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This publication is dedicated to my teacher Kai Uwe Pel who has selflessly guided me over the last seventeen years of my Mantis journey. He has dedicated countless hours in the training hall and in his home, and afforded me an opportunity of immeasurable meaning, value, and fulfillment to which I am forever grateful.

The Three Harmonies and Five Martial Values

The study of Mantis Kung Fu is just as much a path of Self-Realization as it is Self-Protection. Some people may find this hard to understand, but the true journey of the student and teacher alike is all about living a harmonious and meaningful life. Through diligent study the student develops practical self-defense skills, but this is the just the tip of the iceberg. The student is also immersed in the wisdom of traditional Chinese marital culture as proudly passed on by our venerable past masters for more than ~400 years. The philosophy and values are profound with a brilliance and simplicity that are summarized in the San He Wu De.

San He Wu De directly translated means Three Harmonies and Martial Values. This construct lays out a simple formula on how to live a meaningful and harmonious life. It espouses three foundational precepts that prominently feature traditional Chinese Martial Values (Wu De) to help guide your life with clarity and confidence. In this first installment of a three-part series I will introduce the overall framework of San He Wu De and explore it's first precept - the Right Mind. In the next follow-on installments I will explore the Right Values and the Right Effort in more detail.

What is San He Wu De?

The Three Harmonies espouses three fundamental precepts that lay the groundwork for living a meaningful and harmonious life. The first precept requires that you to cultivate the Right Mind (Xin), the second precept requires you to possess the Right Moral Standing (De), and the third precept requires you to put forth the Right Effort (Gong). The Right Mind is about cultivating a good attitude and represents your overall outlook on life. The Right Values (Wu De) are the moral compass that guide you with clarity in the decision-making process. They are unchanging and define who you are and what you stand for. Traditional Chinese martial virtues form the backbone of this framework and prominently feature five internal values and five external values. The Right Effort is about your work ethic and is the physical manifestation of attitude and moral code. Studying Mantis kung fu will help you to learn about the San He Wu De, understand it, cultivate it, and ultimately embody it.

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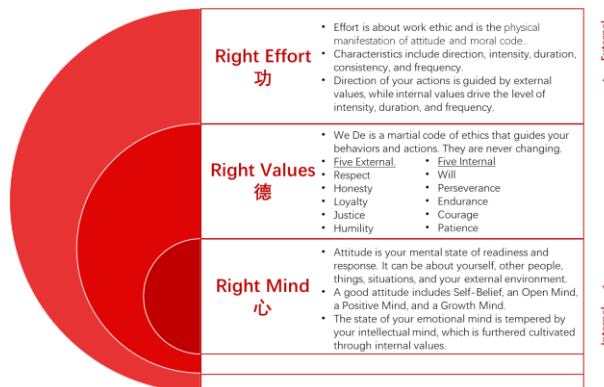
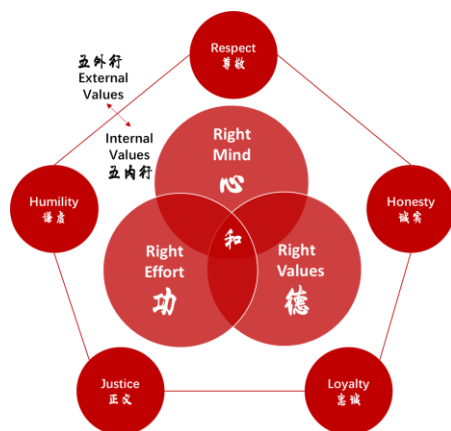
Master Luo Guang Yu
罗光玉 1888-1944

“A single footstep will not make a path on the earth. So a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path we must think over and over the kind of thoughts we wish to dominate our lives.” – Carl Jung



Three Harmonies Five Martial Values

三和武德



1st Precept the Right Mind

First Precept - The Right Mind

Everything in life begins with having the Right Mind (set) – this is all about Attitude and dictates how you respond to the world, to yourself, to other people, and to other things. The right attitude is an optimum mental state of readiness for taking information in, synthesizing, rationally analyzing, and making unbiased best fit decisions. It will open you up to a world of learning, friendships, and opportunities. It will enable you to overcome challenges and hardships, and bring you one closer to achieving your goals. The wrong attitude will close you off to all of these and limit your development in life. So what are the fundamental characteristics of the Right Mind? It includes four key elements: having Self-Belief, being Open Minded, having a Positive Mind, and maintaining a Growth Mind.

