

Pak Mei Saam Mun Class 白眉三門拳班



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及客家功夫文化研究會委員。

Tutor

Mr Daniel Lai

Kung Fu Master

導師

賴仲明先生

功夫師傅

C+E

5 – 26 March 2021

(Fridays – 4 sessions)

6:30 pm – 8 pm

Zoom