

# PolyU Kung Fu Festival: Pak Mei Saam Mun Class

## 理大武林大會：白眉三門拳班

Instructor

### Mr Daniel Lai

Kung Fu Master

教練

### 賴仲明先生

功夫師傅

18 February – 25 March 2019

(Mondays – 6 sessions)

7 pm – 8:30 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. *Saam Mun* (Three Gates) is one of the fundamental styles of *Pak Mei*, developed from *Li Kee Kuen*, Huizhou. Participants of this elementary class will learn how to use different forms of strength correctly and to familiarise themselves with the entire set of *Saam Mun*. 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.

白眉派是中國南派短打武術，特點為快、準、穩、狠、勁力十足。三門拳是白眉派的入門拳法，傳自惠州李家拳系。套路特式以走馬為主，側身、扭身、偏身都是常見的步法，西洋劍術中的進退馬步，亦體現其中。本套拳法的一大特點是埋身攻擊，擅用肘膊，令敵人無所遁走，一擊即中。三門拳甚著重搏擊技巧，初學者容易掌握，活學活用。

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。