

PolyU Kung Fu Festival: Fujian Yongchun White Crane Class

理大武林大會：永春白鶴拳班

Instructor

Mr Robert Law

Kung Fu Master

教練

羅俊豪先生

功夫師傅

20 February – 10 April 2019

(Wednesdays – 8 sessions)

7:30 pm – 9 pm

Z102

Chi+Eng

The Yongchun White Crane style originated in Funing Zhou, Fujian during the Shunzhi reign of the Qing dynasty. It later spread to the Minnan region and became popularized around the world. Inspired by the crane's movements, the Yongchun White Crane style emphasizes balance and alternation. Participants will learn the basic movement sequences, and gain an understanding of the fluidity of force in Chinese martial arts movements.

Master Law is a veteran fung fu practitioner whose qualifications include 8th Dan, International Nan Shaolin Wu Chu Chuan; 5th Dan (black belt), Seitoku-kan Association Japan Goju School-Hong Kong Morita Karate-Do Association; and 1st Dan, Traditional Japanese Martial Art Morita Association. Master Law has won awards at a number of competitions and he is now an instructor of Yongchun White Crane style fung fu.

永春白鶴拳源於清初順治年間的福建福寧州，後流傳至閩南，並逐漸流行至世界各地。永春白鶴拳以鶴為形，以形為拳。其套路動靜有法，虛實分明，快慢相間，似剛非剛，似柔非柔。學員將受摔手、頓手、散操、盤手、三戰等基本套路訓練，從而領悟「吞、吐、浮、沉、開、合」的意義。

羅俊豪師傅習武經年，考獲國際南少林五祖拳八段、日本剛柔流正德館空手道——香港森田空手道士會黑帶五段、日本古武道森田會初段，並曾於多項公開比賽中獲獎。羅師傅現為永春白鶴拳資深教練。

