

PolyU Kung Fu Festival: Pak Mei Gau Bou Teui Class

理大武林大會：白眉九步推拳初班

Tutor

Mr Daniel Lai

Kung Fu Master

導師

賴仲明先生

功夫師傅

8 October – 12 November 2018

(Mondays – 6 sessions)

8:15 pm – 9:45 pm

Z102

Chi+Eng

Pak Mei is a form of close-range kung fu originating from southern China which is characterised by its sharp, rapid, accurate movements. In each blow, six strengths (teeth, neck, waist, shoulder, arm and feet) are applied. *Gau Bou Teui* (Nine Step Push) is the most representative style of *Pak Mei*, named for its distinctive nine steps and pushing movement. Participants of this elementary class will learn how to use different forms of strength correctly and to familiarise themselves with the entire set of *Gau Bou Teui*. By the end of the class, participants will have a sound understanding of *Pak Mei*'s characteristics.

Master Lai, a seasoned *Pak 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.

白眉派是中國南方短打武術，特點為快、準、穩、狠和勁力十足。九步推拳是白眉派的代表拳術，因其九次進階並以雙推掌為主的手法而得名。參加此一初階課程的學員將接受浮、沉、吞、吐四內勁，以及橋、馬、椿手、沉勁之訓練，並會學習行橋走馬、迫步連環步法、一橋二打、纏絲迫打之運用，從中領略白眉拳術的精髓。



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。