

History and Terms

Gong Fu

The term *Gong Fu* (study long) which is also known as Kung Fu, Kuoshu or Wushu, comprises a variety of Chinese martial arts with their origins dating back into the Yao-period, about 2'800 B.C.

[Note: the term *Budo* covers all Japanese styles, as Aikido, Iaido, Judo, Ju Jutsu, Karate, Kendo, Kyudo etc.]

Gong Fu challenges both the physical **and** the mental make-up of an individual. Initially the body is trained and movements are coordinated, the foundation for efficient self-defence. Later on, the study of *Gong Fu* will inevitable lead to the philosophical aspects of martial arts. Traditional patterns on forms in movement and exercising with a partner creates energies that can be applied not only in a physical sense but also to aid meditation, healing techniques and to bring about a sense of self-esteem.

Each *Gong Fu*-style has 3 aspects in training:

- Form
- Application
- Meditation

Training aims at combining these three aspects in order to achieve a harmony between the body and the soul – ‘finding your centre’. It is founded on the Chinese doctrine of the five elements: wood (forms) – fire (techniques) – earth (sensitivity) – metal (strength) – water (meditation).

Wing Chun Quan

Wing Chun Quan (delightful spring fist) is one of more than 500 *Gong Fu* styles. Its logical approach makes it suitable for efficient self-defence. This style was created by the nun Ng Mui (**NING MUI**) at the legendary convent of **Shaolin** during the Qing-dynasty in about 1760. Monks, many of whom had practised the ‘hard’ Shaolin-style for many years were impressed by Wing Chun style and practised it as a secret method. The revolutionary aspects of *Wing Chun Quan* which makes it so effective are as follows:

- simultaneousness (of defence **and** attack)
- focus on the central line (median-sagittal-plane)
- sensitivity schooling (training of reflexes)

In *Wing Chun Quan* force is not matched against force - the stronger will inevitably triumph. Training methods teach students how to put their opponent's strength to use for a simultaneous counter-attack, how to protect their weak points but target the aggressors and furthermore sharpen the students responses. As the individual relies upon skill and tactics and not strength, even a physically handicapped person is able to defend him- or herself successfully against a much stronger person. Therefore, this style equally suites women and children.

NING MUI Gong Fu Organisation

Zhang Bei Shu

Zhang Bei Shu (long arm art) was designed by the *NING MUI Gong Fu Organisation* with the following objectives:

- To learn an efficient self-defence technique against an armed aggressor.
- To minimise fears of being helpless when confronted with aggression.
- To merge knowledge and technique into self-defence training.

This training teaches individuals how to defend themselves with items that are at hand i.e. umbrellas, handbags, etc. In simulated situations self-defence eskrima-sticks or bo-staffs are used.

Bow and Sword

The *Bow* (She Jian) and the *Sword* (Jian Shu) are ways to meditate which make use of a bow, arrow and sword – the way of the bow, the way of the sword.

By concentrating both the spiritual and the physical powers of the trainee, the intention of these disciplines is to merge both weapon and target into one. The *Bow* and *Sword* is the ultimate meditation goal for the experienced. It is a complementary form of meditation for Zhang Bei Shu.

Qi Gong

Good Gong Fu makes use of energy training which is *Qi Gong* (energy cultivation) to develop internal force. Based on purification, Ba Duan Jin exercises (eight brocade threads), are taught through controlled breathing, movement and mental training. It is a stepping-stone towards learning more advanced meditation techniques. Physical and mental health are obviously improved by learning how to manipulate Qi as well as increasing the sense of harmony within oneself.

Yi Quan and Chan (Zen)

Yi Quan (mind fist) and *Chan* (meditation) are advanced forms of meditation and a natural progression from Qi Gong. Combined with styles such as *Wing Chun Quan*, a symbiosis is attained that far surpasses the average standard of martial arts. The benefits derived include the promotion of health, development of internal force, expansion of the mind and spiritual cultivation.

NING MUI Gong Fu leads to balance, contentment and self assurance.

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