



The Secrets of Phoenix Eye Fist Kung Fu: The Art of Chuka Shaolin (Tuttle martial arts)

Cheong Cheng Leong, Mark V. Wiley

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Master the terrifyingly effective Phoenix Eye Fist style of Chinese Kung Fu with this illustrated martial arts guide.

The Secrets of Phoenix-Eye Fist Kung-Fu depicts an enormously potent art, also known as Chuka Shaolin, that does not depend on strength or size. Instead, it utilizes a special striking technique, the phoenix-eye fist, aimed at vital points on the opponent's body.

Phoenix-Eye Fist Kung-Fu excels at close-range fighting—an area neglected in many other martial arts—and employs a variety of lightning-fast strikes and kicks. Due to its deadly efficacy, there is no sparring in Chuka Shaolin, but instead complex two-person practice forms are employed—both for empty-handed fighting and for fighting with weapons—in which the practitioners fight all-out, and are protected only by a precise knowledge of the form.

With hundreds of clear photographs, *The Secrets of Phoenix-Eye Fist Kung-Fu* reveals:

- The fundamental techniques of the empty-handed art
- A complete breakdown of the two-person empty-hand practice forms
- Detailed instruction in Chuka Shaolin pole fighting, including the practice forms
- An overview of the other weapons used in Chuka Shaolin, including the sai, the twin knives, the spear, and the farmer's hoe
- Special forms of Chi Kung designed to increase striking power, increase vitality, and aid in resisting and healing injuries



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