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东方之珠

## Mastering Kung Fu

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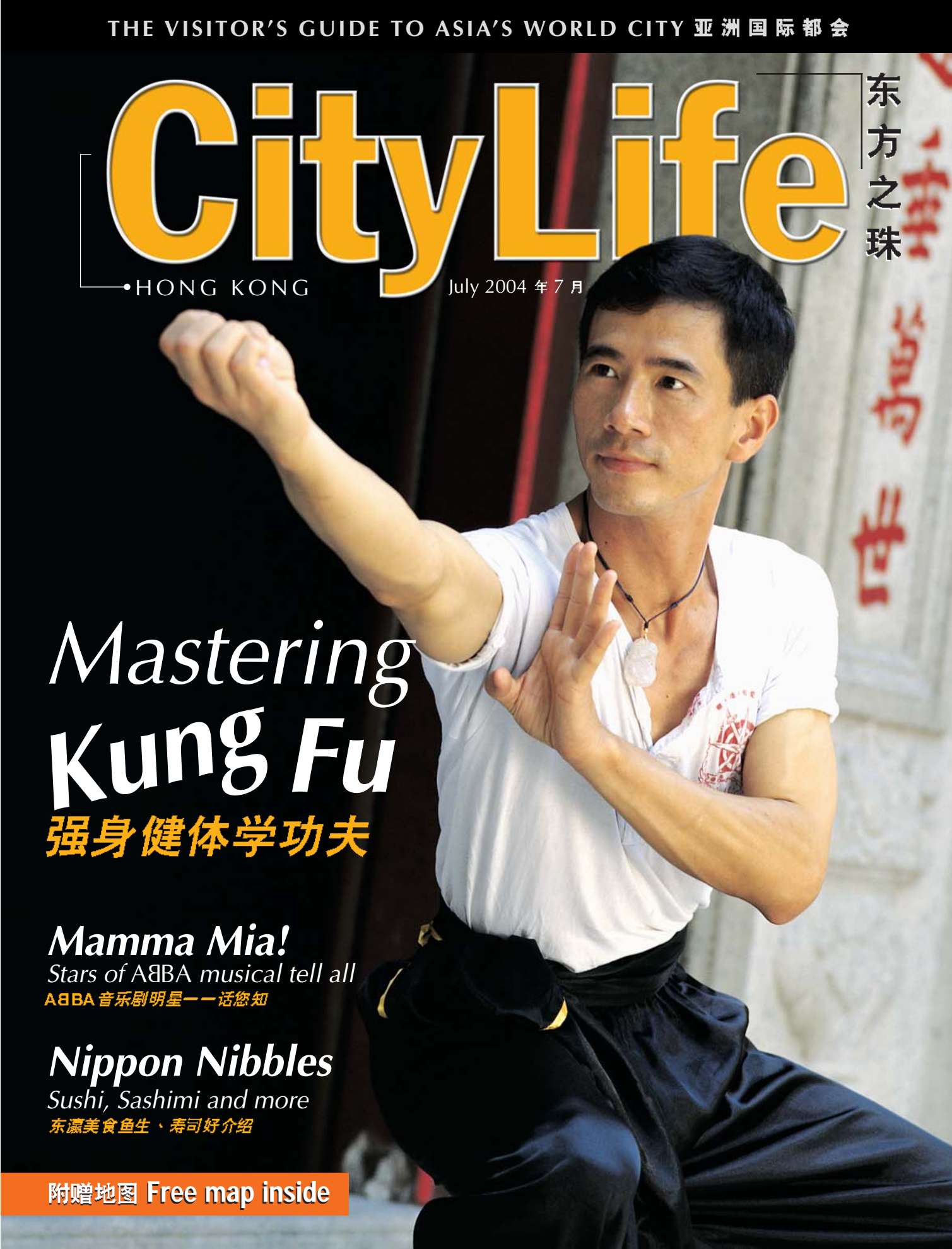
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# In Search 寻找真功夫 of **Kung Fu**

Devoting his life to traditional kung fu, William Wan Kei-ho knows the hidden secrets and complex techniques of this great martial art, writes **Jade Lee-Duffy**

尹圻灏毕生献身于传统中国功夫，他对于武术背后的秘密及复杂的技术瞭如指掌。  
李剑菁报道

When people think of Chinese kung fu, they often associate the martial art with one of Hong Kong's biggest cultural icons – Bruce Lee, also known as the Little Dragon. During kung fu's 1970s heyday, Lee's international screen hits *Enter the Dragon* and *Fists of Fury*, catapulted him into the limelight as the ultimate martial arts master. Who didn't want the power to fight against multiple opponents with lethal strikes and deadly kicks – all at lightning speed?

