

Introduction to the **Martial Arts** Course at Westwood Chinese School

Basic Martial Arts Course Outline

introduction to wah lum praying mantis kung fu 華林派

introduction to choy lay fut kung fu 蔡李佛

introduction to dragon style kung fu 龍形摩橋 螳螂拳

8 basic kicks 八個基本踢

8 basic punches 八個基本拳

meditation 冥想

board breaking 鐵掌功

stretching skills 童子功

grappling 擒拿

balancing 梅花桩

reaction training 反作用 練習

evasion training 逃避 練習

basic forms 根本 套路

introduction to the 7 military classics 武經七書

introduction to go-board-game 圍棋

Instructor: Mr. Todd Livingstone



Premise:

Martial arts is a way of life, skills learned can be applied to everyday situations.(balancing, reactions, strategies, ethics, etc.).

Students are taught how to solve problems peacefully, and outwit life's problems rather than out-fight life's problems.

Any common person can fight, it takes a special person to create peace from fighting.

Bio:

I grew up in the greater Boston metropolitan area, and started studying martial arts in the 1970s. by the early 1990's I was a sensei in goshuryu kenbujutsu and gendai jujitsu.

Serendipity allowed me to become a student of the Great Mr. Chan (Nelson Chan) at the old praying mantis school on Washington st in Quincy. there I learned choy lay fut kung fu, tai chi (chen and yang) there I also learned leung ying kung fu from Mr Chan's lifelong friend Nima Mansour. after Mr. Chan retired I was given the honor of teaching at the Newton Cantonese school. My Kung fu brother Joe Cheverie allowed me to teach at the Sharon Chinese school. My experiences from those schools then opened a door at the Westwood Chinese school. Avocationally I work in concert halls and night clubs.

Skills and Titles:

Instructor northern praying mantis 螳螂拳 师父
Instructor choy lay fut 蔡李佛 师父
Instructor leung ying 龍形摩橋 师父
Instructor karate オールドパインツリースクール第一法則 空手道 先生
Instructor jujitsu 現代 柔術 先生
Instructor tai-chi 太极拳 师父 Chen style (陳氏) Yang style (楊氏)

Skills 技能

Iron palm 铁掌功
Tiger Crane form 虎鶴雙形拳
Single arm 單臂 套路
Tong zi gong training 童子功
Wooden dummy training 木人樁
Dragon claw training 龍爪
Plum flower pole training 梅花桩
Knowledge of the 72 arts 七十二 少林藝術
The Seven Military Classics 武經七書
The Eighteen Arms 十八般兵器