Chinese boxing is kung-fu

By Hsin-chih Wong

Chinese boxing has become very popular in the United States, especially on the East and West coasts. It bears at least three names in this country. The first is kung-fu. But Chinese boxing is different from Western boxing. Its technique of self-defense includes not only the use of hands, without gloves, but also the use of the feet in kicking.

The second part is training in the use of weapons, for example, single- or double-edged swords, cudgels and daggers. The third part is armed and unarmed group combat in teams of one-to-one, or one-against-one, or one-against-two.

The Chinese name for Chinese boxing is Kung-fu, which means work or time. The term "Kung-fu" is derived from the Chinese philosophers, who customarily give names to their methodologies. Practitioners of Kung-fu believe that practicing boxing requires both time and energy. As the name implies, Kung-fu is especially common in the south-eastern part of China.

The history of Chinese boxing can be traced through archaeological discoveries at least as far back as the Chou Dynasty (1122 - 481 B.C.), as a small number of Chou halberds and swords were discovered in China during the 1930's.

This author deeply believes that the ancient people knew how to use their weapons, just as we know how to use today, and that weapons such as halberds and swords were not only for ceremonial purposes at court or for personal decoration, but at least were used by soldiers, if not by common people.

Almost without exception, throughout all dynasties of Chinese history, the possession and use of weapons by common people were severely restricted. The author believes that it is for this reason that many of the weapons used in the arts of martial art were generals or military men.

There have existed in China many and varied schools of boxing, and each of them has had its excellent, and hardly avoidable weaknesses. For convenience in categorizing these many authors have used such terms as internal or external schools, or the Shao Lin, or the Wu Tang schools. Shao Lin is the name of a temple established in the 5th Century in the Hu-Wei province; Wu Tang is the name of a mountain in Hu-Wei. Some authors make further distinction by categorizing the styles of various schools into the Northern or Southern styles.

Generally speaking, those boxing styles characterized by the stretching out of the legs, for instance, the Shao Shu, and those boxing styles characterized by the use of non-visible, invisible weapons, for instance the Southern boxing.

The Northern style of boxing usually begins the fight with kicks in the daily routine of exercises. Most of the forms of Northern boxing include the stretching out of the shoulders. Exercise of this kind allows the arms to achieve greater reach, and lets the arms develop a kind of elasticity. The Northern style also has kicks, and some schools pay particular attention to foot technique. In the Southern style does not usually include the stretching out of the shoulders, as does the Northern. Practitioners of the Southern style believe that by avoiding stretching out the shoulders they will maintain body balance, that is to say, avoiding the arms becoming broken by opponents.

Though the differences between the various schools of boxing can be stretched briefly, as above, the differences in style have survived for years of experience. The author's main interest is in the study of the school of Northern Style Praying Mantis, which was created in the mid-seventeenth century by Wang Lang, a native of Shantung province. He selected seventeen of the best students, and went from one school to another, with some movements of the insatiable need to know and to be taught by monkeys, and created a school of boxing, the principle of which is the principle of mutation between hardness and softness.

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Germanos failed to please or convince spectators that they were needed. The guards at the gates were not pleased and didn't carry clubs or pistols. After the terrible episode which occurred, thousands of eleven Israeli team members the whole day. But the Germans changed drastically. The German cracks were broken. They tried very hard to provide a clear contrast between the 'Hitler Olympics' of 1936. Everything seemed rather festal, very happy, but when the tragedy struck, the Germans were shocked and the athletes stunned.

When asked about the can- didate for the most popular athletes. men replied, "I was very impressed by the South Africans. They're great people and very dedicated athletes. As always. We can only do our best and try our best."

Smith feels very strongly that the Olympics should continue. He realizes, however, that there are a great many problems which must be cleared in order to run future Olympics in the spirit in which this Games had started. A peaceful competition of the world's best athletes.