One such deadly kung fu master is William Wan Kei-ho, who has been learning the art since he was eight years old. When Wan started as a child, he wanted to protect himself against school bullies, but now it's evolved into a life-long passion. With

over 30 years experience, Wan explains, "Kung fu involves both internal and external training. Physically exercising the body's muscles and tendons is external training, while internal training develops the five major internal organs such as the heart and lungs. It even trains blood circulation and *chi* (internal energy)."

According to Wan, many students who study kung fu techniques often learn empty movements, which lack power or energy. For a technique to be effective, the internal energies need to be developed.

Wan says the fanciful forms in kung fu and many other martial arts are self-defence drills, but nowadays only a handful of teachers have a complete understanding of how to administer the lightning fast strikes, punches and kicks hidden within the forms. In each technique, there are often a number of important hidden elements - which energy and technique to use, how much power and sensitivity to apply, and where to strike the vulnerable pressure points, are all the questions that a knowledgeable master can usually answer.

The origin of most kung fu stems

当人们想起中国功夫，时常会联想起香港的功夫偶像李小龙。七十年代功夫全盛时期，《龙争虎斗》和《精武门》两套国际卖座电影，使李小龙成为了伟大的武术大师。谁人不想像他一样，以闪电及致命的速度打下数个敌人？

尹圻灏就是这么一个功夫大师，他自八岁起便开始学习武术。那时，他还只是个小孩子，只想保护自己免于被人欺负，但到现在则视功夫为终身兴趣。

有30年习武经验的尹圻灏解释道：「功夫涉及内在及外在的训练。外在训练是练习身体的筋骨及肌肉，而内在训练则用作发展五个主要器官，例如心和肺等，它甚至会训练血液循环及「气」。」

对尹圻灏来说，很多学生学功夫只学空洞的动作，缺乏「力」和「气」。一个真正有效率的技巧，是需要锻炼深厚内功的。

尹圻灏指出，功夫的不同形态及很多其他武术都是自卫术的操练，但现今很多功夫师傅都没完全明白形式背后的闪电出击、拳打及脚踢是怎样去控制。在每一种技巧里都有一些重要的元素在背后，甚么样的气跟哪种技巧结合，用多少力度和敏感度，以及在那里出击打倒对方弱点等等，都是一个有份量的功夫师傅，才能随时解答的问题。

大部份功夫起源于中国河南省，传说有一个印度僧人达摩去到一个叫少林的寺庙。





from Henan Province in north-eastern China, where legend has it that an Indian Buddhist priest named Bodhidharma (*Damo* in Chinese) travelled to a Buddhist temple named "Young Forest", (*Shaolin* in Putonghua).

When Damo joined the monks, he observed that they were not in good physical condition. Most of their day was spent hunched over tables where they transcribed handwritten texts. Consequently, they lacked the physical and mental stamina needed to perform even the most basic of Buddhist meditation practices. Damo passed on his knowledge of Indian energy cultivation and taught them physical exercises, designed to both enhance chi flow and build strength. This was the beginning of Shaolin Kung Fu, which has been developed and refined over centuries.

As an expert in three traditional styles – Northern Shaolin kung fu, Choy Li Fut kung fu, and Sun-style tai chi, Wan's kung fu can be traced back over 150 years to China's most famous grandmasters. In Hong Kong, Wan has spent many years studying under his master Lau Wai-yip, son of the highly acclaimed Lau Gam-dung, and also studied under master Chiu Kwok Cheung who now resides in Canada.

Choosing a style to learn depends

on an individual's body shape, fitness level, maturity and personal preference. Wan also adds, "For a student to learn the deeper aspects of martial arts, the student needs to display elements of good conduct and etiquette." Otherwise, a student who has learned lethal movements could turn against the teacher and use what was just taught.

