

The Martialarm Introduction To Praying Mantis Kung fu

Praying Mantis Kungfu was created by Wong Long in the year 1644, during the Manchurian takeover, Wong Long took refuge at Shaolin Temple. While at the Shaolin Temple he trained and planned on how to over throw the government, he met a senior monk by the name of Feng. Feng and Wong Long liked to spar against each other, unfortunately Wong Long lost everytime to monk Feng.

Monk Feng was going on a trip that would take about three years to complete, before he left he told Wong Long that he hoped that by the time he got back, that Wong Long's skills might have improved. Wong Long continue to train everyday and one day as he was resting after a vigorous workout, he noticed a mantis fighting a cicada. Wong Long was so impressed with how the mantis moved, that he captured the mantis and took it back to the Shaolin Temple where he could study the movements of the mantis better.

After several years of Wong Long practicing and writing down new techniques, his old friend Feng, the senior monk arrived back at Shaolin Temple and immediately he wanted to see his friend Wong Long and find out if he had improved in his skills. As the both met they bowed to each other and decided to have a friendly match. To the amazement of monk Feng, he had just been defeated easily, but he couldn't accept that he figured that maybe it had just been pure luck, so he challenged Wong Long again, and again he was defeated. What kind of a style is this cried out monk Feng, I have never seen anyone fight like that. Wong Long said; I call it Praying Mantis. Together Wong Long and monk Feng incorporated the footwork of the monkey into the mantis style.

Praying Mantis training can be done in any city in the world and I encourage you to visit our martial arts directory of Praying Mantis to find a school near you!

About the Author

Visit the martialarm website <http://www.martialarm.com/martialarts/mantis.html>

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