

Huang Han Xun

Shaolin Internal Training Set

LUOHAN GONG

羅漢功

少林真傳

古青黎范旭東氏錄





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Shaolin Internal Training Set

FREE TRIAL VERSION

(fragment from the book)



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Huang Han Xun
LUOHAN GONG

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2006

About Author

The "Mantis King" Huang Han Xun was born in Guangdong province, Shun De county. He joined the Hong Kong Jing Wu Association in 1932 and began his instruction under shifu Luo Guang Yu. Apparently, shifu Huang Han Xun worked as a janitor in the Jing Wu association, therefore as an employee of the place, shifu Huang had the ability to take classes taught by instructors of various styles.



At the age of twenty he was encouraged by shifu Luo Guang Yu to establish a school in Macau. He then went to Hankou to teach at the Hankou Jing Wu Association branch. Shifu Huang Han Xun was asked by shifu Luo Guang Yi (who was teaching at the Hong Kong Jing Wu) to go to Wuhan, Szechuan province to teach at the Ching Wu branch there.

Throughout his long teaching career, shifu Huang Han Xun published over forty volumes on the northern praying mantis kung fu system. These would serve to be a guide for future generations of the northern praying mantis system. Shifu Brendan Lai says that shifu Huang Han Xun wished to spread mantis and share as much of the art as he knew with the world freely. He felt that the best way to preserve the theories and techniques was to openly share them with everyone. His death in 1973.

History of Creation of Book “LUOHAN GONG”

The history of the creation of this book goes back to Master Fan Xu Dong (life time: 1841 – 1925, according to another data - 1936). At the turn the 19-th and 20-th century Fan Xu Dong several times visited Shaolin Temple where he studied heritage of the monastery. That's what Master Jon Funk writes about it: “Fan made several trips to the Shaolin temple and spent time there researching with the monks. From these trips to the Shaolin temple, as well as his other work with the Seven Star Praying Mantis system, he wrote five volumes titled "The Shaolin Authentic". These handwritten manuals contained concepts on fighting skills, medical information and historical aspects of kung fu. Contained in one of these five volumes is the eighteen exercises of the LUOHAN GONG complete with replicas of the original drawings of the Shaolin monks demonstrating the postures of each exercise.” These five books were later hand copied in Hong Kong by shifu Huang Han Xun. The original illustrations and calligraphy on LUOHAN GONG by shifu Fan Xu Dong was reproduced in shifu Huang's book in which he added photographs to depict the movements.

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- Position 4. Turn your face up, bend yourself back in the waist and stick out the stomach.

Form II. BA WANG JU DING – The Great Prince Raises a Tripod.

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- Position 2. Mighty eagle spreads its wings. Strain power of the whole body.
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- Position 4. To lift a club weighing 1000 JINs and mount a horse.
- Position 5. To present the moon on a gold tray. Strain power of the whole body.

Form III. JUO YU CHA HUA – To Stick Flowers to Left and Right.

- Position 1. Hands in the initial position at the waist, feet are set together.
- Position 2. The Saint Hermit shows the road.
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- Position 4. To encompass ribs with a hook from below, to bend the leg in knee, to raise up the toe.
- Position 5. Cross arms, reap the fruits of your efforts, raise Qi.

Form IV. KU SHU PAN GEN - Intertwined Roots of a Dry Tree.

- Position 1. The Rhinoceros looks at the moon. To bring forward palms.
- Position 2. The hawk turns in its nest.
- Position 3. To fish out the moon from the sea bottom. To bend legs in knees, to sink the waist.
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- Position 4. To take water with cupped hands.

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Position 4. To put palms toward the wind.

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Position 2. To stretch out the groin and chop in wrath.

Position 3. Flitting of a pair of swallows.

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Position 1. Counteraction of two forces.

Position 2. To divide force among muscles and sinews.

Position 3. To clench fist, accumulate force.

Position 4. Join palms in front of the face, stand still in a resting position.

Form X. QING LONG BAI WEI – The Green Dragon Wags its Tail.

Position 1. Rest on heel, make a push with arm.

Position 2. To swing the whip on horseback.

Position 3. Wide stance for all-round defense.

Position 4. To repel from the front, to hold back from the rear.

Form XI. ZUO YOU PIAN MA – To Mount the Horse from the Left and Right.

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Position 2. To catch a cicada.

Position 3. Make a turn and put arms together.

Position 4. The golden cock stands on one leg.

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Position 1. To run the wind along sides.

Position 2. Four supports hang in the emptiness.

Position 3. The dead snake lies on the ground.

Position 4. Hang a Seal on the breast.

