



# The Secrets of Eagle Claw Kung Fu: Ying Jow Pai (Secrets Of...)

*Leung Shum*

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**Master the notorious Eagle Claw Style Kung Fu with this illustrated marital arts guide.**

One of the few modern Chinese martial arts derived from actual military combat experience, Eagle Claw Kung Fu is a powerful system featuring advanced locking–hand moves perfected over centuries of civil conflict in China.

Kung Fu and tai chi master *Leung Shum* brings this timeless art to today's practitioners, going beneath the veneer of gymnastic athleticism for which the style is known, and revealing many of its essential secrets and insider tips. Shum explains the fundamentals of Eagle Claw Kung Fu, including:

- Stretching
- Stances and Footwork
- Connecting Stances
- Handwork
- How to Form the Eagle Claw
- Kicking
- Waist Training and Gymnastics
- Group Exercises
- Forms
- Weapons
- And Self Defense Exercises

Hundreds of striking photographs augment Shum's masterful text, creating the ultimate guide to Eagle Claw Kung Fu.

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