

Five Animals of Shaolin Kempo Karate



From the Tiger we learn Strength and Tenacity in our fighting strategies, techniques as well as in our Daily Life. The Tiger is very powerful and direct. The Tiger commits its entire mind and body into each move. There is no hesitation in the Tiger's mind. Fingertip and revolving pushups are helpful during Tiger Training.



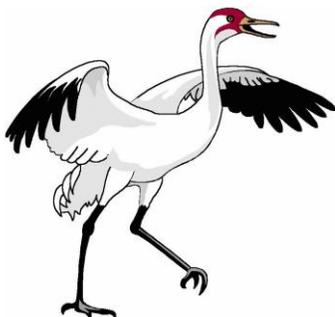
From The Leopard, we learn speed and Agility in our Fighting strategies, techniques as well as in our daily life. The Leopard is extremely fast and angular .It is noted for its sudden changes of movement and varied angles of attack. The Leopard is not as big as the Tiger, but is capable of "providing great effect" **force** = speed (x) mass. The Leopard completes this equation quite well. Hand to eye coordination and reflex training drills are good foundations for effective Leopard techniques.



From The Dragon, we learn Versatility and Indomitable sprit in our fighting strategies, techniques as well as in our daily life. The Dragon is the mystical aspect of our system. The Dragon is noted for its spinning movements, such as spinning heel and spinning back kicks as well as Dragon tail sweeps. Low level lunges in all directions are very useful during Dragon training. The Dragon can change into any animal at any movement. This is a key part of the secrets of our system of movement.



From The Snake we learn inner strength, rhythmic endurance, and flexibility in our fighting strategies, techniques, as well as in our daily life. The Snake is very calm and accurate. Flexibility is a key part of Snake training. Don't neglect upper torso and arm flexibility; not just your legs. The Snake is completely supple in body and mind.



From the Crane, we learn Grace and Balance in our Fighting strategies, techniques as well as in our daily life. The Crane is very aware and evasive. Many people underestimate the Crane's power. It doesn't have much body weight, but it utilizes it very well and it positions itself effectively. The Crane has excellent stances, but understanding of being in the proper position at the proper time is its most valuable tool.