

Chinese Martial ArtsKung Fu (Portland)



Location **Oregon**
<https://www.genclassifieds.com/x-565003-z>

ABOUT CHINESE FISTOLOGY

Chinese Fistology is a martial arts school in Portland, Oregon that teaches traditional Chinese martial arts, also known as kung fu.

The styles taught at this school are Bamboo Forest Temple Praying Mantis and the Internal Martial Arts.

Bamboo Forest Temple Praying Mantis (?????????; Cantonese: Kwong Sai Jook Lum Gee Tong Long; Mandarin: Jiangxi Zhu Lin Shi Tang Lang) is a style of kung fu belonging to the Southern Praying Mantis family of Chinese martial arts. Bamboo Forest Temple Praying Mantis has aspects of both internal and external techniques, and includes weapons training.

The Internal Martial Arts training includes the Yang, Chen, and Sun Styles of Taijiquan, Yiquan, Xingyiquan, Baguazhang, Push Hands, Weapons, and Qigong.

There is a wealth of knowledge and philosophy behind the concept of Chinese Fistology; for thousands of years, that knowledge has been passed down from one generation of students to another. Each generation, there are only a few students with the interest, patience, and perseverance to learn the art, and pass it down to the next generation. Martial arts training must include internal and external forces, mental and physical abilities. Through the kung fu styles of Bamboo Forest Temple Praying Mantis

(?????????) and the internal martial arts (???) students at this school learn to unify their body and mind into

one. According to the principles of Chinese Fistology

Sifu Koo Kam Shing (Sifu John Koo) was a Disciple of both Grand Master Lee Wing Sing and Grand

Master Wong Yuk Kung of Bamboo Forest Temple Praying Mantis. Sifu Koo trained under both Grand

Masters for many years in Hong Kong. Sifu Koo is the only Disciple of both Grand Masters who

is teaching today. When Sifu Koo moved to Portland, Oregon he continued his training as the disciple of

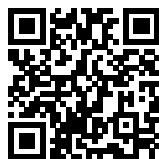
the internal martial arts Grand Master Dr. Chen.

Today, Sifu Koo's goal is to teach students who are dedicated to learning the true form of Chinese



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Fistology, and who are interested in carrying on the knowledge of Chinese Fistology to the next generation, in order to keep this knowledge alive and spread it to every corner of the world.

CONTACT INFORMATION:

Email for class location, schedule, and other information at:

FOR MORE INFORMATION:

The Chinese Fistology website is at: <http://chinesefistology.com/>

The Chinese Fistology Facebook page is at:

<https://www.facebook.com/pages/Bamboo-Forest-Temple-Praying-Mantis-%E6%B1%9F%E8%A5%BF%E7%AB%B9%E6%9E%97%E5%AF%BA%E8%9E%B3%E8%9E%82%E6%B4%BE/196764843699402>

Self-Defense - Kung Fu - Gung Fu - Southern Praying Mantis - Bamboo Forest Temple Praying Mantis - Jook Lum - I Chuan - Yiquan - Hsing I Chuan - Hsing I - Xingyiquan - Xingyi - Tai Chi - Taijiquan - Bagua - Baguazhang - Chi Kung - Chi Gung - Qigong - Jam Jong - Zhan Zhuang - Meditation - Jian - Chinese Straight Sword - Dao - Chinese Broadsword - Staff - Spear