

DEMONSTRATION OF BLACK TIGER INTERCEPTING FIST [EXCERPT]  
GRANDMASTER LEE KAM WING'S NORTHERN MANTIS KUNG-FU  
LINK: <https://youtu.be/0-NIgeOikFU>  
FULL TUTORIAL: <https://youtu.be/E65xIvuQhkQ>  
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**[00:00] - Black Tiger Intercepting-Fists 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.

**[04:19] - END OF TRANSCRIPT**