

Shanghai Mantis Kung Fu Club

Announcement - June 15th, 2020



Welcome Back!

I would like to warmly welcome everyone back to the Shanghai Mantis Kung Fu Club. It's been a long four months, and we are happy to finally announce that training will start up again this week. First class will be on Tuesday, June 16th, 19:30-21:00. Location and finer details to be released in wechat group.

Pre-Season Training: June, July, August

Due to the global Covid-19 pandemic and considering current conditions in Shanghai, Mantis classes will practice safe social distancing for the next three months of classes. This means there will be NO two-person drills or applications that include any person-to-person contact for the next three months, or until conditions further improve. Consider this a Pre-Season Training Camp, and a chance to build general strength and conditioning levels. We will focus on physical conditioning, development of fundamental body mechanics, learn tactical patterns, study core forms, and introduce Mantis concepts/theory. In September we will move to normalized format with further integration of two-person drills, applications, and iron body conditioning.

Class Days and Times

Regular classes will run Tuesdays and Thursdays, 7:30-9:00pm. Location TBD.

Club Core Values

| Respect | Honesty | Responsibility | Courage | Equity |

Class Guidelines

1. Be on time for class and be warmed up before class starts.
2. Wear appropriate training gear and footwear. Be sure your gear is clean.
3. If you have any underlying injuries train smart - do not aggravate.
4. Bring your best attitude and energy. Leave your ego at the door.
5. Be respectful of your classmates and your environment.
6. No inappropriate or foul language before, during, or after class.
7. Be a good training partner and help your fellow classmates.
8. If at any time a training partner is making you feel uncomfortable talk to teacher.
9. Put in your best effort during class.
10. Most importantly – HAVE FUN!

Wechat Group Communications

Our wechat group is strictly for the purpose of sending/receiving updates on training times and scheduling. You may update your teacher if you are running late, cannot attend a class, or have an emergency. It is NOT a discussion group, no stickers, no spam, and no inappropriate content.

Nathan A. Wright

Chief Instructor, China

Luo Guang Yu Seven Star Praying Mantis Kung Fu



菩提达摩第二十八代

十八家拳法
太祖的長拳起首韓通的通背為母
鄉恩的纏封尤妙溫元的短拳更奇
馬籍的短打最甚孫恆的猴拳且盛
黃祐的靠身難近綿盛的面掌飛疾
金相的撻手通拳懷德的棒持硬崩
劉興的勾摟採手譚方的滾漏貫耳
燕青的拈拿跌法林冲的鴛鴦腳強
孟魁的七勢連拳崔連的高裏割強
楊滾的棍探直入王朗的螳螂總敵

少林十八家拳法



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Class Times

Tuesdays & Thursdays
7:30-9:00pm

Location

Former French Concession
Area

Contact

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