

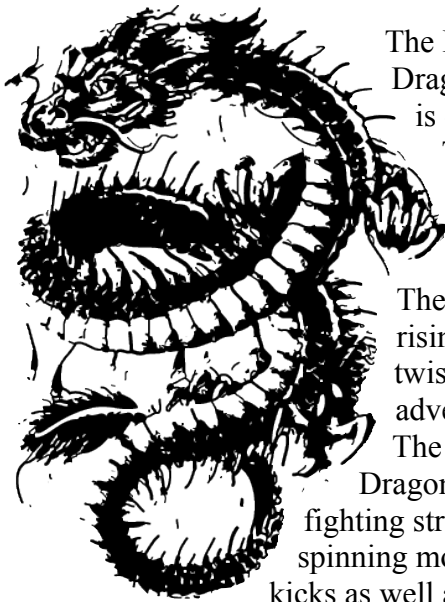
# Shaolin Kempo Five Animals

## Tiger

The Tiger represents courage, tenacity and power. Physically, it is the strongest of all the five animals. The Tiger relies on frontal assault, aggression, and power. Ripping and tearing as it moves always pressing. The Tiger is very powerful, direct and aggressive. The Tiger commits its entire mind and body into each move. There is no hesitation in the Tiger's mind.



## Dragon



The Dragon represents fighting spirit & wisdom. From the Dragon we learn to "ride the wind" meaning the Dragon is especially noted for its deception, it combines simple Techniques with a challenging strategy of movement complementary to the opponent's

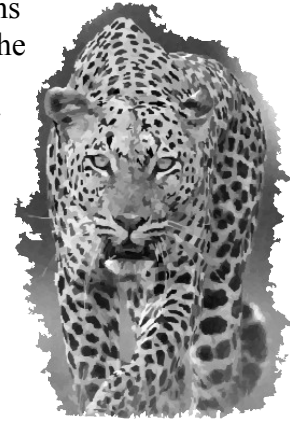
(When he advances, I retreat; when he retreats, I advance). The Dragon prefers zigzagging motions.

The Dragon has a lot of floating motion and a lot of rising and falling, swinging around, whipping as well as twisting and turning movements to overcome its adversaries.

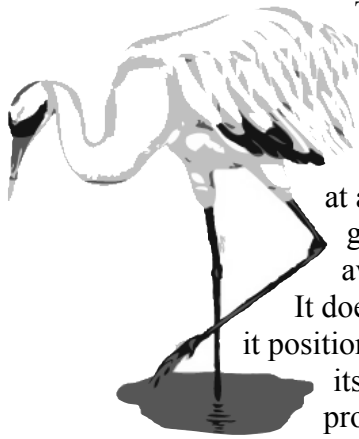
The Dragon helps develop inner strength. From The Dragon, we learn Versatility and Indomitable spirit in our fighting strategies and techniques. The Dragon is noted for its spinning movements, such as spinning heel and spinning back kicks as well as Dragon tail sweeps. Low level lunges in all directions are very useful during Dragon training. The Dragon can change into any animal at any movement.

## Leopard

The Leopard represents speed and agility. The Leopard trains for muscle strength. The Leopard is more precise than the tiger. The Leopard's power is primarily produced from a loose, relaxed, whip-like action generated by speed and balance as well as limber waist and hips movements. The Leopard employs many crushing techniques and a lot of Internal strikes with the hands. It gets in close to do its damage. From The Leopard, we learn speed and agility in our fighting strategies, techniques. The Leopard is extremely fast and angular. It is noted for its sudden changes of movement and varied angles of attack. The Leopard is not as big as the Tiger, but is capable of "providing great effect" force = speed (x) mass. The Leopard completes this equation quite well.



## Crane



The Crane represents grace, balance and breathing. The Crane prefers to work at a distance from the opponent and at angle off-line from his attacks. With a calm and quiet nature, its movements are soft, relaxed and circular. However, they are explosive and can be used in close or at a distance. The Crane has excellent balance and is very good at disturbing the balance of others. The Crane is very aware and evasive. Many underestimate the Crane's power. It doesn't have much body weight, but it utilizes it very well and it positions itself effectively. The Crane has excellent stances, but its understanding of being in the proper position at the proper time is probably its most valuable resource.

## Snake

The Snake represents endurance, flexibility and accuracy. The Snake is noticed for its suppleness and rhythmic endurance. The Snake is cunning and deceptive in its fighting method; it can coil, zigzag and use rapid twisting motion to compensate for its lack of limbs. The Snake goes for vital points. The eyes and throat are common targets for Snake techniques. The Snake is very calm and accurate. Flexibility is a key part of a Snake's effectiveness. The Snake is completely supple in body and mind.

