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

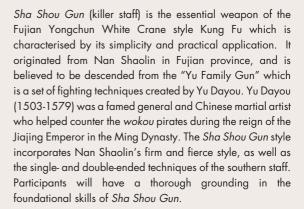
Kung Fu Master

導師

羅俊豪先生

功夫師傅

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



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,據說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一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.