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Kung fu cat style

The postures are fundamental to the Protica of Shaolin Kung Fu. They are usually the first thing learned, but usually takes a student long to realize how important they are. On the first day of learning, every new student is usually taught the basic postures, such as: horses posture, front posture and cat posture. And usually during your first lesson, the student does not expect to get to the good things. They want to learn extravagant movements, high kicks or devastating combat cytics. It is not until the student has trained for a long time that they fully appreciate the importance of the postures in Shaolin Kung Fu. The postures seem so basic, in fact, is taught in the first lesson, but is the fundamental aspect of the training that determines whether the practitioner developed real skill. Usually, when a beginner goes a performance of Shaolin Kung Fu, they look at the movements of the hand. When an experienced practitioner see a performance, they notice the postures and the body (Shen Fa) because these are the things that drive the movements of hand giving them power and efficacy. Shaolin Kung Fu's basic postures are really just a handful of basic postures in Shaolin Kung Fu. Horse Posture Forward Stance Cat Stance Stance Catch Stance All other postures used in Shaolin Kung Fu are basically only variations of these basic postures. I listed the most common names for these 5 basic postures. The names for postures can vary because some styles of Shaolin Kung Fu use different names for the same posture. For example, the front posture is also called bow posture, arch and arrow posture, mountain climbing posture and many other names. The postures are important because they allow the practitioner to use the body effectively. All movement is basically just changing or stepping through different postures. The postures provide a solid basis for body and hand threesome. Without proper postures, the practitioner will never be able to coordinate the different parts of the body together or more effectively using the soil for power. 5 Basic Shaolin Kung Fu Shaolin Kung Fu Horse Posture Horses When you learn Kung Fu, horse posture will probably be the first posture you will learn. The reason is because it is quite simple to enter this posture. You stay with the widest feet, besides the shoulder width, with the parallel feet, and then you fold your knees and feel your body. Many styles use this posture as part of their basic training. Students sit in this posture as they practice their basic hands of hand. This serves several pursuits. First the posture will greatly strengthen the legs. And will teach the student to relax in his posture so that his center of gravity is lowered and the chest is not pushed out. This is important because all power in Kung Fu comes from the ground, and that is why postures are so important. SHAOLIN KUNG FU FORWARD STATE Å "Landing The posture forward is a very important posture in Shaolin Kung Fu. This basic posture is great to move the body forward and form a very stable base to generate energy and movement ahead. The weight is on the front leg. The front knee is folded and the back leg is straight. On the side the posture resembles a bow drawn and that is why it is sometimes called arc posture or archery posture. Shaolin Kung Fu Cat Stance Cat posture This posture is used for transition movements and mobility. All the weight is on the back leg. Front leg rests on feet or pale ball finger. The front standby resembles the way a cat will put his paw to take a step, no weight, and as soon as we received the name. The front leg can be used to enter another posture or can be used to kick the adversary. Shaolin Fu Twist Stance Twist Stance This is also another transitory posture. Gets your name because legs legs twisted. The front footage is turned out and the back rests on the pace ball. Posture can be crouched as in the photo above or higher. This posture is used to advance or retreat, to change the position of the body, or you can delfert to change the instructions. This posture also contains a hidden kick and chin-in (set lock). Shaolin Kung Fu Crane Stance Stance The crane posture imitates the way a crane is on a leg. It develops the balance and coordination. You stay on one leg and raise the other leg. This posture can be used to kick the adversary or to flee attacks. These are the 5 Basic Postures of Sholin Kung Fu. This is only a brief general vision. When advancing through your training, you will find more and more about postures, why they are so important and how you can use them. So, if you're taking your first class, be sure to pay attention to the postures. Do not neglect them. If you are an experienced practitioner, you can still benefit, bringing full attention to your body, your footwork, and your postures are doing. There is always space for improvements. A strong and flexible strange kitty doing and practicing kung fu postures that are obviously fun and. Tags: cat, animal, kitten, adorable, sweetheart, posture, position, position, discipline, hairy, uniform, mantle, fat, blackbelt, paws, animal of estimation the beautiful animals cat kitten adorable à €

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