SIFU WELCOME LETTER

Welcome to Shadow Fist Kung Fu & Tai Chi!

I am glad you made the decision to start training with us here. Whether you started training in kung fu, tai chi, tumbling or yoga (or any combination of those), I want you know that each and every instructor here has a wealth of knowledge and experience and are here to help you to achieve your personal goals. I have a few concepts I'd like to introduce you to here at the school as you begin your personal journey.

Titles

The Ying Jow Pai system uses familial Cantonese terms for titles. Think of it like a kung fu family.

Jo Si—Founder of the lineage (Ngok Fei)

Si Tai Gung – Great Grandmaster (Leung Shum)

Si Gung—Grandmaster (Don Walth)

Sifu—Instructor/Teacher (Aaron Giddings)

Sihing—Senior Kung Fu Brother (based on start date, not rank)

Sijeh—Senior Kung Fu Sister (based on start date, not rank)

Sidai—Junior Kung Fu Brother (based on start date, not rank)

Simui—Junior Kung Fu Sister (based on start date, not rank)

Within a school, it is proper to address an individual simply by the title ("Sifu" for instance), but if you are addressing an instructor from a different school, you would use their name after the title (like "Sifu Lee") Welcome to the family!

Lineage

In Chinese Martial Arts, lineage is the key to an learning an authentic style. Anyone can find martial arts videos on YouTube, practice it a few times, start teaching and call themselves an expert. Any true Sifu will be able to demonstrate the lineage of their system. A lineage reflects how the system was developed, preserves traditions and values, and establishes instructor credibility. A lineage is formally passed from Sifu to Sifu and is earned, not a given based on rank. I tested for my Sifu Rank with Grandmaster Leung Shum in 2012. I was a certified instructor and could teach independently of my Sifu, but the lineage wasn't passed to me until 2021 as I was preparing to open SFKF. Our Eagle Claw lineage can be traced back for centuries to General Ngok Fei (1127 –1279AD). The techniques and methods we are teaching have been passed down for centuries and are tried and true. Let our strong lineage be an assurance to you that you are getting the absolute best in martial arts training!

Sash Testing

Every journey at Shadow Fist Kung Fu & Tai Chi is unique. It's not a race or a competition. Traditionally in kung fu and tai chi schools, when students lived at the school and studied daily, there weren't sash tests or ranking. Many modern schools have adopted sash (belt) testing to help students and teachers set reasonable and attainable goals. I don't want you to feel pressured to push through the system faster than you are comfortable with...learn at your own pace. Think of each sash test as a spot check for me. Beginner students, I'm looking for a grasp of general concepts, intermediate students should start incorporating flow and power, advanced students should have coordination, control power, fluidity, breath control, etc. Our system is designed to build a complete martial artist. Not all of the skills are introduced immediately, but they will come with time. Imagine writing a great novel. Starting with letters (basics), moving to words (forms), then writing a figurative book on your personal journey.

Seminars, Demos and Tournaments

We begin weapons training in our Intermediate and Advanced Kung fu and Tai Chi classes; however, we have 78 forms in our kung fu system and 23 in our testing curriculum. We use seminars (called our Sifu Seminar Series), offered several times per year, to introduce forms not included in our testing curriculum. It is a great way for beginner students to get an early introduction to our weapons and for all students to learn a form outside of the testing curriculum.

We perform demos in the community throughout the year. While these demos are voluntary, we are always looking for new individuals to join our demo team. It is open to all skill levels. It is an opportunity to show what you've learned and can be great training for tournaments.

Our demo team also regularly performs the traditional Lion Dance at demos. Our Lion Dance team practices every Saturday from 10:00am to 10:30am. It is free for all students. Everyone is highly encouraged to join!

There are not many opportunities for Chinese Martial Arts tournaments in Iowa, but we will often put together a tournament team for some of the larger tournaments if there is enough interest. Tournaments require a lot of time and commitment, but are very rewarding. Private lessons are strongly encouraged for tournament prep.

Training Videos

Training daily helps tremendously. We have 2 options to help when training at home. One option is the DVD's produced by the Ying Jow Pai Association featuring the late Grandmaster Shum. The other option is our online video series featuring our SFKF instructors. More videos unlock after each test and include all materials from past content. These videos are intended to be used as a supplement for in-class training and not a replacement for in-class instruction.

If you ever have any questions or concerns, please feel free to reach out to me personally before or after class or send me an email at info@shadowfistkungfu. I am excited to work with you on your martial arts journey.

With Respect,

Sifu Aaron Giddings
阿龍師傅
Shadow Fist Kung Fu & Tai Chi

History of Eagle Claw Kung Fu
(Faan Tzi Ying Jow Pai)



The Eagle Claw system was developed by General Ngok Fei of the Song Dynasty (1127-1279 AD) and was taught to his soldiers for battle. General Ngok Fei defeated his enemies in every battle. He won victory after victory because he was a clever tactician, and above all because of the kung fu system he taught to his troops.



It was developed and passed down for centuries, eventually to a man named Chan Tzi Ching who founded the founded the Ching Mo Kung Fu Association in Hong Kong and Shanghai (where Grandmaster Leung Shum studied under Lau Fat Man and Ng Wai Nung).

Ying Jow Pai brought to America by Ng Wai Nung's senior student, Leung Shum, who opened a formed YJP in New York in 1975. It has since spread to schools throughout the US, Europe, the Caribbean and South America.

