

**DEMONSTRATION OF CRUSHING STEP [EXCERPT] GRANDMASTER LEE KAM
WING'S NORTHERN MANTIS KUNG-FU**

LINK: <https://youtu.be/U0EXt5gdOe4>

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04/14/2025

[00:00] - Demonstration of the Crushing Step or Bombo Form

JOHN CHENG: Master Lee will demonstrate the form Bung Bo Kuen (崩步拳), meaning Crushing Step, Collapsing Step.

This is a basic form of the Seven-Star Praying Mantis system which is said to be created by Wang Long, the founder of our style.

In this form, there are 12 basic keyword elements found inside which forms the core of the Seven-Star Praying Mantis system.

Although this is a basic form of the Seven-Star Praying Mantis system, one has to understand that the developer and creator of our style was actually an advanced practitioner at the time of creation.

So even though this is a beginning form is actually maybe an advanced form in other styles.

We will now demonstrate the first section of Bung Bo Kuen (崩步拳).

Now we'll break up the different components of the form.

As Master Lee is in the ready position, he will step back into the left leg, left leg stepping back and stepping into the right Tiger-Riding Stance with a right Straight Punch.

As he punches out, he hits his left palm stepping back into a left Tiger-Riding Stance.

And this posture is known as Praying Mantis Catches the Cicada.

Left hand parries back to the left Palm Strike, stepping forward to the right Forward Stance, the right Straight Punch, grabbing, jumping up, Single-Leg Stance, and right Back-Fist.

And now we'll demonstrate the form from the rear.

Stepping back with his left leg, stepping forward with the right Cat Stance, Parry, right Straight Punch.

The right leg steps back into the left Tiger-Riding Stance and the posture is known as Praying Mantis Catches the Cicada.

Left Palm Strike as you move forward to the left Forward Stance and then right Forward Stance.

Right Elbow Strike, right Back-Fist.

Section two, Rear-Plucking, Double Arm Bar, Hook, Ou Lou Choy (勾樓採), Uppercut, left Palm Strike, right Straight Punch, pull back Double Arm Bar, Waist-Chop, Back-Fist, Double-Mantis Block, into a Hammer-Fist Strike.

Reverse angle of section two, Rear-Plucking, Double Arm Bar, Hook, Ou Lou Choy (勾樓採), Uppercut, left Palm Strike, right Straight Punch, Double Arm Bar, Waist-Chop, Back-Fist, Double-Mantis Block, Hook into a Hammer-Fist Strike.

Third section will be the Tip Kao (貼靠), twisting, Uprooting Kick with Double-Mantis Hook, Mantis Catch the Cicada, Double Kick, Mantis Strike, Double Arm Wrist Lock, right Uppercut, sweeping.

Reverse direction, third section.

Double Wrist Lock, Uppercut, sweeping action into a Collapsing Stance.

Fourth section, continue with the sweeping, left Uppercut, Back-Fist, hooking, right Straight Punch into Mantis Catches Cicada and that completes Bung Bo Kuen (崩步拳).

Reverse angle, sweep, sweep, Waist-Chopping, left Roundhouse, left Back-Fist, Hook, right Straight Punch, Mantis Catches Cicada.

[07:21] - END OF TRANSCRIPT