Home

Welcome to the home page for Southampton Shaolin Temple Kung Fu club members area. Here you will find sections full of useful information, especially for beginners.

The Stance Guide offers detailed instruction on how to properly adopt the six main stances of Shaolin Kung Fu.

The Dictionary page contains all of the terms we regularly use and their English translations.

The Forms Guide contains videos of the first few forms you will learn at the club.

The Syllabus page contains a full breakdown of the grading syllabus

Stance Guide

This page offers instruction on how to adopt a proper stance. When you adopt Ma Bu, Gong Bu and Pu Bu you should start from the same position. Place your feet approximately the length of one of your legs apart. You should be able to adopt these three stances without changing the location of your feet.

**Ma Bu**

Squat down until your thighs are almost parallel to the ground. Your weight should be sat backwards so that your knees are not over your toes, and your back should be as upright as possible. Balancing in this position will become easier as you practice. Ensure your feet stay pointing forward and keep your hips opened wide so that your lower leg is nearly vertical.

**Gong Bu**

From Ma Bu push the heel of your right foot outwards, straightening the right leg. Twist your hips and waist to the left allowing your left foot to rotate on the ball. Make sure you twist your torso all the way to the left. Keep your left leg bent, your back upright and your head at the same height as when you were in Ma Bu. Do not bob up and down when switching between these stances. This stance can also be performed to the other side by pushing out the left heel instead.

**Pu Bu**

From ma bu drop your weight to the right by bending your right leg and straighten the left. Allow your right foot to turn outwards slightly. Try to keep both feet flat on the floor if you can, though you may find this difficult at first. From this crouched position turn your torso towards your left foot, keeping your hips facing forward. Try to ensure that the knee of your bent leg points in the same direction as your foot to protect your knee. You can do this stance on the opposite side as well.

**Xu Bu**

Stand with your legs shoulder width apart. Squat down until your legs are nearly parallel with the ground. Extend one leg out in front and touch the floor with your toes. The key is to keep 90% of your weight on the rear leg. You should be able to lift the front leg and stay stable. Ensure your back is as upright as possible. This stance can be done on both sides and may be difficult at first due to the leg strength required.

**Xie Bu**

Stand with your feet together. Cross one leg behind the other so that your left foot is on the right and your right is on the left. Next crouch down so that the knee of the rear leg goes to the outside of your front leg. Keep the front foot flat and rise on to the ball of the back foot. Keep dropping until you are sitting on your rear heel. Keep your back upright.

**Ding Bu**

Stand with your feet together and squat down until your legs are nearly parallel with the gournd. Next lift one foot up onto your toes, keeping 90% of your weight on the other leg. Keep your back upright.

Dictionary

This dictionary covers all of the terms frequently used in classes and offers guidance on pronunciation. All terms are in Mandarin and are written in Pinyin, including the tones.

How to pronounce these letters in Mandarin:

X = sh  
C = ts (ce = tse sounds like "tsuh")  
Z = ds (zi = dsi sounds like "dzuh")  
Zh = j (zhuanti = "jew en ti")

Kicks  
Zhēng tī tuĭ- Straight leg kick  
Li hu tuĭ - Inside crescent Kick  
Wài băi tuĭ - Outside crescent kick  
Cè tī tuĭ - Sideways straight leg kick  
Xiè tī tuĭ -Straight leg kick across the body  
Cāi jiăo- flick kick (walking)  
Tàn tuĭ - flick kick (standing)  
Qián săo tuĭ - Front sweep  
Hòu săo tuĭ - Back sweep  
Héng dīng tuĭ - Horizontal nail kick  
Hòu băi tuĭ - Back hook kick  
Biān tuĭ - Roundhouse kick  
Zhēng dīng tuĭ - Push kick  
Cè shuai tuĭ - Side kick

Jumps  
Xuànzi- Butterfly kick  
Xuànzi zhuănti- Butterfly twist   
Er tī jiăo - jumping flick kick

Xuàn féng jiăo- Whirlwind Kick  
Xuàn fei jiăo- Double flick kick  
Wài băi lián- Lotus Kick (reverse whirlwind)   
Hòu băi tuĭ - Jumping left leg Wài băi tui  
Cè shŏu fān- Cartwheel (aerial)  
  
 Tumbling  
Lĭyú da ting- Carp skip-up (flick-up)  
Wu lóng jiăo róu- Spinning flick up

Forms  
Lián Huán Quán- Chain fist/ Continuous fist

Tōng Bèi Quán- Through the back fist

Xiăo Hóng Quán- Small flood fist

Yīn Shŏu Gùn- Yin grip staff

Zhuī Fēng Găn Yuè Dao- Run after the wind and catch up with the moon broadsword

Other terms   
Ya tuĭ - Stretching (eg. gong bu ya tuĭ)  
Gū quán- Uppercut  
Zhí quán- Straight punch  
Bai quán- Hook punch (Preceded by Qián for front and Hòu for rear arm)  
Wu lóng pán da- Arm spinning drill  
Gōng bù xie xīng- Gong Bu punch with arms in a crescent shape  
Lù- Road

Numbers  
yī -1  
èr-2  
sān-3  
sì -4  
wŏ -5  
liù -6  
qī -7  
bā-8  
jiŭ -9  
shí -10

Forms Guide

The videos below are intended to help you remember the forms so that you can practice them in your own time, they are not meant to be used to start learning a new form as you may miss the details.

There are examples of both beginner versions and more advanced versions of the first three forms we teach, Lian Huan Quan, Tong Bei Quan and Yin Shou Gun.

Syllabus

Below are the details of our grading system and the requirements for each level.