

**INSIDE**

OUTSIDE U.S.A. \$1.00 75 CENTS

THE ULTIMATE IN MARTIAL ARTS COVERAGE!

# **KUNG-FU**®

VOL. 2, NO. 11, OCTOBER 1975

**The Dojo is where you find it**

**Arnis Kuntao-Sons of Kali**

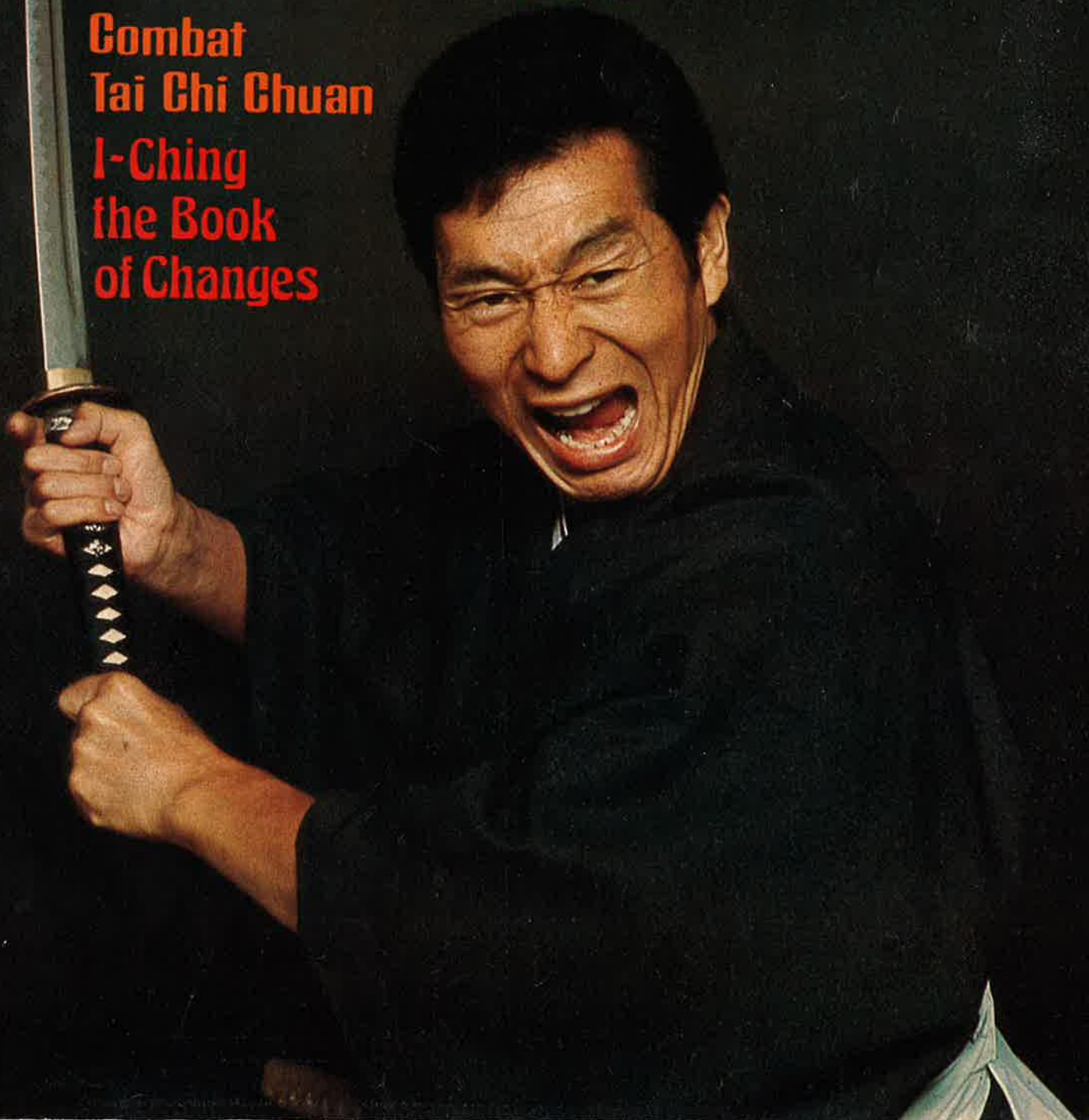
**Combat**

**Tai Chi Chuan**

**I-Ching**

**the Book**

**of Changes**



# My-Jong Law Horn is alive and well in Vancouver B.C.



by **ROCCO ZAPPIA JR.**

**W**hat are the secrets of becoming a champion? In the case of My-Jong Law Horn practitioner and teacher Alexander Kwok, it's hard work and determination. *Sifu* Kwok started Gung-Fu when he was ten. "I started with the Southern Hung-Gar system," states Kwok, "and studied it for almost two years. However after seeing the softer Northern style I was very impressed and switched over to my current style of My-Jong Law Horn. The reason that I made the switch was because the Southern style is rigid and more tense. Northern style is flexible and more natural. Also it's fancier and looks better." Aside from the graceful appearance of the art, does it have any advantages as far as effectiveness? "It uses more of the body than the Southern style. You are not as restricted, this is where I feel that it is more effective."

My-Jong Law Horn originated in a small town about ten or twenty miles southwest of Peking. "This was the native village of grandmaster Yeh Yu-Ting," explains Kwok, "he brought the art to the free world. Yu-Ting was working as a 'goods guard' — this was a guy who was hired as a professional fighter to make sure that supplies and goods reached their destination safely. He also taught self defense to the army in Peking. From there Yu-Ting went to Shanghai to teach. He remained there until the South Chinese Athletic Association opened up at which time Yu-Ting was summoned to head the Kung-Fu program there."

My-Jong Law Horn is a combination of two styles. Kwok explains, "My-Jong means off or lost track and Law Horn is the name of a buddha. Law Horn is widely spread throughout the north and is characterized by fancy high jumps and footwork. My-Jong is also a lot of jumping around but is essentially known for it's soft approach. The idea of the art is to catch the opponent off guard. You don't go in and attack direct. You fake him out for example by going in low and suddenly attacking high. This can also apply to side attacks, it just depends on the situation."