Master Don Walth (who taught Sifu Aaron Giddings) learned directly from Grandmaster Leung Shum in New York and opened the first Ying Jow Pai school under Grandmaster Shum in Des Moines, Iowa in the early 1990's.

Sifu Aaron completed his Sifu white sash and tested under Master Walth and Grandmaster Shum in 2011. Shadow Fist Kung Fu and Tai Chi opened its doors in May of 2021 to continue the Ying Jow Pai legacy in Iowa after Master Walth moved to Idaho.

OPEN HAND		WEAPON	
Kung Leg Kuen	Power Fist Set	Kwan Yeung Quan	Shepard Staff
Jeet Kuen	Quick Fist	Siu Lum Quan	Shaolin Staff
Yee Long Kuen	God Fist Set	Kaa Moon Quan	Odd Door Staff
Saa Lok Kuen	4/6 Fist Set	Duin Quan	Short Staff
Tam Tui	Springing Leg Form	Sam Jeet Quan	3 Section Staff
Bung Bo	Praying Mantis Form	Bat Kua Do	8 Diagram Saber
Sui Min Jeung	Small Cotton Palm Form	Lok Hop Do	Six Harmony Saber
Mui Fa Kuen	Plum Flower Fist Form	Ng Hau Do	Five Guardian Saber
Law Horn Kuen	Buddha Fist Form	Day Tong Seung Do	Ground-Rolling Double Saber
Hon Kuen	Walking Fist Set	Mui Fa Do	Plum Flower Saber
Ng Fa Pow	5 Flowered Leopard Fist	Chung Chow Dai Do	Dynasty Kwan Do
Tai Jo Kuen	King Fist Form	Saa Moon Dai Do	4 Door Kwan Do
Ngan Hon Kuen	Goose Walking Form	Ng Fu Cheung	Five Tiger Spear
Dai Hung Kuen	Great Hero Set	Mui Fa Cheung	Plum Flower Spear
Ng Fu Kuen	Five Tiger Fist Form	Lok Hop Cheung	Six Harmony Spear
Bat Bo Choi	Eight Step Fist	Huoon Tzi Cheung	Double Headed Spear
Dai Min Jeung	Big Cotton Fist Form	Dat Mo Gim	Dat Mo's Sword
Sui Fu Ngun	Small Tiger Eye Form	Lin Wan Gim	Connecting Link Sword
Sui Hung Kuen	Small Hero Fist Form	Ching Fung Gim	Clear Wind Sword
Chin Lau Sei	Flowing Movement Form	Jor Yow Gim	Left/Right Sword
Lin Kuen	Connecting Fist Form	Lung Fung Seung Gim	Dragon/Phoenix Double Sword
Fook Fu Kuen	Controlling Tiger Fist	Fu Tow Seung Au	Tiger Head Double Hooks
Day Tong Kuen	Ground Set Form	Chut Jeet Bin	7 Section Whip
Jui Lau Tong	Drunken Ground Set	Wan Sin	Cloudy Fan
Sui Yin Kuen	Small Eagle Form	Seung Pei	Double Daggers
Dai Yin Kuen (Long)	Great Eagle Form	Seung Gim Mo	Double Sword Dance

PARTNER	
Doi Min Jeung	Fighting Cotton Palm
Yat Ling Bat	108 Partner Form
Hop Gin Kuen	Harmony War Fist
108 Sau Sao	Locking Hands
Toa Kuen	Paired Fist Form
	Seven Principles
Sup Lok Da	16 Strikes Form
Sam Yan Doi Kuen	3 Man Fighting Fist
Nim Sau Kuen	Sticky Hand Fist Form
Don Do Doi Cheung	Saber versus Spear
Lui Fung Doi Quan	Thunder Wind Fighting Staffs
Dai Do Doi Cheung	Kwan's Knife Fights Spear
Seung Do Doi Cheung	Double Saber Fights Spear
Cheung Duin Doi Quan	Long/Short Fighting Staffs
Sam Jeet Quan Doi Cheung	3 Section Fights Spear
Cheung Doi Cheung	Spear Fights Spear
Don Do Kwai Doi Cheung	Singe Saber & Crutch Fights Spear
Hung Sou Doi Seung Pei	Empty Hands Versus Daggers
Doi Gim	Fighting Sword
Hung Sou Doi Seung Do	Empty Hands Fight Double Saber
Doi Gim Mo	Fighting Sword Dance



FORMS LIST



PushPress Member App Instructions

At Shadow Fist Kung Fu & Tai Chi, we use the PushPress App to manage our membership plans as well as for purchasing products or sash testing.

Download: Search "PushPress Members" in your app store or visit

https://members.pushpress.com

for web access.

Key Features:

- **Reserve classes** and manage reservations
- **View class schedules** with coach and capacity details
- **Check attendance history** and current memberships
- **Purchase appointment packages** and view credits
- **Update payment info** and profile details

Log workout results (if using Train)

Access: Members automatically receive login instructions when they purchase a plan or punchcard.

Tips for Success

Build a Solid Foundation

- Master the Basics
- Practice Regularly
- Seek Guidance
- Watch and Learn

Condition Your Body

- Flexibility and Balance
- Strength and Stamina
- Horse Stance
- Condition your Hands and Wrists

Develop Your Mindset

- Discipline and Patience
- Focus on Improvement
- Respect and Humility
- Set Goals

