



The Secrets of Eagle Claw Kung-fu: Ying Jow Pai

Leung Shum

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About this book One of the few modern Chinese martial arts derived from actual military combat experience, Eagle Claw kung fu is a powerful system featuring advanced locking-hand moves perfected over centuries of civil conflict in China. Kung fu and tai chi master Leung Shum brings this timeless art to today's practitioners, going beneath the veneer of gymnastic athleticism for which the style is known, and revealing many of its essential secrets and insider tips. Shum explains the fundamentals of Eagle Claw kung fu, including the crucial first thirty locking-hand techniques, the punches, kicks, and the all-important signature claws of Ying Jow Pai. Hundreds of photographs augment Shum's text, creating the ultimate guide to Eagle Claw kung fu.

About the Author Sifu Leung Shum began the study of kung fu and t'ai chi ch'uan at the age of eight. Raised in Hong Kong, he moved to New York City in 1971, where he opened the first Eagle Claw school for the general public in the United States.

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