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Position 1. To turn and hit at the middle level.

Position 2. To hold a broadsword weighing one thousand JINs.

Position 3. To turn and make a push with arms.

Position 4. The Great Prince bends his bow.

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Position 2. To bend the bow, draw the string and put it in.

Form XVII. ZHANG LIAO XIAN PAO – Zhang Liao presents a Robe.

Position 1. To raise up a knee, to embrace the moon with arms.

Position 2. To rest (on ground) with force, bend a knee.

Position 3. To hurl a heavy double blow.

Position 4. To pull up reins, while sitting on a horseback.

Form XVIII. JIN GOU GUA PING – Hanging a Jug on a Golden Hook.

Position 1. To look at the point of meridians intersection.

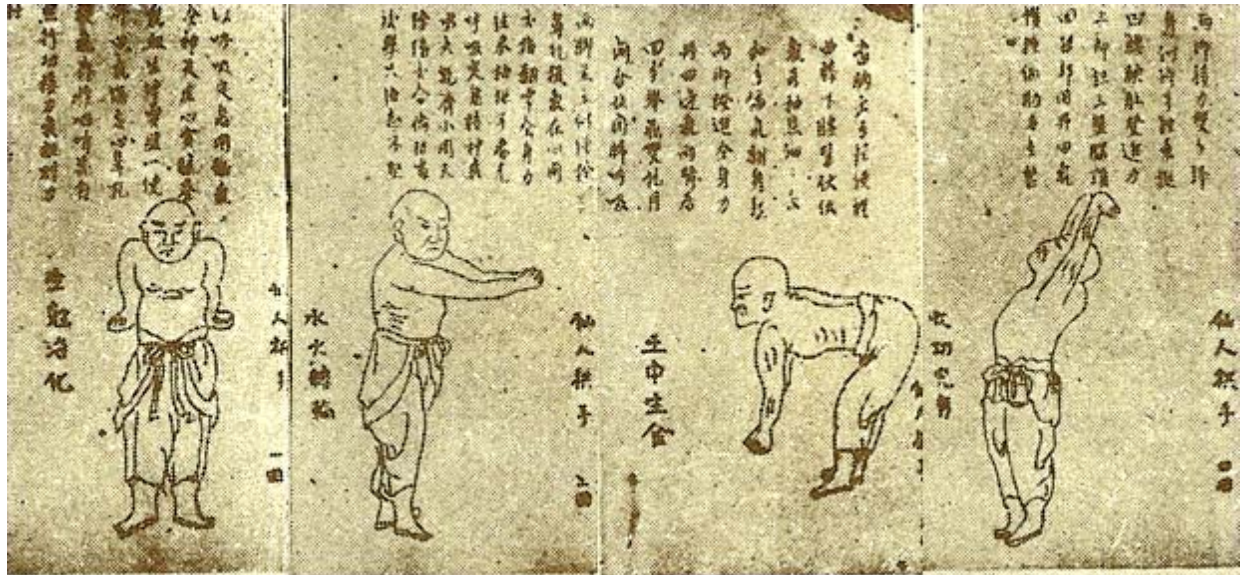
Position 2. To bend the torso to preserve kidneys.

Position 3. Jade pole supports the sky.

Form I.

XIAN REN GONG SHOU

The Saint Hermit Greets.



Original illustrations and calligraphy by shifu Fan Xu Dong. From the manuscript "The Shaolin Authentic".

Position 1.

Arms are let down along the body, feet are set together.

Training method: Stand at attention, set feet together, the toes point forward, let down arms along the body. Clench hands into fists and raise them to the waist level, look straight in the front. Breathing is natural (**Photo 1**).

