



JOURNAL OF CHINESE MARTIAL ARTS

Book Review - No. 2



岑亮鷹爪拳

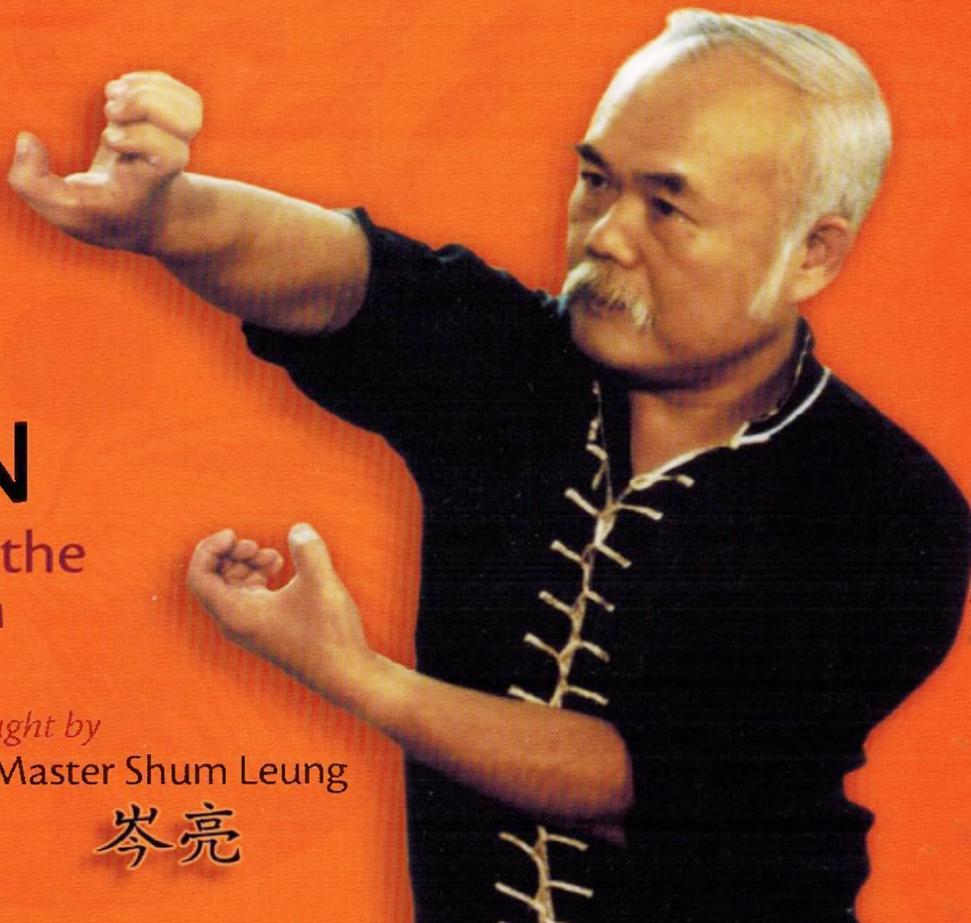
連拳

LIN KUEN

The Mother Form of the
Eagle Claw System

taught by
Master Shum Leung

岑亮



Book and Media Reviews

By Nick Scrima, *Journal of Chinese Martial Arts*

Lin Kuen

The Mother Form of the Eagle Claw System

By Shum Leung

(www.YingJowPai.com)

Lin Kuen: The Mother Form of the Eagle Claw System, by Master Shum Leung, is an historic work that embodies the essence of this classical Northern Style.

The form was long jealously guarded and passed down only to senior students, and even today, many masters still refuse to teach it to outsiders. The book reveals the form to the general public for the first time in the English language.

That we are able to view each technique through the personal demonstration of Master Shum Leung, a giant in the Eagle Claw System, makes the book indispensable for all Eagle Claw practitioners and a valuable addition to the library of any martial artist.

The introduction on the system's origin provides for an understanding of its rich heritage and its significance in the annals of Chinese history, not only as it pertains to martial arts.

The section on breathing is especially significant and is not only necessary for the proper practice of Lin Kuen but is also a useful aid for martial artists interested in developing the smooth power that one strives to generate in the execution of each technique. This is especially true for practitioners of Northern Long Fist, which advocates the quick and smooth release of power.

The section on the formation of the claw, the principal weapon of the system, and its many different uses, is indispensable and perhaps should have preceded the presentation of the form. What is more important is not to regard this section lightly as these skills are encountered in the form again and again.

This is a workbook that is not meant to be leafed through and put back on a shelf. It is meant to be carefully studied and therefore the spiral binding is ideal for laying the book flat on a table surface. Especially for those adept in the system, this a practical way to reference the book while refining one's techniques.

One might argue that Eagle Claw has a lot more to offer than what is presented in the book, and indeed that is true. However, we should not lose track of the objective of the work, which is to present Lin Kuen. Other books on the system by Shum Leung (for example, *The Secrets of Eagle Claw Kung Fu*) dwell more deeply into these aspects of the art.





A bridge between the classical and contemporary

Articles in *JCMA* do not necessarily represent the view of Chinese Arts and Culture Center, Inc. or the Editor. Responsibility for the accuracy of the material and the opinions expressed rests with the individual contributors. The Editor reserves the right to reject material deemed unsuitable for publication. The Editor does not endorse any product, service, or technique described in *JCMA* and disclaims any liability regarding the use thereof. Because of the nature of some of the techniques and martial applications illustrated and discussed in *JCMA*, readers should consult a physician before practicing them and should be aware of the potential risk of injury, and assume full responsibility for their actions.

Chinese Arts and Culture Center, Inc. Nick Scrima, Editor and Publisher. All rights reserved. Copyright 2018. No portion of this publication may be reproduced in any manner whatsoever without written permission from the publisher, except by writers who may quote brief passages to be printed for review. ISSN 1532-8341. Editorial correspondence and submissions to Journal of Chinese Martial Arts (*JCMA*), 2519 McMullen Booth Rd #511, Clearwater FL 33761 USA or editor@cmajournal.com. For submissions guidelines see cmajournal.com. Submissions may be edited for length and clarity and remain the property of *JCMA*. We are happy to offer *JCMA* as a service, free of charge, to the Chinese martial arts community and to all enthusiasts of Chinese martial arts.