

**DEMONSTRATION OF BIG WHEEL FIST [EXCERPT] GRANDMASTER LEE KAM  
WING'S NORTHERN MANTIS KUNG-FU**

**LINK: <https://youtu.be/z6Jo-CDLI0Q>**

**FULL TUTORIAL: <https://youtu.be/E65xIvuQhkQ>**

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**[00:00] - 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(轆轆捶), 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.

**[05:11] - END OF TRANSCRIPT**