



CCKSF Online Expo:
螳螂拳 Praying Mantis Techniques
Sifu Tim Mrazek, Regina, SK

session starting soon!

workshop outline

Techniques:

- Hand techniques (4), Elbow techniques (2),
Kicking techniques (2), Stance/footwork (3)

Quick philosophy: balance, range, positioning,

Mindset: tenacity, adaptability

workshop outline

Hand techniques (4)

- Mantis claw/hook
- *Gou, lou, cai*
- Shaving palm
- Shovelling palm

workshop outline

Elbow techniques (2)

- Upper elbow
- Side elbow

workshop outline

Kicking techniques (2)

- Range control kick (*whatever you like...*)
- Cross kick

workshop outline

Stance/footwork (3)

- Twisting Stance
- Jade Circle Stance
- 7-Star Stance

workshop outline

Quick philosophy

- Balance: try to apply this to all layers. In technique, forces must balance and flow.
- Range: able to capitalize in and transform between all ranges fluidly
- Positioning: use of angles, in/out, and control of other dynamics

workshop outline

Mindset

- Tenacity: patience, perseverance, strategy & timing.
Also, goal setting and commitment.
- Adaptability: go with the flow, quick thinking.
Also, wide skill set, open-minded, interest in learning and cooperating.

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