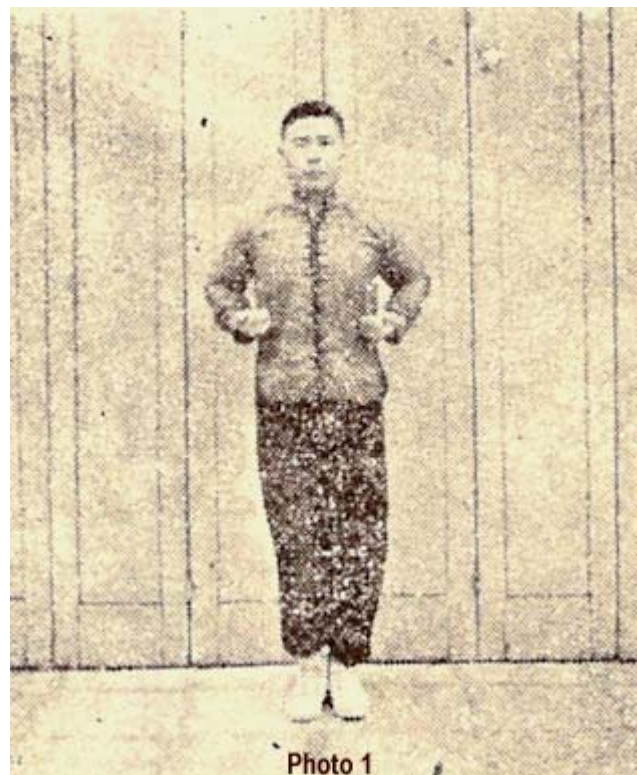


Photo 1

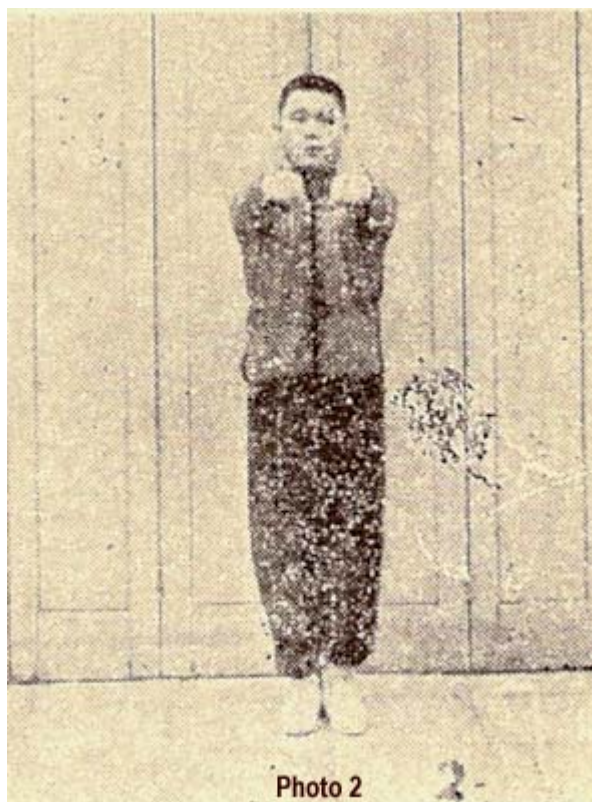
Position 2.

Turn over hands and raise a tripod with power of QI.

Training method: Being in the previous position (**Photo 1**), without changing the position of legs, slowly move fists from the waist forward and upward in front of you. Fists are at the shoulder level, arms are straight. While straightening arms you breathe out (**Photo 2**).

Unclench and straighten fingers of both hands, then slowly bend fingers and clench them into fists again, slowly return hands to the initial position near the waist (**Photo 1**). At that time draw a breath.

Move fists forward again, unclench fingers, then bend them with force and clench into fists again as if you grasp something with hands. Return fists to the initial position as if you pull something toward you.



Do the exercise in such a way eight times (straightening and drawing arms is considered one cycle: **Photo 1 - 2**).

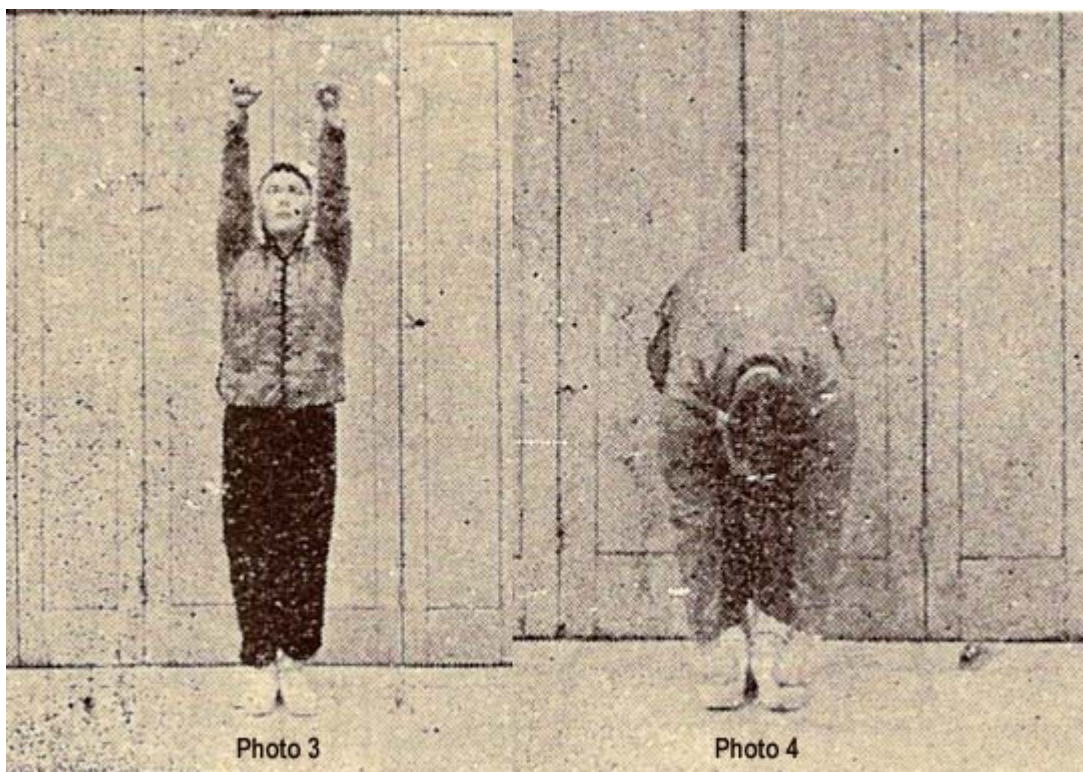
Position 3.

