

Southern Praying Mantis

Martial Arts

(Close Hand Fighting System)

Stage 1

1. Basic Footwork and steps
 - a. Forward
 - b. Cross
 - c. ½ forward
 - d. Knee-raise
2. Basic hand movements to teach perimeters of the body
 - a. Deflection hand (Cye Sau)
 - b. Spring, bounce (Dow Sau)
 - c. Hooking hand (Narp Sau)
 - d. Cutting-back hand (Got Sau)
 - e. Locking hand (Saw Sau)
 - f. Sinking-elbow hand (Chum Cung Sau)
 - g. Sweep-in Hand (Suet Sau)
3. FORM. 3 Step arro (Saam Bo Jin)
4. Eighteen Bridge hands (Sup Baat Kui sau)
5. Basic grinding arm practise (Square, circular)
6. Conditioning exercises
 - a. Hammer hand (Gau Choy)
 - b. Back-hitting hand (Tuc Jeurng)
7. Press ups.
 - a. Hedgehog (Chee Sarn Gup)
 - b. Tiger stretch
 - c. Snake raise

Stage 2

1. Ten linear hand drills
 - a. San Sau
 - b. Grab & attack hand
 - c. Nailing hook punch
 - Etc.
2. FORM. 3 Arrows & Shake off the bridge (Saam Jin Yui Kui)
3. Two person strength training drill (must be practised with different footwork)
 - a. Double arm practice (Doy Chong)
 - b. Single arm practice (Dan Chong)
4. Elbow-picking hand two person training drill (Lim Chung Chong)

Stage 3

1. Ten forward attacking movements (Sup Lin Sau)
2. FORM. 3 Step Bow slicing bridge (Saam Gung Pai Tan)
3. Two person training drills
 - a. Bow-pulling hand (Man Dan Chong)
 - b. Grabbing tie hand (Soc Sau Chong)
4. Sensitivity exercise (Eight sections must be covered) Starting with the five destruction skills Hunting the arm (This is a crucial skill, and the relative skills will be added throughout one's training, incorporating legs, hands & locks from the beginning to advanced levels, etc.)
5. Kicking Skills and applications of all above techniques

Stage 4

1. Qi gung exercises
 - a. 18 internal dark hands (Sup Baat Um gen Sau)
 - b. Single Qi Gung exercises – finger power, palming, etc.
2. FORM. 3 Step level hand (Saam Gung Pai Kui)
3. Two person training drills, 4 types must be covered such as Moving person practise (Jee Kui Chong)
4. Intermediate Footwork skills such as twisting steps, chasing steps etc.
5. Intermediate power exercises, including different grinding hand exercise

Stage 5

1. Qi Gong exercises Internal clamping palm (Hup Jeurng Gung)
2. Two person training drill, outside circular drill and inside circular drill
 - a. (Mor Jau)(Noi mor jau)
 - b. (Pic Jau) wrist and claw
3. Stepping Rib Bone strengthening exercises (Dip Gwut Gung)
4. Locking and grappling skills (starting with the twenty wrist locking positions)
5. FORM. Opposite forces form (Yum Yearn Kum La Sau + Sup Wu Sau) 10 advanced hands.

Stage 6

1. Two man training skills
 - a. Side-stepping practise
 - b. Rabbit chong (Searn Touw Chong)
 - c. Deflection hand practise (Cya Sau Chong)
2. FORM. Double Rabbit punching hands (Searn Touw Sau) & Propellor turning hands (Law Suen Sau)
3. FORM. Buddhist hands (Fut Sau)
4. Conditioning drills
 - a. The nine hit pattern
 - b. Crash back
 - c. 3 star
 - d. Legs
 - e. Shoulders
 - Etc.
5. Rib bone strengthening exercises (3 Drills) (Dip Gwut Gung)
6. Different intermediate level grinding arms (Swimming dragon Chy Sau) etc.

