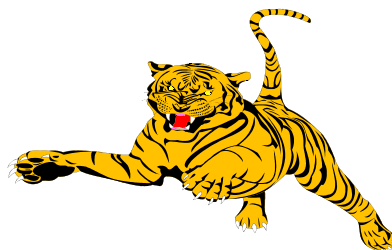




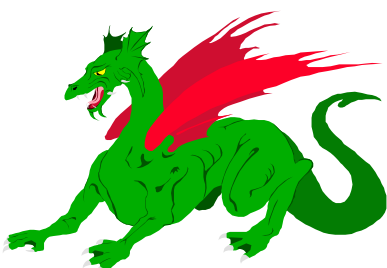
The Five Animals Of Shaolin Kempo

Tiger

The Tiger is noted for its courage, tenacity and power. Physically, it is the strongest of all the five animals. Using straight ahead attacks, ripping and tearing as it moves always pressing. The movements of the Tiger develop strong bones and a strong back.



Dragon



From the Dragon, we learn to “ride the wind” meaning the Dragon is especially noted for its Flexibility even though it is the only mythological creature of the Shaolin Art, it is the only one that can fight on land, water or in the sky. the Dragon uses rising and falling motions as well as twisting and turning movements to overcome its adversaries. The Dragon helps develop your inner strength.

Leopard

The Leopard teaches us timing and speed as well as coordination and footwork. Although smaller than the Tiger, the Leopard is actually stronger for its size, because of its long sooth, muscle structure and sleek body frame. The Leopard’s power is primarily produced from a loose, relaxed, whip-like action generated by speed and balance as well as limber waist and hips movement. The Leopard helps conditioning of the skin, tendons and bones



Crane



The Crane is noted for its balance, gracefulness and agility. It represents longevity and teaches us concentration and patience. With a calm, quiet nature, its movements are soft, relaxed and circular. However, they are explosive and can be used in close or at a distance. The Crane helps develop strength in the arms, fingers, wrists, and ankle as well as overall leg conditioning.

Snake

The Snake is noted for its suppleness and rhythmic endurance. It has the most internal strength (Chi) of all the five animals, and is also cunning and deceptive in its fighting. The Snake can coil, zigzag and use a rapid twisting motion to compensate for its lack of limbs. The Snake helps develop Chi or internal Strengthening of the body and spirit.

