

**PEACH FLOWER FIST [TAPE 3: ADVANCED] GRANDMASTER LEE KAM WING'S
NORTHERN MANTIS KUNG-FU**

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[00:00] - CHAPTER 1: Introduction

JOHN CHENG: Welcome to our third videotape, Advanced Peach Flower Fist Form. This is a two-man set, and we teach this to our advanced students.

What you'll see here are a combination of the mantis techniques that we've utilized in the previous two series. This tape is taught by doing the form together, and then you'll see instruction on each person doing their individual forms in reverse angles, and in regular angles at regular speed and at slow speed.

Two-man sets are designed to develop precision and accuracy, timing, distance when dealing with an opponent. Usually, two-man sets are taught before a student progresses to total freestyle fighting, and this is done in a more controlled setting, developing conditioning in the arms and then legs, developing timing so as not to hurt your opponent in a training situation.

[02:17] - 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.

[08:45] - 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 30 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.

[12:20] - 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.

[14:09] - 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.

[16:10] - 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 (勾), meaning Hook, Lou (樓), 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.

[18:37] - 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.

[19:58] - CHAPTER 8: Demonstration of the Advanced Peach Flower Fist Form

JOHN CHENG: Here we see Sifu Jeff Bruflat performing his section of Peach Flower Fist. This form involves a lot of hopping into forward and retreating motions. Wonderful to develop footwork. A lot of banging going on with the arms, and this helps develop conditioning and strength, hardness and firmness in the arms.

Now we'll see the form with Sifu John Cheng doing the Peach Flower Fist. Lots of intricate hand movements for close combat we see here in Peach Flower Fist. We see some hard techniques as well as soft techniques, utilizing the opponent's energy against him.

[30:08] - CHAPTER 9: Highlighted Movements

JOHN CHENG: Now we're going to see some highlighting movements from TOU FA SAN (桃花傘對打), Peach Flower Fist. Notice the hand work is nice and slow being demonstrated. When performed, this should be performed quickly. These are a series of parrying movements.

The parry is a double arm parry pushing up, these are hard blocks with hook, grab, palm strike. Parry down, knocking the arm out of the way, kicking. And the opponent reverses this technique, kicking and block.

This one involves a double parry, double punch. Double block to the leg. Notice the sweeping action, practice slowly, then develop your speed and coordination and accuracy. Sweep from the rear leg, hop over, sweep again.

Here's a highlighted movement of the double parry, single punch. You want to parry at the wrist and at the elbow, moving in using your waist with the punch to the ribs.

This is one version of this parry, there's a hook on the top and a hook from the bottom. This version demonstrates the hooking on the top, there's another version that demonstrates hooking from the bottom of the wrist.

[34:02] - CHAPTER 10: Applications

JOHN CHENG: Now we're going to demonstrate single applications of the Hook, Grab, Palm Strike. These are isolated techniques taken from the form at regular speed. Hook, Grab, Palm Strike against an incoming punch.

This technique is called Mantis Offers the Peach. You want to parry the energy upward from the strike, the point of contact is the wrist and the elbow, and simultaneously executing a right Cross Kick. Or also known as a Lifting Kick to the groin. Double parry up and lift up kick to the groin.

Here we'll demonstrate the Cross Kick against a punch. And executing a reverse punch, pulling down the hand, executing a palm strike to the face, and a cross kick to the groin simultaneously.

The Mantis system is known for aiming high and attacking low, so as to deceive the opponent that the fake attack is up high, but the real attack is down low. The fake is to the face, but the real attack is down low.

This next technique is actually a demonstration of the usage of the roundhouse kick, followed by a straight punch into the opponent's rib, midsection.

We also see a defense against the roundhouse with the double parry. Sifu Jeffrey Bruflat utilizes a roundhouse kick. Sifu John Cheng does a double parry to move away and deflect the energy of

the roundhouse kick, however, he receives a punch to the midsection.

[37:31] - CHAPTER 11: Advanced Training Drills

JOHN CHENG: Now we'll demonstrate some advanced training drills. This is called "JIM LIM", meaning to make contact and stick. This is practiced with two people.

Sifu Jeff Bruflat utilizes the mantis hooking techniques to pull down the opponent's arm, so as to stick and make contact, and then utilizes a spear hand to the opponent's midsection. This is initially practiced slowly, and eventually sped up to develop speed and coordination. The defender is utilizing the upward KWA (掛) to block against his strikes.

Now we will see the demonstration of the wrist lock drill. This is a nice little drill to develop wrist strength and punching power.

[39:38] - CHAPTER 12: Partner Training Drills

JOHN CHENG: Now we'll demonstrate some partner training drills. This is the Single Mantis Hooking Drill, developing wrist strength, forearm strength, and plucking strength. Alternating back and forth with your opponent, with your partner.

You want to practice on the right hand side, then you can alternate to the left hand as well. In Kung Fu, you want to be well versed on both sides of your body, in case something would happen, or if the attack comes from the opposite direction, opposite side, then you'll be more comfortable in defending the attack.

Next drill is Hook, Grab, Pluck Drill, and we see Sifu Lee utilizing the outside gate, and Sifu Cheng utilizing the inside gate. Hook, Grab, Pluck, Punch. Hook, Grab, Pluck, Punch. This is practice slowly, and then eventually the speed is built up.

Next drill is called "Chin Se Sao" - "Double Wrist Wrapping". We've seen this in previous tapes, but the emphasis is placed on the waist movement, and also the wrist locking, to develop strength and flexibility in the wrist.

Again, in your training, you want to alternate sides. This also helps develop stability in your stance work, knowing that someone is pulling and tugging. This helps you to get rooted in your stance.

This is the Peach Flower Drill. Hook, Grab, Palm Strike, parry the attack down with a kick. This drill works on developing quick footwork and quick kicking skills.

This next drill is the Sweeping Drill. The foot should stay on the surface of the floor. The pivoting should be on the ball, the supporting foot.

Next is the Tornado Kick Drill, developing flexibility and agility in performing the Tornado Kick.

[44:39] - CHAPTER 13: Credits

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[45:54] - END OF TRANSCRIPT