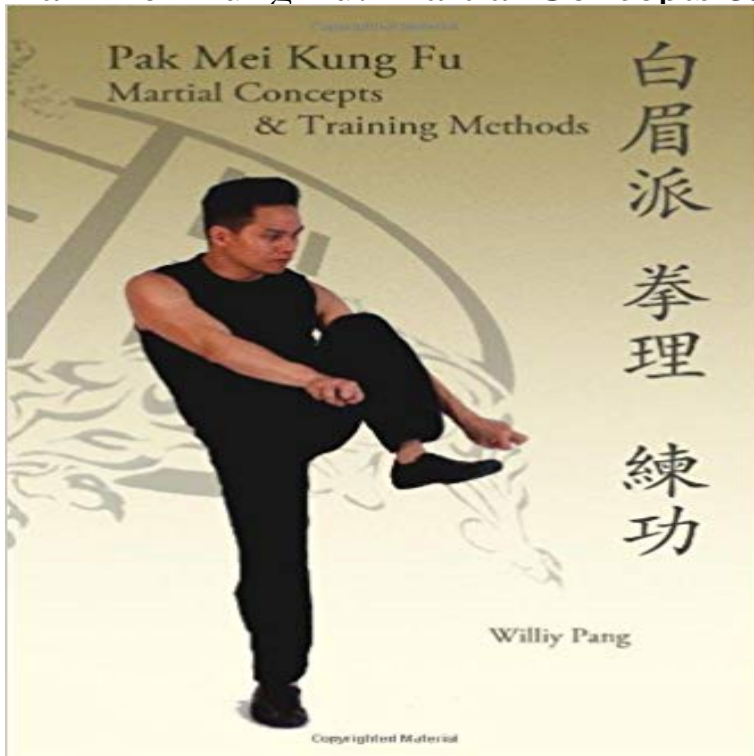


## Pak Mei Kung Fu: Martial Concepts & Training Methods



Pak Mei, or White Eyebrow Kung Fu, is a comprehensive classical Chinese martial art masterfully developed by modern-day founder Cheung Lai Chuen during the early part of the 20th Century. Known as an efficient and effective fighting system, Pak Mei Kung Fu is based upon integrated body methods and unified martial movements. In close range combat, these elements were essential to ones survival and continue to be the foundation of a successful self-defense structure. While the concepts, principles, and training methods detailed in this work are unique to Pak Mei Kung Fu, their skills and goals are common across all quality martial arts. Williy Pang has over 30 years of interest and experience in Chinese martial arts with nearly 20 years dedicated to the art of Pak Mei Kung Fu. He has authored numerous articles on this sophisticated self-defense system in addition to his other work, Pak Mei Kung Fu: Southern Style Staff.

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