

**CENTRAL CANADA MARTIAL ARTS ASSOCIATION**  
**GENERAL HISTORY OF CHINESE MARTIAL ARTS**  
**(KUNG FU/WUSHU)**

Chinese martial arts date back thousands of years. Most typically history is always referenced back to the famous Shaolin Temple. In some cases this is true. However there were many martial arts practiced prior to the origin stories usually taught in your average school. Original Combat or Military style arts taught little about empty hand fighting since it is relatively useless. This statement can be backed by General Qi Jiguang In some of his famous texts or the Korean Muye Dobo Tonji when researched. Weapons were typically used and there for spear, sword, archery, horseback riding and several other aspects were more traditional martial arts. Empty hand arts did exist throughout these periods however and varied from name and style. Typically the original arts were based on Chinese wrestling or Mongolian wrestling traditions of the time. Somewhere in the 500 AD's which I will be vague on the exact date but I will say most agree in the mid period to this era Da Mo monk arrived at Shaolin and taught Indian Yoga and possibly Indian style martial arts like Kalaripayattu or one of its variances of the time period and or district he was from. This formulated the 18 muscle tendon change exercise classic and bone marrow washing techniques of the temple. Ironically though Budo the founder of the temple itself and several of his monks were actually ex-military and in most cases ex-generals trying to live out there days and possibly try to forget what they once had done. This let a lot of variables for styles into the temple for the time period. Originally it is said that the original systems consisted of Mongolian wrestling, Dog fist, a Middle Eastern fighting style, the Indian martial arts, and some Tibetan influences creating the overall development of Lohan Boxing for the original temple. Eventually what was known as the 18 lohan exercises were developed in this format into the 72 forms expansion. This eventually was lead into the upgrade to the Legendary Five Animal. Often it is credited to Tsu Yuen Monk who found two men, Lee whom he was introduced to during a fight and later Lee's friend and master finger fist fighter Master Pai roughly during the 1200 to 1300+ period with no exact date. Some state that this particular style has always existed within the temple. However Hua Tuo five animal exercises are a qigong and still exist today separate from the arts taught by Shaolin. The common stories sometimes pertain to the Five Ancestor's such as Pak Mei, Miu Hin, Wu Mei, Fung Dak Do, or Chi San. Time line wise however this doesn't always add up. Some of these characters are in the Ching Dynasty period. Others date back further or have duplicate persons with the same names in history. an Example is priest Chi San, He taught the famous Hung Si Quan which takes you into the 1700's some say Chi San

Others Say Hung Si Quan designed the famous Hung Gar style which did most of its development in the 1800's which eventually lead to the famous Master Wong Fei Hung. Another example is Wu Mei, There is records one Wu Mei who developed a form of Dragon boxing. Than in a later time period a Wu Mei who taught a Fong Wing Tsun. Regardless to this the Five Ancestors did lead to five major family arts which are popularly taught today and can be looked up quite easily so we will say no more about the temple arts and will continue to talk about the Military arts of empty hand fighting. These styles did have an influence from the Shaolin temple.

In the Song Dynasty Emperor Tai Tzu Invented his long fist which he taught his troops along with spear techniques. This lead to his conquering of China and a period of peace. This martial art was passed to the Shaolin temple for historical protection and can be found in many Long Fist curriculums. Notably Cheng San Feng the supposed founder of Tai Chi was a master of this system. The standard legends go that He was a shaolin Monk who became unsatisfied with Shaolin martial arts and left the temple. He resided on Wu Tang Mountain. It actually doesn't state the temple like some like to believe. This is just generally an assumption people make that a monk would stay at a temple opposed to a cave on a large mountain with lots of space. None the less I am not out to change personal belief on the story but merely state the possibilities with this historically foggy art that came from Long Fist. Eventually Cheng Sang Feng created a soft fist style from his long fist and taught one person. This personally eventually passed through Chen Village and taught his art to the family to guard as a secret. Chen village however states this never really occurred and it is more likely that the retired Ming Period General whom returned to his home town taught his family (Chen Village) what he had learned. Eventually this was adjusted by a passerby who taught them how to internalize their art. After this Yang Lu Chuan learned the Chen Old Frame system to sum things up a little bit and refined it into yang family style, or Yang Tai Chi, Yang Bai and Yang Hao taught this art and passed it on to the next generation which became most popularized in 1928 by Yang Cheng Fu. Alternately there is other Tai Chi Styles Such as Wu Tai Chi developed my Wu Quan Yu, Also Hao style developed by one of Yang Lu Chuan's First student's wu yu hsiang who merged Chen New frame with Yang's Old Frame to design his art. This lead to Sun Lu Tang merging this style with Pa Kua and Hsing Yi boxing to create Sun Tai Chi. These arts lead to sub styles of tai chi which I will not name but do your research and you will find them with some ease.

