

Yaolin Kung Fu Association (Rockingham/Mandurah)



Introduction

白眉吳館友聯龍獅團
YAOLIN
KUNG FU ASSOCIATION

My name is Matt Taylor and I am an 8th Generation practitioner of Pak Mei Kung Fu. I am the 5th Disciple of Sifu Ken Wu and a senior instructor within the 'Yaolin Kung Fu Association'. The style of Kung Fu that is taught is Pak Mei. Pak Mei is a martial art / self defence system that has not been modified for sports or for competition. It will result in improved health and confidence. I would like to offer you the opportunity to train in this unique system of Kung Fu.

Pak Mei

Pak Mei was a monk who existed in the late 1600's during the Ching Dynasty. It was within the walls of Siu Lum Jee (Shaolin Temple) where he trained and mastered his Kung Fu skills. Pak Mei ended up in a Taoist temple and refined his skills in Kung Fu by combining Shaolin and Taoist training with his study of the fighting animals of the Emei region. His

style was known as Emei Shaolin, an external and internal system. It was in the Taoist temple he taught his whole system to a monk Kwong Wai.

In respect to his Sifu, Kwong Wai named the Kung Fu system Pak Mei. Pak Mei was originally taught only to selected Monks within Mount Emei. Kwong Wai passed this system to Chuk Fat Wan who later accepted a second disciple by the name of **Cheung Lai Chun**.



Pak Mei

(For a more complete history of Pak Mei, please go to www.yaolin.com.au)

Great Grand Master Cheung Lai Chun

Great grand master Cheung Lai Chun was born in 1880 during the Ching Dynasty. He was a student of many great Kung Fu Masters and completed the Gypsy/Wanders style, Lee Gar Style and the Dragon Style. He thought he was an excellent fighter and went to try his luck in Canton with one of his Dragon Sifu's son Lam Yiu Quai.

Cheung Lai Chun tested his skills against a young monk in a teahouse. The young monk defeated him. After much determination and effort he found out who the Master of this young monk was. Once again with the application of much fortitude, he finally became accepted to learn Pak Mei from the master of the young monk and learnt the entire system.

Great Grand Master Cheung Lai Chun was the first and only person to introduce Pak Mei Kung Fu to society. He was an instructor at the Yin Tong College of the Guanzhou Police Training School and also instructed at the Whampoa Military Academy. During the war against the Japanese in the Nanking battle, Master Cheung was commissioned as the martial arts instructor of the guerilla troop of Leung Kwai Ping in Dong Jiang. Master Cheung passed away in the Autumn of 1964 at the age of 84.

(For a more complete history of Great Grand Master Cheung Lai Chun, please go to www.yaolin.com.au)

Sifu (Master) Ken Wu

Sifu Ken Wu Has trained in different systems of Kung Fu since childhood. Pak Mei is now the only system which Sifu teaches.

In 1995 Sifu Ken Wu created the **Yaolin Kung Fu Association**. ("Yaolin", in Cantonese meaning "Friends United". It serves to remind

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the founders that without the unity of friends and loyalty, the school will not be successful). Sifu initially began teaching many styles. In 2002 Sifu decided to only teach Pak Mei, This was as advised by his Pak Mei Masters.

I have trained and am still training under Sifu Ken Wu. He is one of the most humble people I have ever met. His knowledge and skills on Kung Fu, (especially Pak Mei), are astounding.

(For further information about Sifu Ken Wu, please go to www.yaolin.com.au)

Lineage

1. Pak Mei
2. Kwong Wei
3. Chuk Fat Wan
4. Chueng Lai Chuen
5. Chueng Bing Lam
6. Poon Sing Tek
7. Ken Wu
8. Matt Taylor

System

Pak Mei is both an internal and external style involving the combination of Shaolin and Taoist martial arts. It is a short to mid range system which is not based purely on strength making it ideal for males and females of all ages and body types. Various methods of striking, grappling, and kicking are incorporated in the Pak Mei system. Focus is kept on distance, timing, and body coordination, resulting in fast explosive techniques. Pak Mei also involves training in the use of various traditional weapons.

Training

Training involves strengthening and conditioning of the body, flexibility, agility, empty hand technique drills, weapons training and more.

Training is conducted in a friendly non competitive environment which is suitable for men, women, and children of all fitness levels. Traditional and modern methods of training are utilized. Traditional methods of respect also play an important part within the Pak Mei system.

Training Times

Thu – Port Bouvard: 18:00 – 20:00

Uniforms are available for purchase through “Yaolin Kung Fu Association” head office.



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For Further Information Please Go To yaolin.com.au