

Hung Kuen Class 洪拳班

Tutor

Mr Oscar Lam

Kung Fu Master

導師

林存浩先生

功夫師傅

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21 February - 21 March 2022

(Mondays - 5 sessions)

6:30 pm – 8 pm

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Hung Kuen is a southern Chinese martial art. Some of the well-known contemporary Hung Kuen practitioners include Wong Fei-hung (1847-1925) and his first disciple, Lam Sai-wing (1861-1943). A key characteristic of Hung Kuen is *taolu*, or set routine practice. The hallmarks of Hung Kuen include “Taming the Tiger Fist”, “Tiger Crane Paired Form Fist” and “Iron Wire Fist”. Weapons that accompany these hallmarks include knife, sword, stick, large *guan dao* and three-section staff.

Master Oscar Lam is the fourth generation successor in the Lam family. Since an early age, Master Lam has practiced martial art with his father and accompanied his father to teach Hung Kuen overseas. He once won the all-round championship at the first and third World Hung Kuen Competition. Master Lam loves arts and sports and is committed to promoting the development of marital art through the combination of three distinctive elements: art, martial art and sport.

洪拳是中國南方拳術之一，近代著名的洪拳名家有黃飛鴻(1847-1925)及其首徒林世榮(1861-1943)。洪拳的特點是較集中於套路練習，著名的拳法有「工字伏虎」、「虎鶴雙形」、「鐵線拳」等，配合的兵器有刀、槍、劍、棍、大關刀和三節鞭等。

導師林存浩師傅是林家第四代傳人，自小跟隨父親習武，並跟隨父親到國外教授洪拳，曾在首屆和第三屆世界洪拳大賽中奪得全能冠軍。林師傅喜歡藝術和運動，致力研究結合藝術、武術和運動這三大元素，以嶄新的方式繼續推動武術發展。