Another advancement in Chinese Military Arts was General Yei Fei who developed Eagle Claw. The legend to this development was back when he supposedly trained at Shaolin and learned a style known as Elephant Fist. He developed this with Wrestling and Chin Na skills to create the 108 locking techniques which originally were practiced as drills. He was also noted to of invented Hsing Yi, or the basic forms to the system based on his spear tactics which in a later period were rehashed into the modern hsing yi by a person of similar name who also used spear techniques.

In Conclusion of the history of Chinese martial arts as explained by Grand Master Gary Powell and recorded By Grand Master Justin Powell to entrust the general histories are preserved so the students of Central Canada Martial Arts Academy and Practitioners of Powell's Personal Combat System may understand a little bit of where the forms they learn come from. Their historical respects and what styles they may lead to. The next volume of history labeled History Of Japanese/Okinawan Martial Arts will continue from this to explain how the primitive Samurai arts were developed as well as Ju Jitsu and will explain how karate had branched out further mainly from the Pang Noon School, and the Ngo Cho Kune Lineages As well as other historical stories about the arts dating back much further.

The Following Styles Are Primarily Practiced as our standard Chinese Boxing categories. However we do accept all forms of Chinese Boxing into our association these are recommended as very developing to the body mind and spirit and they range from practical to outright skill demanding on the physical body.

#### LONG FIST

Liang Bu Chuan (Sometimes known As Yunan Fist in some versions) this set is a favourite of Grand Master Gary Powell

Tai Tzu Chang Chuan (the famous emperors Set is the recommended advanced form)

#### FIVE ANIMALS (A single set which is Grand Master Justin Powell's Favourite)

A Note for Five Animal Boxing, many systems claim to have the real set. No one is too sure which is the original however this particular set Matches the historical descriptions to the closest functions leading up to the combined set prior to the final separation into 5 distinct sets which Grand Master Justin Powell believes to be confused merely with Techniques categorized into each animal opposed into five actual forms

YANG TAI CHI (Quite standardly Practiced across the world it is a good to know set)

All though Grand Master Gary Powell and Grand Master Justin Powell have trained in many sets of Chinese boxing and exchanged knowledge with various people over the years the above is the least repetitive amount of sets to gain the bulk of the knowledge. The following List will give insite to the exploration of some of the other various styles explored under the Chinese Boxing Category just to name a few...

Fast Wrestling

Lohan

Black Tiger

Hung Gar

Wing Chun

Mantis (various styles)

Tibetan Crane

White Crane

Eagle Claw

Hsing yi

Pa Kua

Choy Li Fut

Chen Tai Chi

Wu Tai Chi

Sun Tai Chi

Monkey Kung Fu

Iron Wire (Although a part of modern Hung Gar it was once its own Art)

Pak Mei Style

Modern Wushu (Examining Where Chinese Combat Arts became sport and relatively useless for fighting)

Snake Fist

Hung Kuen (A Five Animal Based System)

Five Form Fist (A Five Animal Based system)

Lau Gar

**Founded by Grand Master Gary Powell**

**As Taught By Grand Master Justin Powell**

**All Content Is Owned By Central Canada Martial Arts Academy**

**If You Wish To Learn Powell's Personal Combat System Or Are Interested In Teaching  
Contact [TKDMaster069@aol.com](mailto:TKDMaster069@aol.com)**

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Please note that the above information is CCMAA personal view of the history explained and might vary from other schools and is not out to insult or cause conflict between schools but to give a general history to its own students. All Information explained is the oral traditions as taught and explained by Grand Master Gary Powell who requested this to be marked down for all his students to remember for generations to come.

Please note all references will be listed in recommended reading PDF We appreciate all information provided from any text we may have viewed over the last 30 to 45 years as well as oral traditions we have gained from interacting with other martial arts masters from around the world.