

Long Fist

10 Free in-person Tutorials

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Registration email -
confucius@soton.ac.uk

Tentative Dates: Wednesdays (29/6, 6/7,
13/7, 20/7, 27/7, 10/8, 17/8, 24/8, 31/8, 7/9)

Time: 6pm-7pm

at

Cantell School Gym, Violet Rd
Southampton SO16 3GJ

Tutor: Prof Michael Ng

Long Fist (长拳 changquan) refers to a family of Kungfu styles from northern China. The forms of the Long Fist style emphasize fully extended kicks and striking techniques. By appearance, it would be considered a long-range fighting system.

Long Fist uses large, extended, circular movements to improve overall body mobility in the muscles, tendons, and joints. The Long Fist style is considered to contain a good balance of hand and foot techniques. More specifically, it is renowned for its impressive acrobatic moves and kicks.



In demonstration events, Long Fist techniques are most popular and memorable for their whirling, running, leaping, and acrobatics.

In this class, we aim to improve the flexibility and strength of participants, while learning one of the Long Fist sequences.

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