Stage 7

1. Two man fighting form 36 Sections (Sarm Sup Look Lin Jer See) plus applications
2. Two man drills. Leg sensitivity (Tuc Keok Chong)
3. FORM. Four power hands (Say Bun Gen Sau) & vapour breath hands (Tow Mo Sau)
4. Two man training drills relating to the form, (Say Bun Gen Chong etc.)
5. Intermediate strength training drills (Dul Chong, Hoy Kui Chong etc)
6. Grappling skills for elbows and arms
7. FORM. Swimming Dragons (Sub Baat Yau Loong)
8. Blood sand palm (Hoot Sar Jeurng)

Stage 8

1. FORM. Always Hitting Hands (Cow Da Sau)
2. FORM. Banging on the drum (Da Dang Sau) & Outer Nailing punch (Loi Deng Choi)
3. Iron shirt training including Gum Chong
 - a. The 5 twisting steps drill
 - b. The 5 stretching
 - c. The 5 turning
4. Two man iron shirt training drills (Chee fa chong & Tid Sun chong etc)
5. Two man training sensitivity drills (Got Sau chong, Pai Kui Chong, Toong Sut Chong etc.)
6. Two man wrist strengthening drills (needed for close-in grappling)
7. FORM. Big and small circular hands (Daai Sui Lin Wun Sau)
8. FORM. Hidden power hands (Num Gen Sau)

Stage 9

1. FORM. 2nd level 3 arrows (Yee Kup Saam Bo Jin)
2. Two man sensitivity drills (Kum la chong, Chung Chong, Chi Sau Chong, Gen Tung Chong, Narp Keok Chong etc.)
3. Seizing & clawing drills (Mor Kum)
4. Neck training drills (How Gen or gung)
5. FORM. The Four gate hands (Say Mun Sau)
6. FORM. Catching hands (Nip Kui) 1 & 2
7. FORM. Iron Cow power (Tid Ngau Gung)
8. FORM. Picking up the mountain (Bic Sarn)
9. FORM. The hands with no Shadows (Mo Yin Sau)
10. FORM. Palming form (Poc Jeurng)

Stage 10

1. FORM. Cutting across the bridge (Chor Kui)
2. FORM. Twisting dragon leg and footwork, Flying Dragon Kick Floor skill form (Foong Loong Keok & Poon Loong Keok)
3. Advanced footwork training
4. FORM. 3rd level advanced form (Saam Kup Saam Bo Jin)
5. Two man training drills (Bo Sim Chong, Lau Sau Chong etc.)
6. FORM. Shock Power form (Gen Tung Gen Sau)
7. FORM. Nine top hands (Gau See Mun Sau)
8. FORM. Searching the insect hands (Bo Sim Sau)
9. Two man 2nd fighting Form (Always chasing)
10. FORM. Over and circular hands (Doong Wa Lin Wun Sau)

Weapons and their respective fighting forms

1. Straight Sword, with knife (Yau Loong Kim)
2. Pole forms
 - a. 5 element Staff (Ng Hung Gwun)
 - b. Poison Snake Staff (Dook Sair Gwun)
 - c. Searching Insect staff (Bo Sim Gwun)
 - d. Yellow Cow Twisting Tongue Staff (Wong Ngau Jin Joy Gwun)
3. Iron Rulers (Dit Jek) Sai
4. 3 point Turning Trident (Law Shuen Pa)
5. Butterfly Knives (Woo Dip do)
6. Curved sword & Rattan shield (Dan Do, Tong dep)
7. Spear (Ying Cheurng)
8. Walking Stick and Bench

Weapons Fighting Forms

1. Pole v Pole 1 & 2
2. Pole v Pole training drills
3. Double pole v Iron Rulers (Searn Tow Gwun doy Dit Jek)
4. Spear v Sword and Shield (Ying Jeurng doy Dan Do Tong Dep)
5. Butterfly knives v empty hand

Other training drills

1. Lifting up the testes (Sun Sook Gung)
2. Plum Blossom pole training (Moi Fa Chong)
3. Iron Palm (Dit Sar Jeurng)
4. Lifting Stakes (Bic Sarn gung)
5. Sitting in Lotus to train eyes, breath energy etc.
6. Using bamboo to strengthen and condition

No attempt was made to go into detail, your requirement is to study and absorb.