



The Complete Guide to Northern Praying Mantis Kung Fu

By Stuart Alve Olson

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Developed by Wang Lang over 300 years ago, Praying Mantis Kung Fu is the only martial art based on the fighting skills of an insect. This fascinating system utilizes swift, methodical movements for defense and offense, and is well respected as an art that helps practitioners develop great strength and perseverance. *The Complete Guide to Northern Praying Mantis Kung Fu* provides an in-depth look at the history and practice of this remarkable martial art. Author Stuart Alve Olson, a student of T. T. Liang, draws on the lineages of Masters Feng Huan-I and Wang Han-Fon, but includes detailed description of all major schools, styles, and lineages. The first half of the book focuses on tactics and theory; the second half contains step-by-step descriptions of the fundamental Praying Mantis stances, exercises, footwork, and kicks, clearly illustrated by more than 200 photographs. What sets this book apart from other works on Praying Mantis is its philosophical depth; author Olson gives a clear account of the development of the art and the Taoist principles from which it arose. This book provides the basis for not only mastering the martial art of Praying Mantis Kung Fu but also mastering oneself—the true goal of all martial arts.

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Editorial Review

About the Author

Stuart Alve Olson has taught martial arts worldwide and is the author of *Steal My Art: The Life and Times of Tai Chi Master T.T. Liang* and many other books on Taoism, Qigong, and Chinese martial arts. He is the founder of the Phoenix Taoist Center in Phoenix, AZ, where he lives.

Users Review

From reader reviews:

Pauline Mueller:

Reading a reserve tends to be new life style within this era globalization. With reading you can get a lot of information that will give you benefit in your life. Along with book everyone in this world could share their idea. Guides can also inspire a lot of people. Plenty of author can inspire their particular reader with their story or perhaps their experience. Not only the story that share in the guides. But also they write about the knowledge about something that you need example. How to get the good score toefl, or how to teach your kids, there are many kinds of book that exist now. The authors in this world always try to improve their expertise in writing, they also doing some exploration before they write on their book. One of them is this The Complete Guide to Northern Praying Mantis Kung Fu.

Dustin Singh:

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Ruth Haddock:

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