“San He Wu De is a simple pathway to achieving a meaningful and harmonious life. It espouses three main precepts to achieving such. The student must possess 1) the Right Mind, 2) the Right Moral Values, and 3) put forth the Right Effort.”

Self-Belief

Having Self-Belief is about understanding yourself and having the confidence to believe in yourself. It is about having the conviction that you can meet life’s hardships head-on and succeed. Self-belief is not a fixed innate characteristic, but rather an ability that can be acquired and developed in almost any domain over time. Mantis kung fu is an incredible discipline that begins the transformational process of building self-awareness, strengthening confidence, and cultivating self-belief.

“The Right Mindset is all about having the right attitude and includes four fundamental characteristics: 1) Self Belief, 2) Open-Mindedness, 3) Positivity, and 4) a Growth Mindset.”

Open Mindedness

Having an Open Mind leads to an open heart. An open mind is about a willingness to listen to and accept (or at least consider) new ideas, opinions, people, or things. It is a necessary starting point for learning, logical reasoning, and critical thinking. It fosters intellectual humility and mutual understanding. It better enables you to understand your own perspectives and more importantly those of others, ultimately fostering greater empathy and compassion. It allows you to think and speak constructively across differences and it better enables you learn and grow from challenges in life. The study of Mantis kung fu will expose you to new ways of moving, new people, new culture, and new perspectives that will help you to cultivate an Open Mind.

Positive Mind

A Positive Mind is the mental and emotional state of remaining calm and focused on the task at hand, and not letting yourself get overly discouraged when encountering setbacks and hardships. It has nothing to do with being unrealistic or backing down from challenges, but rather is a rational mindset that looks for the best fit solution to

“Having a Growth Mindset is an attitude towards learning and a realization that your skills, abilities, and understanding about the world around you can continually improve, expand, and evolve.”



the problem, and seeks the valuable lesson to help get you back on track. When a negative event occurs, remember that it's your perspective and response that determines the outcome. Build the habit of looking for the positive response and once you get into the habit of replacing negative thoughts with positive ones, you'll start having positive results. It really is that simple and even more profound. The study of Mantis with an experienced and trust teacher / mentor will help you to cultivate a Positive Mindset.

Growth Mind

Having a Growth Mindset is an attitude towards learning and a realization that your skills, abilities, and understanding about the world around you can continually improve, expand, and evolve. A growth mindset embraces failure not as a finality but as a natural part of the learning process and celebrates it as an opportunity to learn and make progress towards achieving your goal. It is driven by self-awareness, positivity, open mindedness, curiosity, passion, courage. The study of Mantis kung fu will help you to cultivate and put into practice a Growth Mind every day.

Closing Remarks

The study of Mantis Kung Fu is just as much about Self-Realization as it is about Self-Protection. It promotes a powerful framework called of San He Wu De that teaches you how to live a meaningful and harmonious life. It puts forth three key precepts including the Right Mind, the Right Moral Values, and the Right Effort. Today I introduced the general framework of the San He Wu De and explored in detail the key characteristics of the first foundational precept. The Right Mind encompasses elements of Self-Belief, Open Mindedness, a Positive Mind, and a Growth Mind. The study of Mantis kung fu under the guidance of an experienced teacher has the potential to be a life changing experience that will propel your journey towards to cultivating a stronger body, a stronger mind, a stronger spirit, and living a more meaningful and harmonious life. In part-two of the follow-on installment I will introduce and explore in more detail the Five External Values.

Wishing everyone a very Happy Mid-Autumn Festival. Be safe, be kind and train hard!

Nathan Wright
Chief Instructor, China
Luo Guang Yu Seven Star Mantis Kung Fu

武德
外行 内行
尊敬 意志
信任 忍耐
正义 毅力
谦虚 勇敢
忠诚 恒心

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Who We Are

We are a diverse group of people dedicated to the transmission and promotion of traditional Seven Star Praying Mantis Kung Fu (Qi Xing Tang Lang Quan). We represent the proud family lineage of Master Luo Guang Yu, who made the style famous in the Shanghai Jingwu Association in 1919. In 2019 we celebrated the 100-year centennial anniversary of Seven Star Mantis in Shanghai.

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