

THE 7 LAWS OF GUNG FU

1. Fluidity

As one technique
completes,
another begins

2. Adaptation

Moving with

the flow of

energy

3. Economy

Efficiency of expenditure

4. Movement

Move only as

required; no less,

no more

5. Intent &

Execution

You will perform

as you train

6. Harmony

Compliment hard

with soft,

strong/weak,

heavy/light

7. Non-Self

interference:

Simply respond;

trust your training