Bending in the waist and stooping forward.

Training method: Start from the position shown in **Photo 1**. Hands are clenched into fists and placed near the waist. Quickly stretch arms up and draw a breath at that time (**Photo 3**).

Then bend down to touch the ground with fists and breathe out at that time (**Photo 4**).

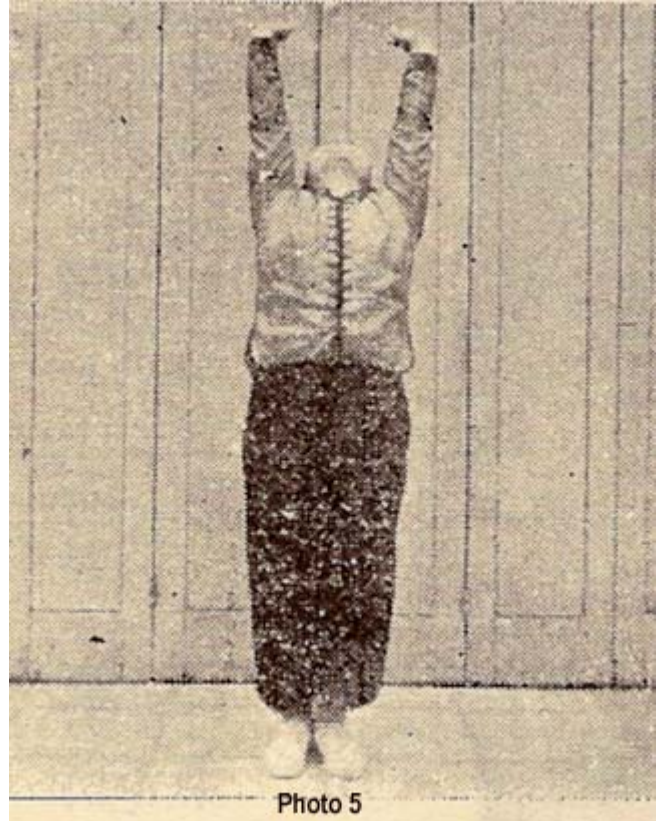
Do the exercise eight times according to the above description (**Photo 3 - 4**).



Position 4.

Turn your face up, bend yourself back in the waist and stick out the stomach.

Training method: In the position shown in **Photo 4**, unclench and straighten fingers and transform your fists into palms. Raise palms up, bend yourself back in the waist, throw your head back to the limit (**Photo 5**). Stay in that position as long as possible, keeping the balance and controlling breath to maintain it even and quiet.

