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is Tie Qiao San. In his time he was called one of "Guangdong Ten Tigers". He is a well-known and esteemed master among Kung Fu followers. Tie Qiao San, a favorite disciple of Shaolin monk Jue Yin, was famous for his mastery, he had no rivals equal to him.

Southern Shaolin Qi

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core of the Shaolin martial training, they are the key to the true summit of mastery. An old proverb says: "If you exercise only the technique (style) but ignore special training you will be a nobody till your old days." "Special training" implies particular exercises for developing both WAI ZHUANG - "the

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"External Power" and
NEI ZHUANG - "the
Internal Power." Those
exercises (training
procedures) are
collected under a
common title - LIAN
GONG, literally
"Exercising to Acquire
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Southern Shaolin Temple and the Rise of the Ten Tigers of Canton tells the legendary story of the Southern Shaolin Temples in Fukien Province, China, and of the renowned Shaolin Kung Fu masters who trained there. Events and betrayals led to the destruction of these Southern Shaolin Temples. The survivors

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fled from the
Ch'ing/Qing army
and dispersed around
Kwangtung/Guangdong
Province. Many of
these eventually settled
in or around the
provincial capital city of
Canton. They, in turn,
taught their kung fu
among the general
population, which led to
the rise of several
eminent kung fu

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masters. The ten best were chosen and from then on would be known as the Ten Tigers of Canton.

The book "CHIN NA FA" was written by Liu Jin Sheng in collaboration with Zhao Jiang. The first edition of the book was issued in July of 1936 as a manual for the Police Academy

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of Zhejiang province.

The book was printed
by the publishing house
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in command of this
technique, you can sway
the destiny of the
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your enemy, cause
unbearable pain, tear
his muscles and sinews,
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some time and completely disable him to resist. Even a woman or a physically weak man who mastered this technique can curb a strong enemy. This technique demands deftness and skill, not brute force. It is necessary to train oneself daily to make the body flexible and nimble, but "hardness"

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must be hidden inside
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Liu Jin Sheng. The
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