical motion in terms of balance evenly distributed 50% to the left and also 50% to the right.

The next stance is Dang Saan Bou (登山步). The left side, 70% of the weight is distributed to the front leg whereas 30% is distributed to the rear leg and you see the rear leg is not totally straight, probably about 10 degrees in flexion. This is also known as the Hill-Climbing Stance also known as Dang Saan Bou (登山步).

The next stance is Seven-Star Stance, Chut Sing Bou (七星步). The weight is distributed 80 to 90% in the rear leg, 10% in the front leg. Notice that the point of contact to the ground is the left heel. Again this is the Seven-Star Stance, Chut Sing Bou (七星步).

The next stance we'll demonstrate is Tan Taap Bou (吞塌步), also known as Collapsing Stance. Here the right leg is extended. The rear leg carries again 80% of the weight. The right leg carries about 20% of the weight. Alternatively on the other side, the Tan Taap Bou (吞塌步) again, also known as Collapsing Stance. 80% of the weight is on the right leg, 10%, about 20% on the left leg.

The next stance is what we call the Circle-Entering Stance which is Jap Waan Bou (入環步). Left side. In this stance the right knee is placed close in contact with the left ankle. That was the left Circle-Entering Stance. The right Circle-Entering Stance involves flexion of the knee. It's about 90 degrees. The left knee contacting or slightly touching the right ankle.

The next stance is Kwaa Fu Bou (跨虎步). Tiger-Riding Stance. Here 90% of the weight is distributed in the rear leg and 10% in the front leg. Again Kwaa Fu Bou (跨虎步). This stance enables easy kicking and different transitions as in retreating and advancing.

Next stance would be Lau Ma Bou (扭馬步) which is the Cross-Leg Stance. Here involves a twisting motion of the torso, the left knee touching the posterior aspect of the right knee, and also the other side. Lau Ma Bou (扭馬步). This action is used in twisting, in generating power, in offensive and defensive fashion.

And the last basic of the horse stances is the Jyun Hau Bou (猿猴步), is a Monkey Stance. Here the weight is actually distributed quite centrally with the rear leg and the front leg slightly flexed. This technique, this stance is used in several techniques in which involves grabbing in different transitional movements that we'll see later on in our future tapes.

[11:51] - CHAPTER 4: Stance Drills

JOHN CHENG: Now if you've already learned your basic stances, the next step are utilizing the stances and what we call stance drills and including movement. I feel like this is a very extremely important drill and so does Sifu Lee, to develop dexterity and movement and your footwork.

You'll see different stances involved with the Horse Stance and now is the Forward Stance, moving forward and backwards. This is the Tiger-Riding stance moving backwards retreating, shifting the leg backwards and forwards.

The stance drill, Horse Stance drill, shifting the foot right and also to the left involving elbow strikes. It's nice to practice this drill up and down the floor of your school.

Next stance drill is the Forward Stance. Involving a right Upward Block and a Reverse Punch. Alternating between the left and right arms.

Tiger-Riding Stance retreating in a ready position. As you practice more and more you'll feel more comfortable in movements moving forward and backwards. Getting used to the timing will be very important.

[13:40] - CHAPTER 5: 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.

[15:41] - CHAPTER 6: Twelve Keyword Formula

JOHN CHENG: This is the 12 Keyword Formula as interpreted by Sifu Lee Kam Wing. These 12 concepts are seen in the different variant forms of the Seven-Star Praying Mantis system. These are

basically your building blocks to develop good fighting skills in the Seven-Star Mantis system.

First element is Ou (拘), meaning Hook, Lou (摟), Grab, Choy (採) meaning Pluck, we add a punch as an ending element.

Kwa (掛) meaning Upward Block.

Diu (刁), Intercept with the Mantis Hook.

Bung (崩), meaning Back-Fist.

Jim-Lim (粘黏), meaning making Contact and Cling, as so as to stick to your opponent.

Tip (貼), meaning Tag.

Kao (靠), meaning Lean onto your opponent.

Shim (閃), meaning Dodge.

Teng Na (騰挪), meaning to Bounce.

[18:08] - CHAPTER 7: Variations of the Mantis Hook

JOHN CHENG: The next is variations of the Mantis Hook of the Diu (刁) that we've already covered and this involves making a mantis hook with the last three fingers, pulling in the three fingers tightly supporting the fore finger, the index finger with the thumb. You want to do this exercise to develop forearm strength.

This is a Double-Mantis Hook in a Horse Stance with a pulling action.

This posture is the Double-Mantis Hook in a Seven-Star Stance. Notice that the rear Mantis Hook is at Sifu Lee's shoulder level.

This is a Mantis Hook with a Counter-Intercepting Hook. The left hand is placed on the right wrist.

[19:30] - CHAPTER 8: Big Wheel Fist Form

JOHN CHENG: Here is Big Wheel Fist form at regular speed.

Now let's take a look at Big Wheel Fist form in slow motion. This is a roundhouse strike and then these are circular blocks, hopping into a roundhouse strike.

Circular blocks, Tiger Washing his Face. This is called LUK LUK CHOY (轆轤捶), making retreating circular blocks into a right palm strike. Hammer-fist strike, reverse punch and circle-entering punch, back fist, kick. Retreating stance.

Circular strikes. This is a sweeping action, reverse punch. Left upper cut, right circular punch. Hammer-fist strike, sweep. Sweep, blocking against a kick.

Now we'll see this in reverse angle at regular speed.