For someone who likes an active, highly energetic style, Northern Shaolin is characterised by sweeping kicks, complicated jumps and elongated movements. Northern Shaolin is a great foundation for studying martial arts as most other forms of kung fu have evolved from this style.

Choy Li Fut (part of the Bak Sing branch), a southern Chinese style, is inspired from the physical movements of five animals – snake, tiger, leopard, crane and monkey. A single technique sequence can incorporate a number of animals, such as a snake-like strike, leopard's fist and monkey walk.

According to Wan, Sun-style tai chi requires the most mental exercise, which is more suitable for seasoned martial art practitioners or mature students. Tai chi is mainly known as physical exercise for the elderly, however, this misunderstood martial art is actually a highly effect fighting style – relying on

one's internal power or chi. Its fluid rhythmic movements easily combat an attacker by neutralising the attacker's energy, then counter attacking using great power and speed. It's something few masters know how to do.

In another form of kung fu called Golden Bell Qigong, Wan demonstrates his prowess of chi by taking three sturdy wooden chopsticks and placing them into the soft spot of his throat. By redirecting the internal energies, Wan is able to defend against attacks – even in his throat. Holding the chopsticks in place, one hand slams the other hand, causing the chopsticks to break. Remarkably, his only injury is a slight indentation on his throat.

Wan's mastery of kung fu has attracted students from the US and England to visit Hong Kong to learn from him; in an upcoming BBC documentary *Training with the Masters*, he is featured as a kung fu expert.

In western countries, the emphasis of exercise is on looking good. Physical strength and fitness is the focus, but in kung fu, that's only half the picture. The key is to train internal body energies in order to age well and be healthy. Martial ability comes second to health.

Professional fitness trainer and boxing/Muay Thai instructor, Roy Bennett

当达摩见到那里的僧人时，他觉得他们的身体不太好。他们大部份时间伏在桌子上做抄写的工作。到最后他们连做冥想这种最基本的身体及精神上的耐力都缺乏。达摩于是用他在印度学回来的气功教他们练习，这种练习是加强气在体内的运行及增加能量。这就是少林功夫的起源。自此又经过多个世纪的演变和改良。

作为一个精通三家功夫—北少林、蔡李佛和孙家太极的人，尹圻灏的功夫门派历史可以追溯到150年前的大师们所传。在香港，尹圻灏用了很多年时间跟师傅刘伟业学武，刘氏是著名功夫师傅刘锦东的儿子，他也曾跟现居于加拿大赵国忠师傅习武。

至于选择学习何种派别，则要视乎个人的体形、身体状态、成熟程度及个人喜好而定。尹圻灏还说：「如果学生想学得深入一些，就必需要有好的品德及守礼。」不然，学生学了致命的功夫时，就可以掉头对付师傅。

喜欢活泼及高能量的功夫者，北少林的扫腿，复杂的弹跳及拉长的动作是最出名的。北少林是一个很好的习武基础功，因为很多其他派别都是由它演变而来。

蔡李佛（北胜），是南方的派别之一，模仿五种动物—蛇、虎、豹、鹤及猴的形态。一套动作已经包含了几种动物的形态，例如蛇拳、豹掌和猴步。

孙家太极方面，据尹圻灏说，这种功夫需要更多的精神锻炼，比较适合那些年纪较大的功夫师傅或学生。

过去，太极往往被认为是年纪比较大的



Master Wan teaching traditional kung fu seminars in England, 2003  
尹师傅2003年在英国举行的座谈会上教导传统功夫



A sharp sword in Master Wan's throat demonstrates the internal power of Golden Bell Qigong  
尹师傅以利剑刺喉示范金种气功的内在力量



has been a student of Wan for almost four years. He says, "Wan Sifu (*sifu* means "master" in Cantonese) has shown me a level of martial arts that I've never seen before and he has instilled in me the importance of health combined with fitness and self-defence. By the time you are around 32 years old, your muscles start to decline. But with internal energy training, as you age, you can continue to improve. Some other martial arts seem to miss this essential part of the equation. In the 24 years that I've been studying martial arts, I've never seen anything like it."

