

## NG YING KUNG FU IMPERIAL COMBAT ART AND ALL OTHER ANIMALS

<sup>1</sup>*Dr Vineeta Diwan, Assistant Professor in English Department of Arts and Humanities, Kalinga University New Raipur email : [vineeta.diwan@kalingauniversity.ac.in](mailto:vineeta.diwan@kalingauniversity.ac.in)*

<sup>2</sup>*Prithviraj Dubey, BAGEN III Sem Department of Arts and Humanities, Kalinga University New Raipur*

### ABSTRACT

The Chinese Martial art Kung fu also known as wushu or kuoshu has is a collection of multiple fighting style that have evolved over centuries in China. The style is classified on the basis of certain common traits and one of them is Shaolinqun, a kind of Kung fu that involves All Other Animals, also known as Ng Ying Kung fu that belongs to the *nanquan* or Southern style. The trait follows five traditional animal styles – Tiger, Crane, Leopard, Snake and Dragon. The ‘five animal martial art’ is supposed to have originated from Henan Shaolin Temple which is located towards the north of Yangtze River but surprisingly the form is rare in the Northern Kung fu art. The art is also known as wuxing in which it refers not only to five animals but five elements namely wood, water, fire, metal and earth. The animal techniques in Kung fu are inspired from the animals defensive and attack technique including the hand, fist and finger formation and employs all defensive actions like ripping, tearing, clawing. The paper attempts to study and critically analyze the human defensive art of Kung fu as an inspiration from nature and its forces

**Keywords** – human wildlife coexistence, imitative system, Ng Ying Ga,

The term Kung fu, ‘Kung’ means Energy and ‘fu’ means time. The history of Kung fu is dating back to 525 AD at the time of Liang dynasty. The evolution of this martial art is credited to an Indian Monk known as Bodhidharma (506-556 AD) also known as Do Ma Kung Fu or Wushu is a combat sport and has a great historical significance in Chinese Martial art. It was emphasized more in 1949 to standardize the Chinese Martial arts in contemporary times which have now gained the status of an International sport under the International Wushu Federation which organizes the World Wushu Championships every two years. With time Wushu is counted as an official event at the Asian games, World Combat Games and East Asian Youth games.

The southern martial art styles of Kungfu are mostly modeled after animals and their defensive techniques employed in the combat moves. The Ng Ying King fu also known as the Five Forms is based on the five animal martial art which include Tiger, Crane, Leopard, Snake and Dragon. Its origin dates back to Henan Shaolin Temple situated towards north of Yangtze river. As Bodhidharma had devised a set of 18 movements or hand exercises that led to the development of a strong body and prevented the disciples from falling asleep during the meditation.

The possible reason behind the inclusion of animal moves in the combat art dates back to the Chinese History of Manchu invasion in the 1644 leading to the establishment of Ching dynasty whose aftershocks included destruction of many temples amongst which Shaolin was also the one. The tumult so caused made the monks flee from their places to other destinations in China where they continued teaching the martial arts in their own unique style. The five animals style of a crucial aspect of traditional Kung fu that work upon different body parts, their strength and flexibility. The Dragon style is associated with the mythical animal dragon which is an emblem of courage and energy and its moves tend to develop flexibility and graceful movements with flowing energy.

The Tiger technique also known as Fu Jo Pai claims to have its origin in Hoy Hong temple. The system was devised on the demeanor and combat moves of an attacking tiger and the techniques involve ripping, clawing, tearing and grasping. The Crane style also known as the Fujian White Crane style is a style of southern technique that originated in Fujian and believed to be developed by a female martial artist. The style involves more of hand to hand combat and imitates the pecking of a bird, flapping of wings and also use of some weapons in traditional style. The Fujian white crane also has impacted the Shaolin boxing and shows relationship with Fujian Shaolin that follows the crane's method of attack, its spirit and its movements. The White Crane style has numerous variations and versions depending upon different regions in China and the adoption of styles, also it is popular in Tibet as Tibetan White Crane style. The Crane exercises promote vitality and give strength to the sinews, they balance and lead to fast foot movements with regular exercise of the moves. The Fujian White Crane is one of the styles belonging to the styles that constitute Five Ancestors- a southern Chinese Martial art that itself is a combination of principles and techniques from five styles which includes the breathing methods and iron body

of Bodhidharma, the posture and dynamic power of Luohan, the precision and effective movement of Emperor Taizu, the hand techniques of Fujian white crane and the vitality and footwork of the monkey.

The Leopard King fu is also one of the five animal styles that imitates the signature traits of a leopard i.e speed and angular attack. Unlike tiger the leopard is not dependent on the strength like tiger but its more crafty, cunning and is confident on its aggressive speed and technique of outsmarting its opponent. The practitioners of this style focus on the elbows, knees, leopard punches and low kicks due to which the leopard style is highly hitting and damaging the opponent and its run style has been designed in such a way that it overcomes the superior forces with inferior resources which is the most intellectual aspect of this move.

Some of the main objectives of the leopard style Kung fu include the development of muscles for outer strength, developing patience to attack at the right moment, employing leopard punch for penetration and training the lower body part to gain an enhanced springing power. He leopard style is highly inspired and has been created through the keen observation of the combat moves of a leopard and it includes lethal damages like even blinding the eye of the opponent. The style does not employ the aspect of blocking and instead stresses upon hit and run strategy which is characteristic of a leopard. The characteristic feature of the style is the leopard fist, a half open fist style and Phoenix eye that hits a punch on the pressure points near the eye and temple by using the knuckle of the index finger.

The Snake style of Kung fu is practicing moves that lead to cultivate the Chi and correct the breathing process in order to strengthen the internal power to strike an opponent's vulnerable areas. There are various styles that include Snake boxing or fanged snake style snake fist that imitate the movement of snakes. The style adopts the fluidity of snake to entwine the opponent's body and strike from angles that are unexpected. The sinuous and fluid motion of the snake gives this style a category of soft martial arts. The style imitates the combat moves of viper, python and cobra both in the northern and the southern styles.

The animal techniques employed in Kung fu signify the power of nature to a great extent and convey that humans are just a small part of the nature. Nature can be a teacher and preacher either in a silent way or through the language of birds, insects animals that gave render numerous

unknown lessons and challenge the knowledge system of human population that still needs to learn a lot from the nature.

Kung fu inspired from the word Gong fu itself defines a study and research that needs dedication, patience and diligence and so its meaning is embedded in the phrase “achievement of man”. It is an art meant to develop the mind, body and soul and perfection of skills at the same time mastering the control over time, energy and emotions. It is an art of creating balance by making the patience level rise that is an outcome of constant dedication, and practice. Being inspired from the nature, the Kung fu is not only a self defensive mechanism but also an art that imitates and adopts the slow and steady movements of nature inherited by the birds and animals which place humans as a humble entity ready to learn and take lessons from nature.

CITATIONS :

Kung Fu : History, origin, facts. Encyclopedia Britannica.  
<https://www.britannica.com/sports/kung-fu>

Kung Fu origins. British Kung Fu Association. <https://www.laugar-kungfu.com/style-origin>  
<https://www.goldenlion.com.au/kung-fu/history-kung-fu/>

History of Kung Fu and Chinese Five Animals. Golden Lion Academy.  
<https://www.goldenlion.com.au/kung-fu/history-kung-fu/>