

How to learn kung fu at home



When it comes to the practice and perfection of a martial art, few things can entirely replace the intensive education of a live instructor. However, thanks to internet videos, martial arts books, and other resources, learning and training kung fu at home has never been easier. Whether you are an aspiring practitioner seeking to learn traditional kung fu on a budget, or simply want to tone your body and increase your knowledge of self-defense, a comprehensive approach to learning kung fu can have you perfecting strikes and forms in no time.

Kung Fu, also known as Gong Fu, is an ancient Chinese martial art. Should you be inspired to learn this art, yet there isn't a school nearby, you can't afford classes, or your schedule simply doesn't allow it, you can learn it

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yourself. As long as you're committed and ambitious, it can be done. It won't be easy, but it'll be worth it.

Training alone in any martial art, including kung fu, is a less effective practice than getting instruction in a live class taught by a qualified "sifu," or instructor. However, not everybody lives near a kung fu school, can afford kung fu lessons, and has a schedule that allows them to get to class regularly. If you don't, you can get started on your kung fu journey by practicing kung fu techniques alone at home.

Step 1

Clear out a training area in your home, at least ten feet by ten feet. Hang a punching bag in one corner of the training space. If you don't have a

ceiling where you can hang a bag, use a free-standing punching bag available at most sporting goods stores.



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Step 2

Find instruction. Three options for learning kung fu alone include user video sites like YouTube, books or magazines with photo instructions, and the home pages of kung fu



schools. Many such schools now include short video lessons as a resource for students and promotional technique.

- It's best to find more than one source. There are a few different schools of kung fu, and you want to make sure you're doing the one that appeals most to you.



Step 3

Create a schedule for your weekly practice sessions, allotting at least one hour per training session, at least one day each week. Commit yourself to your practice as much as you can in order to maintain discipline and

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regular training.

Begin each session by stretching and warming up your body. Create a routine of basic leg, arm and spine stretches followed by sets of push-ups, sit-ups and leg exercises. Spend at least one minute in the horse stance, which is performed by placing your feet three to four feet apart and bending your knees to squat down.



Step 4

Work on your blocks. Your block will be different depending on what you're blocking. But whatever's coming at you, start with the fighting stance. In this position, you're fully prepared to protect your face and keep attacks from being effective.

Recruit a sparring partner to test your strikes and techniques as you progress. Perhaps the most educational part of home training, sparring will allow you to utilize live combat to make tangible the material you've learned in theory. Communicate with your partner and establish safety

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measures, as well as offensive and defensive targets. Wear appropriate sparring gear, such as gloves and feet-protection, and practice caution when engaging in full-contact sparring.

1. For punches, jabs, and hooks, blocking is very similar to boxing. Whichever side is being threatened, take that arm and, keeping it bent, stop your opponent's motion. With your other arm, you can attack.
2. For kicks and elbows, use both arms. Keep them bent and by your face, but rotate your hips to whatever side is being threatened. This prevents you from hitting your own face upon the backlash and is more painful for them.

Step 5

Practice your technique for ten to twenty minutes, performing it both in the air and on your punching bag.

During your practice, remember that kung fu is based on the natural movements of animals in the wild. Try to envision how different animals, for example a tiger and a



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snake, might do the technique differently. Work to imitate them.



Step 6

Review your instructional materials and compare to what you've been doing. Make necessary corrections and practice for another ten minutes.

Repeat your practice sessions two to three times per week.

Understanding the Philosophy

Know the main school of kung fu. On the days you're not practicing practice, read some of the classic literature on kung fu and combat, such as Bruce Lee, Jet Li, Sammo Hung, Wu Jing, David Chow, Donnie Yen and Lam Sai Wing. These will teach you about the of kung fu:

- **Shaolin**. This is the oldest school of kung fu. This type is known for “external” moves and practices that strengthen muscles, ligaments and tendons. It is what most people think of when they think of kung fu.

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- **Wu Dung**. This school is slightly newer and is an interpretation of the original concept of kung fu. It is known for its “internal” moves and practices that strengthen and manipulate chi or life force. It is more about focus, zen, and internal power.
- **Tai chi chuan**. Is to China traditional philosophy of Confucianism and Taoism in Tai Chi, yin and Yang dialectical philosophy as the core idea, Tai Chi does give incredible health benefits, it is also an internal martial art, capable of transforming your body, mind and also self-defense capability. It is suited to people of any age, gender or body form. Some training forms of tai chi chuan are especially known for being practiced with relatively slow movements.
- **Wing Chun (yong chun)** is a concept-based Chinese martial art and form of self-defense utilising both striking and grappling while specializing in close range combat. Wing Chun has become a significant and famous martial art. Bruce Lee promoted and made the art popular in the world today. The martial art required that the people use soft and hard, internal and external techniques thus making it easier to balance the required power.
- **Chin na** Is the evolution from martial arts , which is characterized not only by a variety of weapons, unarmed combat techniques, the use of human joints, chakras and the vital parts of weakness, so that the other body parts have pain and fight. In the martial arts. The use of human joints, acupoints and key parts of weakness, using the lever principle and meridian theory, reverse joint action and focus on attacking each other weaknesses, which produces the physiological irresistible pain reaction, to take the place of the capture effect
- **Meditate Qigong (Chi Kung)** is a kind of breathing adjustment, physical activity and awareness adjustment adjustment (pranayama, tune-shaped, spherical) as a means to physical fitness, development potential for the purpose of a mind-body training methods. physical activity and awareness for mental or spiritual energy. Qi Gong is the basis of the power of the Chinese martial arts, whether kung fu, or the more subtle internal forms.
- **Sanda**, ‘Chinese Kickboxing’, is also called Sanshou ,which roughly translates as “actual combat”. In the past, Chinese called it “technique fighting” or “striking”. The simple concept of Sanda is two people fighting against each other without weapons. Recently, it has also become a combat sport and many people are learning san shou because of the competitive sport scene cropping up across the world today. It began with the productive labor of labor and their struggles for survival to become transformed into a gem of cultural heritage.

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Taizu Shaolin Kungfu School, located in Handan City (**China ancient capital, Birthplace of Taichi, Cultural city , Martial arts village**)

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