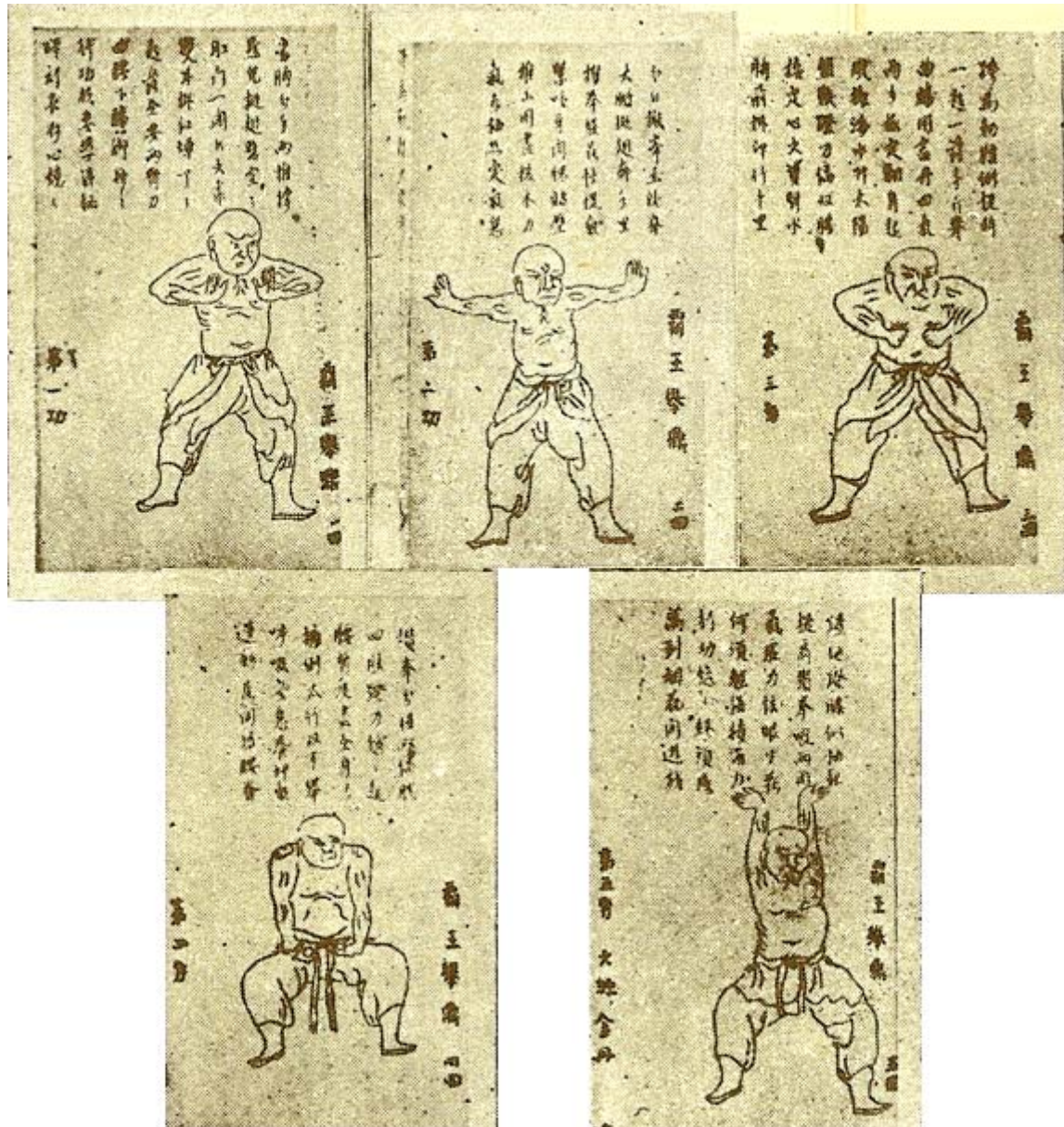


After finishing the exercise let your arms down along the body, calm your breath and then proceed to do exercises of **Form II**.

Form II.

BA WANG JU DING

The Great Prince Raises a Tripod.

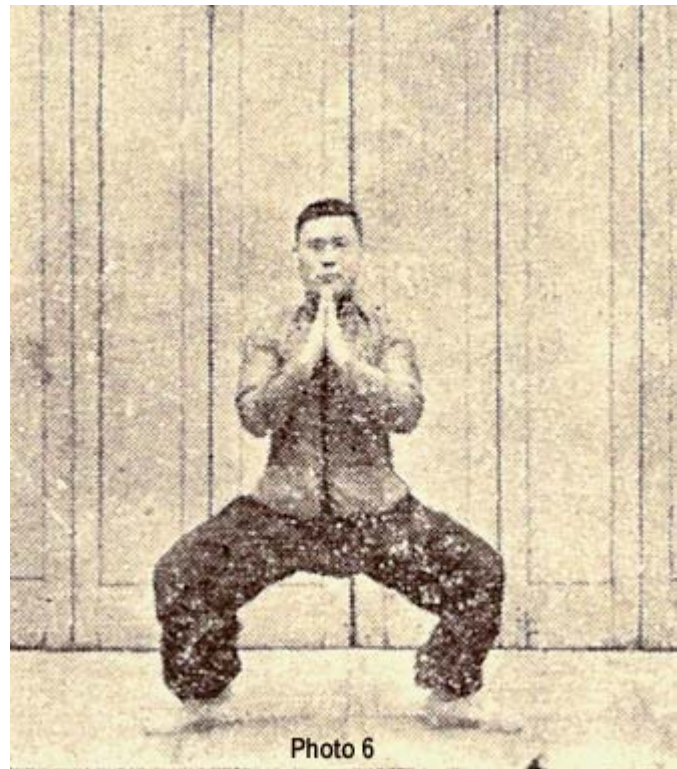


Original illustrations and calligraphy by shifu Fan Xu Dong. From the manuscript "The Shaolin Authentic".

