

ABOUT OUR SCHOOL

Our non-profit school is dedicated to the advancement of Traditional Chinese Martial Arts & Chi Gung training.

Our main style is Tibetan White Crane (Pak Hok Pai) which we practice together with Sil-Lum (Shaolin) styles including Hung Gar.

Si-Fu Tom teaches out of the Energizer fitness center located in downtown Edmonton and at Millennium Place in Sherwood Park, Alberta, Canada.

Si-Fu Tom started training Kung Fu in 1980. In that time Tom has won many medals at martial arts tournaments across Western Canada and has been leading his own Kung Fu School since 2004.

Recently Si-Fu Tom has been appointed Honorary President of the Ng Siu Chung Martial Arts Institute in Hong Kong for his dedication to passing on traditional Pak Hok Pai.



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TIBETAN WHITE CRANE

What is Tibetan White Crane Kung Fu?

Tibetan White Crane is a branch of the Lion's Roar system of traditional kung fu. In Cantonese our system is called "Sai Jung Lama Pak Hok Pai." This translates to: "Tibetan Buddhist Priest White Crane School."

Lion's Roar Kung Fu was established by a Vajrayana Buddhist Priest back in the 1400's. It was such an effective system that it later became the imperial style of China, i.e., the style of the Emperor's body guards.

According to tradition, White Crane Boxing originated from Tibet during the Ming Dynasty. It was founded by a Lama monk named A Da Tuo who was born about 1426 A.D.

One day, A Da Tuo retreated to a mountain to meditate and study Buddhism. While resting in the woods he saw a white crane and a black ape fight. Amazed with the agile footwork of the ape and elegant fighting skills of the crane he developed a unique boxing style based on these animals. It was initially called "Lion's Roar", a precept based on Buddhist tradition describing "sounds that shake the earth are like a lion's roar" in order to signify the supremacy of his creations.

Several generations of Masters further improved the system and eventually the system was renamed White Crane.

Our Grand Master, Ng Siu Chung, was appointed the head of the White Crane style. Under his leadership he promoted the White Crane boxing system to become one of the biggest boxing clans in Hong Kong. His disciples spread the system internationally and into Canada during the 1960's. Ng Siu Chung has since passed away but his Kung Fu continues on.



Grand Master
Ng Siu Chung

TIBETAN WHITE CRANE KUNG FU

INTRODUCTORY PROGRAM



Pak Hok Pai Kung Fu School
Edmonton, Alberta, Canada

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OUTLINE OF THE BEGINNER'S PROGRAM

BASICS PROGRAM (10 WEEKS)

- ◆ **Warm-ups**
 - Waist Twists
 - Shoulder and Neck Rotations
 - Arm Swings
 - Standing and Down Leg Stretches
 - High / Round Leg Stretches
 - In-Out Crescent Leg Stretches
- ◆ **Basic Punches**
 - Straight Punch (Jin Choi)
 - High Punch (Pow Choi)
 - Down Punch (Kup Choi)
 - Side Punch (Bin Choi)
 - Nail Punch (Deng Choi)
 - Hook Punch (Kau Choi)
 - Diagonal Punch (Pek Sey)
 - Wing Punch (Pak Yik Sau)
- ◆ **Open Palm Strikes**
 - Side Push Hand (Wan Sau)
 - Tiger Claw (Fu Jau)
- ◆ **Basic Kicks**
 - Front / Heart Kicks
 - Shin / Side / Back Kicks
 - High / Low Round Kicks
 - Sweep Kick (Pak Hok Tam Soi)
- ◆ **Stances and Footwork**
 - Front / Horse / Crane Stances
 - Steal Step / Cross Step
 - Bump Step (front / side)
 - Ape Walk

FORM TRAINING (SEQUENCED MOVEMENTS)

Luk Lik Kuen

The first form taught is called Six Power Fists (Luk Lik Kuen). Luk Lik Kuen combines six basic punches, done six times each, across six lines of movement.

The training element here is to be able to coordinate movement with the punches and to generate power using your waist.

Choi Yap Bo

The second form taught is called Reciprocating Step (Choi Yap Bo). Choi Yap Bo is taught in two parts. The first part is 6 lines of movement, the second part is 8 lines of movement.

Choi Yap Bo contains many different hand techniques, with the foot-work moving in and out (reciprocating). Beginners who stay beyond 10 weeks may be able to finish this form.



CHI GUNG (BREATH WORK)



Your breathing is very important and, along with your body posture, builds the foundation for your Kung Fu.

The beginner program teaches elementary breath work tied to the movement and strikes. More advanced Chi Gung, or internal Kung Fu, is taught to a student after they have acquired the more externally generated power through breath work.

KUNG FU TRAINING (MIND, BODY AND SPIRIT)

You have embarked upon an exciting journey. The Art you are learning has been handed down by generations of Kung Fu Masters. Proficiency is obtained by your perseverance and dedication. Roughly translated, Kung Fu is "skill achieved through hard work and practice." Through your efforts you may uncover the secrets of our Kung Fu.

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