With roots dating back thousands of years to the famed Shaolin Temple in China, traditional kung fu offers the perfect balance of powerful techniques, self-defence and good health. If you want to develop your chi and build inner strength through traditional kung fu, Hong Kong is one of the best places to start. Regardless of age or level, a master can teach you the hidden secrets to one of China's greatest cultural achievements.



人的一种健身运动。但其实这是一个误会，它是一种极之有效的打斗方法—运用一个人内在的气，以流水行云的动作轻易化解对手的攻击，然后以力量及高速反攻。只是很少功夫师傅知道怎样做的。

另外一种叫做小金钟、大金钟的内气功，尹圻灏用三只竹筷子放在喉咙以示示范用他的气功本领。他运用内功便可以防卫袭击，就算是喉咙。放妥筷子之后，用另一只手打筷子使之断裂。神奇地，他的喉咙没有受伤，只是稍微凹陷而已。

尹圻灏的功夫吸引了不少美国及英国的学生来香港跟他学功夫；BBC也即将播放以介绍他为一名功夫大师的记录片《跟师傅学武》。

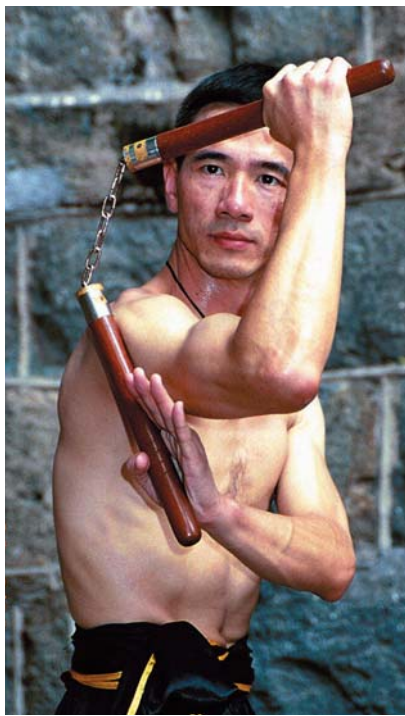
在西方国家，健身是为著好看，令身体健美。但在功夫来看，这只是一部份而已。它的目的是要训练内在的能量，使自己进入老年期时身体较好及健康。武功的能力只是次要。

专业健身训练员及拳击师Muay Thai跟



尹圻灏学了功夫差不多四年。他说：「尹师傅向我展示了一个我从未见过的武术新境界，并给我灌输了健身及自卫的观念：每个人到了32岁，肌肉机能开始下降。但随着内在的训练，可慢慢改善。其他武术似乎忽略了这个主要的元素。在我学习武术的24年中，我从未见过有其他武术像它一样。」

起源于中国少林寺，有著几千年历史的传统功夫，提出了一套使用能量、自卫和保健的平衡技巧。如果您想靠传统的功夫中增强您的气和能量，香港是一个很好的起点。不论年龄或程度，一个师傅能教您很多有关这个中国伟大文化遗产背后的秘密。■



#### WHERE TO LEARN KUNG FU IN HONG KONG

**Wan Kei Ho Martial Arts Institute** – Sifu Wan Kei Ho  
(Full Time Martial Arts Studio), 3/F, Yue's House, 304 Des Voeux Road Central, Sheung Wan. Tel: 9885 8336. Email: kungfuwan@netvigator.com. Website: www.kungfuwan.com

**International Seven-star Mantis Style Lee Kam Wing Martial Art Association** – Sifu Lee Kam Wing  
Block B, 1/F, 1 Un Chau Street, Sham Shui Po, Kowloon. Tel: 2777 2161.

**Lam Sai Wing Hung Gar Kung Fu** – Sifu Lam Chun Fai  
7/F, Flat D, Aik San Mansion, 355-361 King's Road, North Point. Tel: 2570 6722. Email: cflam@hungkuen.com. Website: www.hungkuen.com

**Tai Shing Pek Kwar International Kung Fu Federation** – Sifu Lifeipi  
12/F, Mandarin Commercial House, 38 Morrison Hill Road, Wan Chai. Tel: 9361 8830. Email: Master@lifeipikungfu.com. Website: www.lifeipikungfu.com

#### 香港在那里可以学到功夫

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