Position 1.

Hands divide water into two streams, legs are filled with strength.

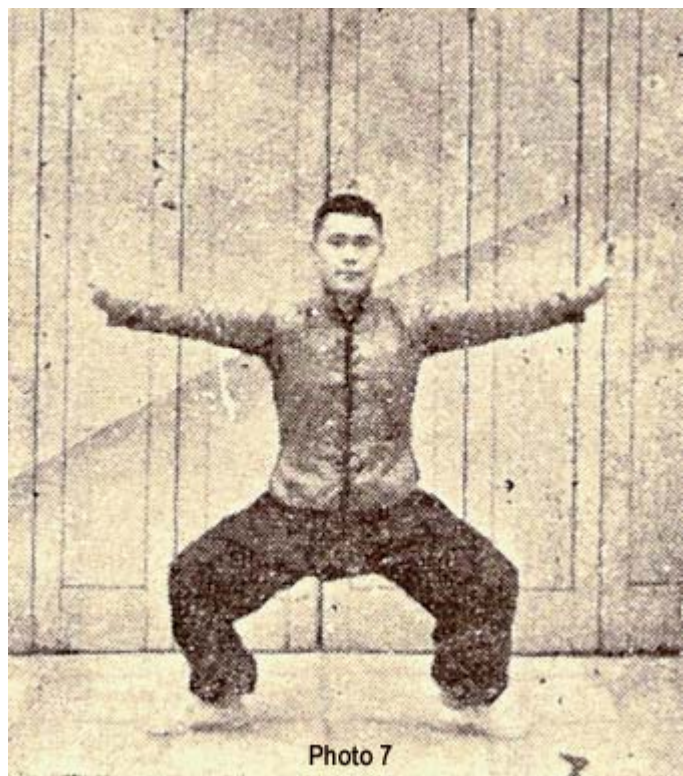
Training method: Set feet widely to the left and right sides so that heels are on one line (with the shoulder line). Join palms together in front of the breast, breathe evenly and quietly. Stare ahead (**Photo 6**).



Position 2.

Mighty eagle spreads its wings. Strain power of the whole body.

Training method: Start from the position shown in **Photo 6**. Slowly straighten arms to sides at the shoulder level, wrists are bent, palms are turned outside. At that time draw a breath (**Photo 7**). After arms are completely straightened, return them to the initial position in front of the breast, simultaneously breathe out (**Photo 6**). Then straighten arms again (**Photo 7**) and so on.

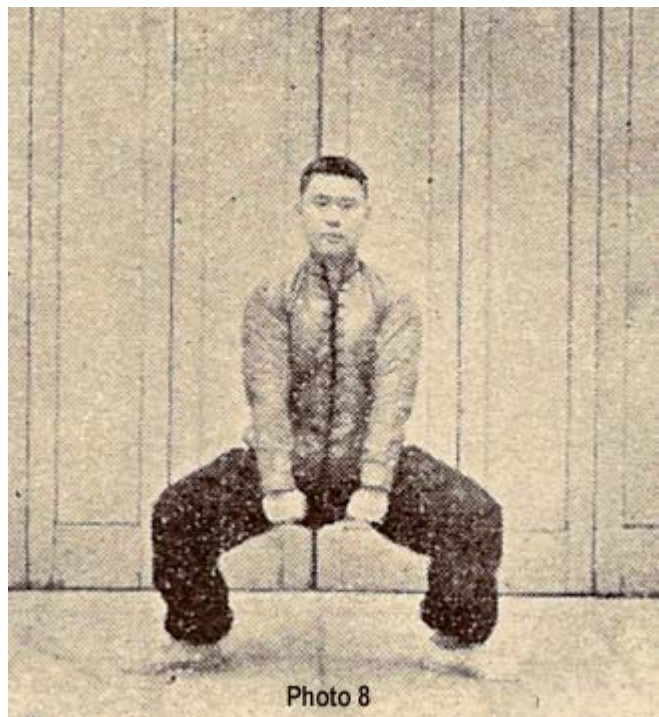


Repeat the exercise eight times (straightening and drawing arms is considered one cycle: **Photo 6 - 7**).

