


[DOWNLOAD](#)


## Pak Mei Kung Fu: Southern Style Staff

By Williy Pang

TNP Multimedia, LLC. Paperback. Book Condition: New. Paperback. 132 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. Pak Mei, or White Eyebrow Kung Fu, was first introduced to the martial world of Guangdong Province, China during the early part of the 20th Century by Master Cheung Lai Chuen. Considered the modern-day founder of this fighting art, Cheung Lai Chuen drew upon his collective combative experiences to formulate a comprehensive system of effective and efficient fighting methods. While its reputation has primarily been built upon its unique approach toward hand-to-hand combat, Pak Mei maintains an equally impressive array of traditional Chinese weaponry within its martial repertoire. Among the fundamental armaments of Chinas civilian population, the staff was the most accessible and ready to use. Daai Jan Gwan, literally the Great Formation Pole, is a foundational Pak Mei weapon set designed to defend against multiple assailants. On a broader scale, this routine reveals many shared common characteristics found in traditional Southern Chinese martial arts. Its fundamental principles, training methods, and combative concepts exemplify the essence of nearly all traditional Southern Chinese staff methods. Williy Pang has over 30 years of interest and experience in Chinese martial arts with nearly 20 years dedicated to Pak...



[READ ONLINE](#)  
[ 7.18 MB ]

### Reviews

*This composed publication is fantastic. I was able to comprehend everything using this composed e book. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Miss Ova Kuhn IV**

*Good electronic book and valuable one. It is one of the most incredible publication we have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Mrs. Bridgette Rau MD**