

Fujian Yongchun White Crane Class 永春白鶴拳班



Tutor

Mr Ricky Sun

Kung Fu Master

導師

申偉基先生

功夫師傅

C+E

10 November – 1 December 2020

(Tuesdays – 4 sessions)

7:30 pm – 8:30 pm

Zoom

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 Sun is a veteran kung fu practitioner. He began practicing Shotokan Karate in Australia, and he won awards in many karate competitions in the early 2000s. Master Sun also practiced Nan Shaolin Wu Chu Chuan. He started training in Yongchun White Crane style kung fu under the tutelage of Master Lee Kong, after he returned to Hong Kong in 2011. He is now an instructor of Yongchun White Crane style kung 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。學員將受採手、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。

申偉基師傅習武經年，於澳洲學習松濤館空手道，並於千禧年初舉行的多項空手道比賽中贏得獎項。申師傅同時習南少林五祖拳，並於2011年回港後，跟隨李剛師傅學習福建永春白鶴拳，現為香港永春白鶴拳研究會教練。