Position 3.

To divide the position with a pair of beetles, saddle a horse and jump up the saddle.

Training method: In the position shown in **Photo 6**, clench palms into fists and let them down with force, at that time you breathe out (**Photo 8**).



Position 4.

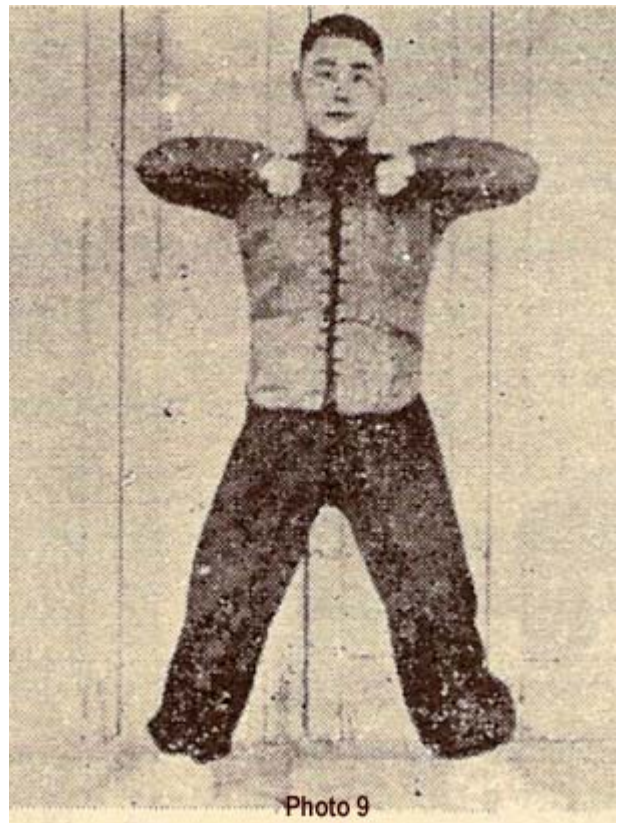
To lift a club weighing 1000 JINs¹ and mount a horse.

Training method: The initial position is as shown in **Photo 8**. Straighten fingers of both hands. Then clench fingers into fists again (as if you grasp something with hands) and raise arms up, concurrently straightening your legs. Place arms at the shoulder level (**Photo 9**). Then bend your legs, let down fists and return to the initial position (**Photo 8**).

Editor's notes:

¹ JIN, a measure of weight equal to ½ kg.

Do the exercise eight times. While lowering fists, you breathe out (**Photo 8**) and while raising them, draw a breath (**Photo 9**).



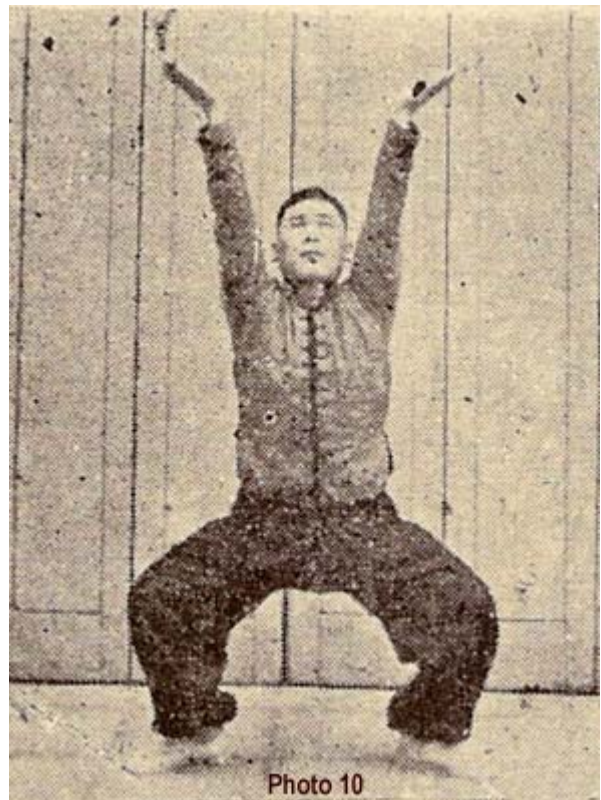
Position 5.

To present the moon on a gold tray. Strain power of the whole body.

(To smelt a gold pill)

Training method: Take the initial position as shown in **Photo 8**. Open fists into palms and stretch up arms vertically. Slightly throw back your head and stare ahead and up. Control breathing to keep it even and natural. Stay in that position as long as possible (**Photo 10**).

