

## PolyU Kung Fu Festival: Pek Mei Jik Bo Class for Beginners 理大武林大會：高手指點——白眉直步拳初班

Tutor

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Kung Fu Master

導師

**賴仲明先生**

功夫師傅

20 February,  
6 March – 3 April 2017  
(Mondays – 6 sessions)

7 pm – 8:30 pm

Fong Shu Chuen Hall



*Pek Mei* is a form of close-range kung fu originating from southern China which is characterised by its sharp, rapid, accurate movements. In each fist, six strengths (teeth, neck, waist, shoulder, arm and feet) are applied. *Jik Bo* (Straight Step) is the basic, elementary training for *Pek Mei*. This elementary class will allow participants to learn how to use strength correctly and to familiarise themselves with the entire set of *Jik Bo*. By the end of the class, participants will have a sound understanding of *Pek Mei*'s characteristics.

Master Lai, a seasoned *Pek Mei* kung fu practitioner, has won a number of awards at different competitions. His kung fu class stresses a dynamic balance between theory learning and actual practice. Master Lai is currently the vice-chairman of the Global Pak Mei Martial Arts Association and the Huizhou Guoshu Association. He is also a committee member of the Hakka Kung Fu Culture Research Society.

白眉派是南方短打武術，特點為快、準、穩、狠，勁力十足。直步拳是白眉的基本功，拳由肘部打出，每揮一拳，必須六勁齊發：牙、頸、腰、膊、手、腳。眼神則要隨手移動，手亦須隨腳進退。參加本課程之學員會先學習如何發勁，並認識馬步、身型、手法，繼而學習開拳壓腰，練習指爪拿勁、攔掌、殺勁、碎橋、轉身等動作。學員將能掌握整套直步拳的套路，並略窺白眉派拳術的特點與絕技。

賴仲明師傅習白眉派武術多年，曾於多項公開比賽中獲獎，其武術課程主張理論與實踐並重。賴師傅現為全球白眉武術總會副主席、惠州國術總會副主席、客家功夫文化研究會委員。

\*The workshop will be conducted in Cantonese, supplemented with English.