As in most systems My-Jong Law Horn is comprised of many weapons. Kwok comments, "There are a lot of weapons used in the art. Some of them were made up by grandmaster Yu-Ting and

others he picked up during his many travels. There is no one weapon that is used more than another, it depends on the student. He is taught the basics of all weapons, usually they start with staff or single sabre. Upon learning the basics of weaponry the student begins to branch out. For example if you are a tall person you learn the spear, if you're short you use the single sabre or another short weapon: Obviously it depends on one's size, however the student is later free to



practice the weapon of his choice. My personal feeling on weapon training and the way I do it is by teaching simple weapon techniques — not weapon forms. This is because the student doesn't have the necessary background on form."

As previously mentioned grandmaster Yeh Yu-Ting developed many of his own weapons. "After his death," states Kwok, "his weapons training was carried on in the teachings of My-Jong Law Horn. However there were some weapons that the grandmaster had devised that his

successors are still trying to figure out. They don't really know what he had in mind when he invented them. One of the weapons that he took and revised was the hand sabre. He took the weapon and made it longer — thus making it a more versatile weapon for fighting on horse-back."

In My-Jong Law Horn philosophy is not heavily stressed, but training is. "The training that we have is traditional training that is meant to smooth out the temper." Kwok continues, "We don't do a lot of sparring but we do a lot of falls. This is done in a group and in the form of a drill type exercise. You move according to a certain signal, and are not allowed to move until the instructor gives the next signal. The instructor then goes around observing the students. If he comes across one that he knows has a temper problem he will intentionally make him remain in the same position in order to teach self control. The reason that the temper is watched so carefully is because when the grandmaster was alive he had a very bad temper and devised ways to correct it. The methods of training and exercise that we use are similar to the military. Due to grandmaster Yu-Ting's military training we train in formations and systematic ways. We start with various leg exercises and then hand exercises. From here we go onto forms, all this is done in a strict disciplinary drill style."

