



# Northern Mantis Intercepting Boxing

*Yuan Man Kai*

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## **Northern Mantis Intercepting Boxing** Yuan Man Kai

Intercepting Boxing is a higher level Praying Mantis Kung Fu form. It is a compact, highly coordinated set that utilizes the "seven long and eight short" motions in a closely linked manner. There is a lot of leg locking and throwing hidden in the "seizing leg actions." The hand emphasis is on compact motion which interrupts on the beat of the opponent's attack. This boxing, one of the major mantis sets, is also known as Lan Jie Quan. There are only 36 postures in the set but each has a level of complexity. The form is demonstrated by the author. Yuan Man Kai was a direct student of Wang Hon Fan. His sets follow the method of Northern Mantis Boxing, of which he is considered an inheritor. This book is EN FACE, that is, both Chinese and English versions are represented. Not only a nice set with decent photographs but a good book for those wanting to improve their martial translation skills.

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