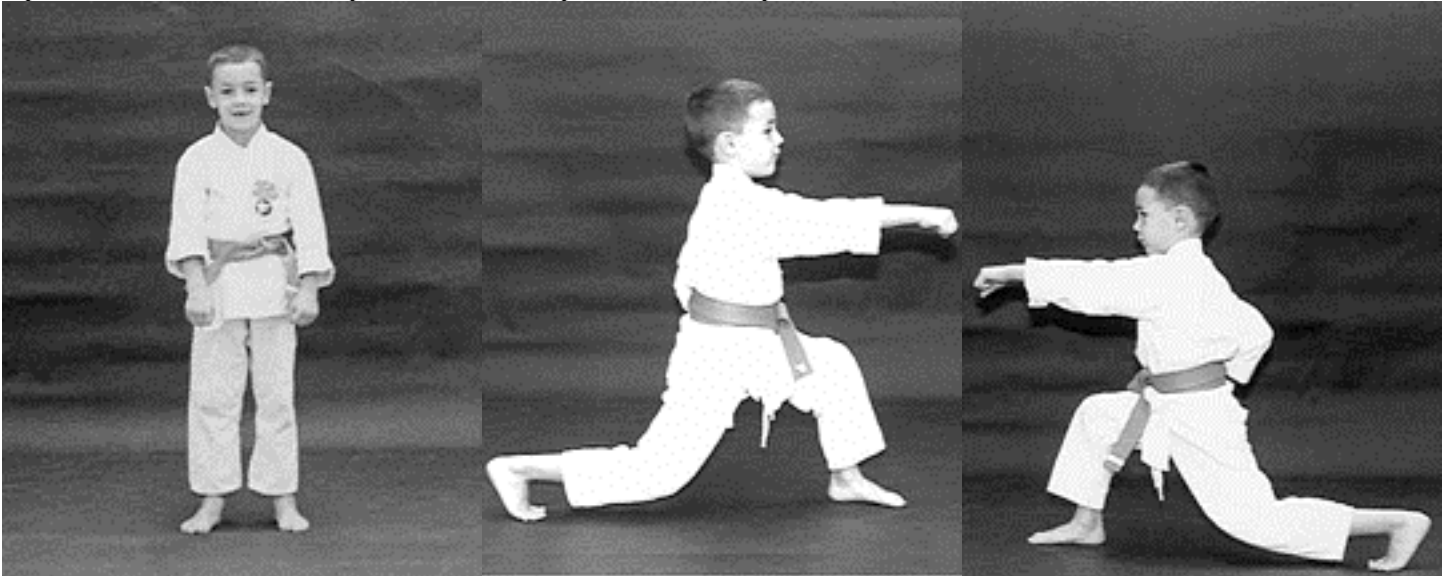


Dragon CLUB

Kwan Bu

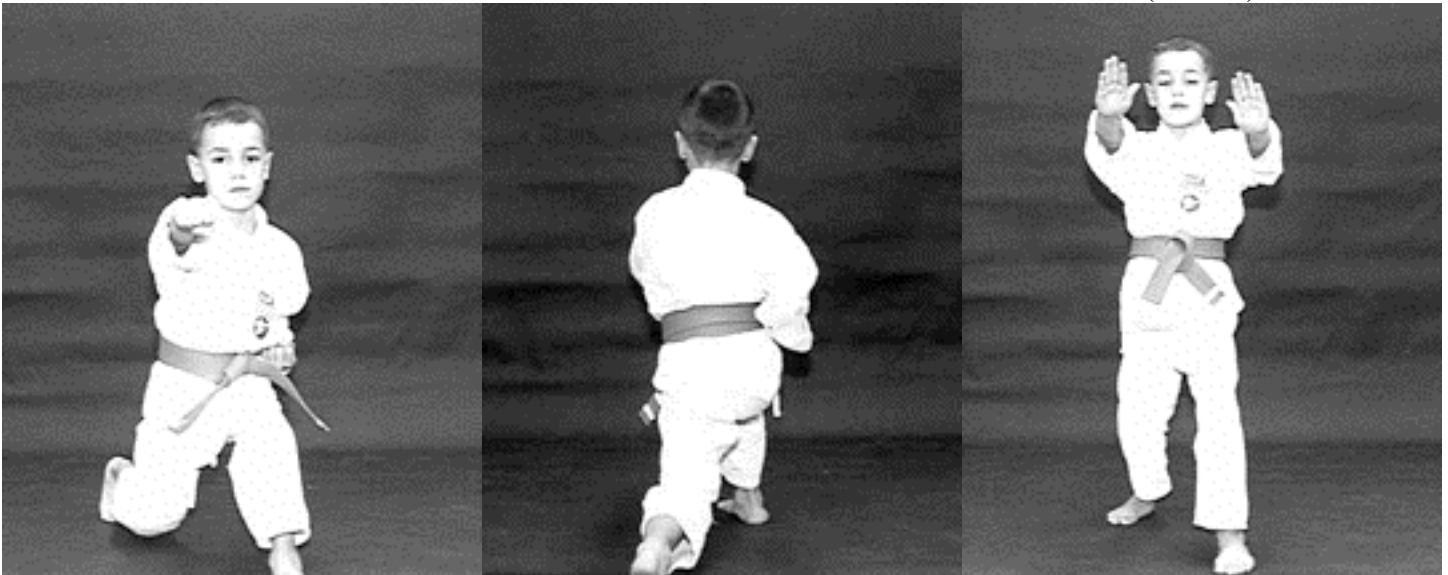
Kwan Bu is a basic pattern followed in training and can be performed with a variety of techniques. The below shows Kwan Bu being performed with a low push-out front stance and a reverse punch. Sometimes the last technique is a repetition and other times, as pictured here, the performer rises up and KIAIs (shouts).



From a ready position

Step out to the left and drop down into a low stance with a reverse punch (right arm).

Without rising move the back foot over and then pivot on both feet facing the opposite direction and punch with the other arm (left arm).



Without rising, move the back foot to the forward position and pivot punching with the right arm.

Cross the back foot behind and without rising pivot on both feet and punch with the left arm.

Crossing the back foot and turn forward rising up. Push both hands forward and KIAI (shout)!