*Sifu* Kwok came from Hong Kong to Vancouver British Columbia in 1969. "I finished my last year of high school in Vancouver. It was there that I decided to start teaching the art at the high school. It wasn't a part of the school program, it was more on the order of a club." Many times in an activity of this nature problems will arise in that students will join just for the sake of learning to hurt others. Kwok explains why he did not run into this problem. "I did not have to choose who would or would not join simply because the training itself is selective. The program was very rigid, therefore if a person wasn't really interested in learning the art the way it was meant to be learned he would drop out because he would find that he couldn't handle the rigorous training program."

Having taught in both Hong Kong and British Columbia *sifu* Kwok discusses some notable differences. "In Hong



(1) Ready position (assisting Alex Kwok is Greg Schoon). Sifu Kwok fakes a back hand at his opponent, which drives him back.



(2) Sifu Kwok fakes a back hand at his opponent, which drives him back.



(3) Opponent draws his leg into a cat stance, while Sifu Kwok steps in.



(4) Sifu Kwok then jumps up into the air anticipating a kick.



(5) Sifu Kwok then spins his body in the air toward the direction away from the kick.



(6) Sifu Kwok then lunges forward with a back hand while opponent throws out his kicks.

Kong I found the students to be more obedient, where as over here there is more of a discipline problem. While in Hong Kong I found that I could make the training more difficult and the students would respond to it very well. However, due to the commercialism, your program has to be adjusted to better suit the student. This is bad because the student doesn't learn all that he could under different conditions. It is unfortunate that there are so many martial art schools in the United States that are open just to make some money. These are the one's that cater to the students and don't practice enough discipline. Consequently this messes it up for the teachers that are trying to teach martial arts the right way."

In 1973 Alexander Kwok became involved in martial art tournament competition. In 1974 he won the grand championship in the British Columbian Open.



(7) After landing and sliding forward Sifu Kwok slides in a reverse fist to the opponent's face.



(8) The opponent is then thrown off balance.

In that same year Kwok placed first in weapons competition at Ed Parker's 11th annual Karate Championships in Long Beach, California — this year he took

2nd in weapons and 1st in kata. "I never really knew too much about tournaments prior to attending one early in '73. I was there only as a spectator to fa-



miliarize myself with the rules and everything. After that I wanted to start competing to see how I could do under the pressures of tournament play." The end result was quite admirable as Kwok has never failed to bring home at least one trophy from any tournament. On two different occasions he took four first place trophies to add to his vast collection.

In regards to preparation and training a day in the life of Alexander Kwok turns out to be a busy night, he explains. "I usually train at night because of a busy daytime schedule. Normally I train while I'm teaching, I have no fixed pattern. If I don't feel that I get in enough practice at my school then I continue when I go home." The exercises practiced by Kwok vary extensively. "I practice both fighting and forms. I do a lot of stretching exercises and movements. I also practice with all types of weapons to strengthen myself. Naturally it's not possible to do all of this in one evening, so I alternate my exercises. For example if I overwork my legs one night I work with weapons or something else the next night."

*Sifu Kwok discusses his future in the martial arts as well as in everyday life.*



photos: Gary Young & Frank Wong

"Whether I continue to participate in tournament competition depends a lot on my employment situation. I finished my studies at the university in science and math, eventually I would like to secure a job in programming. Regardless of what I do I will always have time for My-Jong Law Horn."



**JUDO ■ KARATE ■ KENDO ■ AIKIDO**

*Uniforms and Training Equipments*

**TOKAIDO<sup>®</sup>  
BLACK EAGLE • N. T. I.**

**TOKAIDO'S**  
**new**  
**product** *Designed by Master Teruo Hayashi*

LARGEST IMPORTER AND DISTRIBUTOR  
**NOZAWA TRADING, INC.**

P. O. BOX 20388      2534 W. PICO BLVD. LOS ANGELES, CALIF. 90006  
PHONE (213) 385-7096      WRITE FOR FREE CATALOGUE AND PRICE LIST.