[24:40] - CHAPTER 9: Applications of the Big Wheel Fist Form

JOHN CHENG: Let's look at some applications of Big Wheel Fist. We have the double lower punch and this was the introductory movement of Big Wheel Fist. Doing a double block and a double punch down to the opponent's lower ribs.

Double block and double punch.

Next application is the FAN CHE (翻車) also known as Tiger Washing his Face. And this one is useful against multiple straight punches to the face.

Followed by a roundhouse strike. The blocks are followed by a roundhouse strike.

Tiger Washing his Face also known as the FAN CHE (翻車).

This one is the hook, grab, palm strike, wiping into a hammer-fist strike.

And performed at regular speed. Again these are movements directly out of the form of Big Wheel Fist.

That's the beauty of martial arts of traditional Chinese kung fu is the application directly from the form.

Sometimes there might be some variation in how you need to apply them, but essentially the applications are hidden within the forms.

This one is Black Tiger Steals the Heart. Roundhouse strike, grabbing with the upward hand and you are the Black Tiger and you are Stealing the Heart.

Right roundhouse strike, parrying, attacking the heart, solar plexus, ribs.

Next we have the demonstration of the door shutting kick. We see Sifu Lee executing a back fist, and then a door shutting kick into the groin region and retreating into a ready position.

Notice the elements here of the 14 Roads. This is 14 Road number 6. It has these elements there of the retreating and the kicking. Here we see a reverse angle, Sifu Lee executing a back fist and a door shutting kick into a retreat. Again we see this in the form Big Wheel Fist.

This is the demonstration of the Leg Up-Rooting Kick. This is prefaced by LUK LUK CHOY (轆轤捶), circle, small circular blocks against multiple straight punches.

Sifu Lee demonstrating LUK LUK CHOY (轆轤捶) against multiple strikes and then uprooting his opponent's legs.

[30:50] - CHAPTER 10: Drills to Generate Power

JOHN CHENG: Another aspect to kung fu training is the ability to generate power. And here we see Sifu Lee practicing the same motion, the double punch, so as to generate power from the waist extending up to the shoulders and out through the fists.

Practicing this drill repetitiously will develop your power. This one as well, Tiger Wipes His Face. Developing waist power, arm power and shoulder power.

Hook, grab, palm strike, hammer-fist strike. Hook, grab, palm strike, hammer-fist strike.

It's very important to practice these sequence of techniques, isolating them from the form so as to develop clarity and cleanliness and technique and movement.

[32:23] - CHAPTER 11: Black Tiger Intercepting-Fist Form

JOHN CHENG: As a bonus we've added the form Black Tiger Intercepting-Fist into this intermediate tape series. This is an intermediate form of the Seven-Star Praying Mantis system. In this form we see different techniques that we've already gone over, however utilized in a varying fashion.

Black Tiger Intercepting-Fist in slow motion.

In this form we see different elements of the 12 keyword formula that we've discussed earlier in the first tape series. We see elements of BUNG BO (崩步) here as well.

Again this form is called Black Tiger Intercepting. We see different variations of the mantis hook. We see the Counter-Intercepting Mantis Hook. We see the Double Mantis DIU SAU (刁手). The Mantis Catches Cicada as well.

[36:40] - CHAPTER 12: Applications of Black Tiger Intercepting-Fist Form

JOHN CHENG: Let's look at some applications from the Double Mantis Hook from the form Black Tiger Intercepting-Fist. Here Sifu Lee demonstrates the Double Mantis Hook placing his right foot onto mine so as to trap it.

Here he traps the upper arm and he traps the lower leg.

If you notice the Mantis system utilizes a lot of grabbing just as the real insect, the praying mantis, does in real life to its prey.

Trapping the arms so as I cannot move and trapping the legs so as I cannot move.

The next technique is Backfist Heel Kick. Here Sifu Lee simultaneously attacks with a Backfist and Heel Kick, thrusting forward into the chest.

Next is defense against a wrist grab. We see Sifu Lee executing this form in Black Tiger Intercepting-Fist. A parry wipe and a straight punch into a Seven-Star Stance.

Notice Sifu Lee driving forward. His footwork moves in so as to drive the opponent backwards.

Defense against a kick. Here we see applications from the form, into a retreating collapsing stance, with a mantis hook to guide the leg out of the way.

The next technique is an arm break, elbow break that we see out of Black Tiger Intercepting. Sifu Lee grabs with the right and applies pressure on the left while turning the opponent's palm upward.

The next technique is Millstone Palm. This is a very fast technique using quick parries and chop to the neck.

Here Sifu Lee climbs up the opponent's arm, locking at the wrist, trapping at the elbow and attacking the neck.

Here we see an application of the Seven-Star Counter-Intercepting Hook. Sifu Lee places his hand on top of the hand of the opponent and traps it back. Here's a view from another angle.

After the grab, Sifu Lee places his hand on the opponent's hand and twists with a wrist lock.

[43:48] - CHAPTER 13: Freestyle Techniques

JOHN CHENG: We will now see a demonstration of freestyle techniques used at random, pulling out the different techniques that we've gone over in this tape series from the different forms. Once you have the building blocks, you can put them together in a freestyle manner.

Hook, grab, punch, KWA (掛), reverse punch.

Hook, grab, punch, KWA (掛), reverse punch, back fist, horse punch.

Millstone palm, back fist, circle-entering punch.

[46:03] - CHAPTER 14: Credits

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[47:18] - END OF TRANSCRIPT