

# Kung Fu Your Way To Good Health

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Kung Fu has become synonymous with the martial arts of China as made famous in movies by Bruce Lee, Jackie Chan and Jet Li. In actuality, the term means "hard work and time," referring to almost any skill cultivated through long, hard work.

As a martial art, Kung Fu is thousands of years old and constantly evolving to adapt to the times. However, creating and preserving health have remained the primary goals.

Kung Fu emphasizes learning to use the body in a bio-mechanically correct way. Using good posture, aligning the joints properly, and moving correctly not only maximizes the power your body generates it also helps insure the long term health of joints and muscles so you can stay active into your later years.

Many people think of martial arts as something for kids, but Kung Fu is especially good for adults. In China, Kung Fu is often recommended to improve the health of weak and sickly people. The training builds lean muscle mass, increases bone density, and improves strength, co-ordination, flexibility and endurance.

Tai Chi is a form of Kung Fu that

has been the subject of many medical studies, which show it can reduce blood pressure, reduce the effects of arthritis, prevent hives, help control diabetes, and even help with rehabilitation after knee replacement surgery.

Regular practice can also help you sleep better, increase your energy level and help you concentrate.

The skills and attributes you develop from Kung Fu will improve any physical activity, and in addition to improving your health, practicing Kung Fu will give you the skills you need to protect your health.

Kung Fu as a martial art places an emphasis on self-defense rather than on sport or competition. The emphasis isn't on winning or beating an opponent, but rather on avoiding a conflict or escaping an attacker. The techniques avoid using force against force and rely on leverage, timing and distance control to reduce the advantage of a larger or stronger opponent.

The Chinese believe a martial art isn't complete unless it covers all ranges of fighting and includes kicking, punching, grappling, throws and takedowns. A sport or competition has rules that limit what types of techniques can be used, but there are no rules in a self-defense situation, which is why you need to be pre-

pared to take advantage of any opportunity presented. Kung Fu training emphasizes maintaining a calm disposition and avoiding violent, hostile or aggressive attitudes.

Having confidence that you can defend yourself, if necessary, often enables you to avoid conflict and fights. So, if you want to get in the best shape of your life and you want to learn an effective martial arts system, Kung Fu is for you!

*For more information, call Jing Ying Institute of Kung Fu and Tai Chi owners Nancy and Billy Greer at 410-431-5200 or visit [www.JingYing.org](http://www.JingYing.org).*