It is the last exercise of the second form.



Form III.

JUO YU CHA HUA

To Stick Flowers to Left and Right.



Original illustrations and calligraphy by shifu Fan Xu Dong. From the manuscript "The Shaolin Authentic".

Position 1.

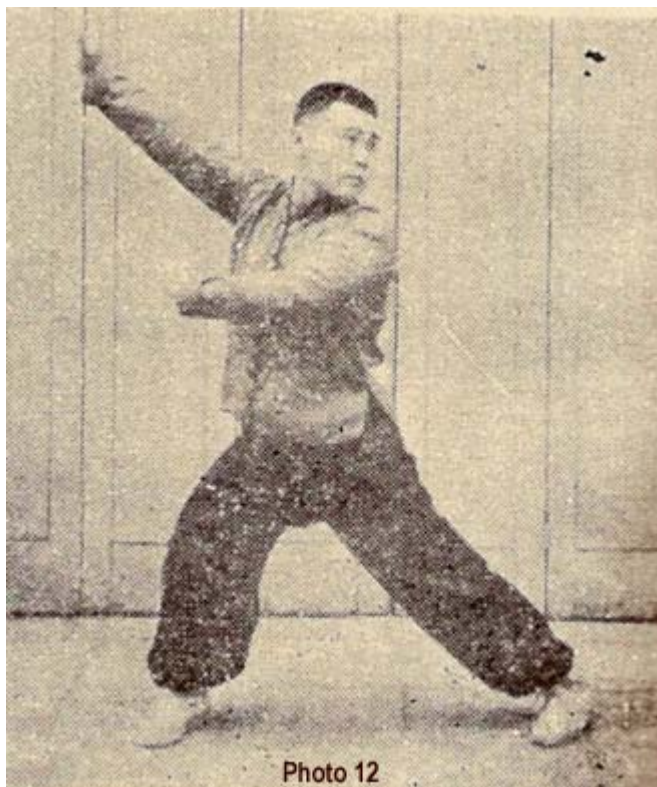
Hands in the initial position at the waist, feet are set together.

Training method: Take the initial position: fists are placed on the sides of the waist, feet are set together, stare to the right as shown in **Photo 11**.

Take a step to the right with the right leg. Open fists into palms near the waist and draw both palms to the right side concurrently with a step made by the right leg. The right arm is straight, the palm is a little above the head. The left arm is bent in elbow in front of the breast. At that time turn the head to the left. During the movement you breathe out (**Photo 12**).

Bend fingers of both hands into the grasping position, then clench fingers into fists and draw fists to the waist, draw the right leg to the left one and return to the initial position (**Photo 11**). At that time you draw a breath.

Do the exercise (a step to the right and a return to the initial position) eight times.



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by

Huang Han Xun.

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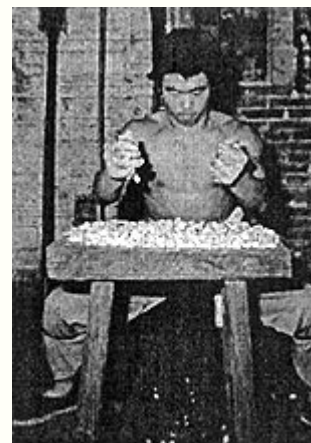
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Canonical Books by Lam Sai Wing



**Lam Sai Wing
(1860-1943)**

"SINCE MY YOUNG YEARS TILL NOW,
FOR 50 YEARS, I HAVE BEEN LEARNING
FROM MASTERS.

I AM HAPPY THAT I HAVE EARNED THE
LOVE OF MY TUTORS WHO PASSED ON
ME THE SHAOLIN MASTERY..."

Lam Sai Wing was one of the best fighters of his time, an outstanding master of **Southern Shaolin Hung Gar Kung Fu** and a disciple of the legendary **Wong Fei Hung**. At the beginning of twentieth century, supposedly in 1917-1923, when **Lam Sai Wing** was the **Chief Instructor** in hand-to-hand fight in the armed forces of Fujian province, he wrote three books on traditional Shaolin methods of the achievement of the highest mastership. In those books he scrutinized

COMBAT TECHNIQUES of **TIGER** and **CRANE** styles, as well as the **OLD SHAOLIN METHOD** of developing the "**INTERNAL**" and "**EXTERNAL**" force. The books are illustrated with a great number of fine drawings showing the author demonstrate his wonderful techniques. Until now the books of Master Lam Sai Wing serve as a basic textbook for those who seriously practices Hung Gar in China.

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