PolyU Kung Fu Festival: *Sha Shou Gun* Class for Beginners
理大武林大會： 殺手棍初班

Tutor

Mr Robert Law

Kung Fu Master

導師

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功夫師傅

3 October – 21 Novemver 2017
(Tuesdays – 8 sessions)
7 pm – 8:30 pm
Fong Shu Chuen Hall

Sha Shou Gun (killer staff) is the essential weapon of the Fujian Yongchun White Crane style Kung Fu which is characterised by its simplicity and practical application. It originated from Nan Shaolin in Fujian province, and is believed to be descended from the "Yu Family Gun" which is a set of fighting techniques created by Yu Dayou. Yu Dayou (1503-1579) was a famed general and Chinese martial artist who helped counter the *wokou* pirates during the reign of the Jiajing Emperor in the Ming Dynasty. The *Sha Shou Gun* style incorporates Nan Shaolin's firm and fierce style, as well as the single- and double-ended techniques of the southern staff. Participants will have a thorough grounding in the foundational skills of *Sha Shou Gun*.

Master Law is a veteran Kung Fu practitioner whose qualifications include 8th Dan, International Nan Shaolin Wu Chu Chuan; 5th Dan (black belt), Seitoku-kan Association Japan Goju School-Hong Kong Morita Karate-do Association; and 1st Dan, Traditional Japanese Martial Art Morita Association. Master Law has won awards at a number of competitions and he is now an instructor of Yongchun White Crane style Kung Fu.

殺手棍又稱煞手棍、撒手棍，源自福建南少林，據説為明朝中葉抗倭名將、武術家俞大猷（1503-1579）所傳「俞家棍」之餘緒。殺手棍為福建永春白鶴拳之必修傳統器械，技法簡單實用，具備南少林棍法凶狠、威猛、硬朗的風格，亦包含南棍單頭、雙頭的技法，充分展現棍打一大片之特色。本課程之學員將會學習殺手棍的基本棍法。

羅俊豪師傅習武經年，考獲國際南少林五祖拳八段、日本剛柔流正德館空手道—香港森田空手道士會黑帶五段、日本古武道森田會初段，並曾於多項公開比賽中獲獎。羅師傅現為永春白鶴拳資深教練。

* The workshop will be conducted in Cantonese, supplemented with English.