



# **Ying Shou Quan / Walking on the Roads of the Eagle (Traditional Eagle Claw Kung Fu - Theory and Technique)**

*Panagiotis Derventis Shifu*

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YING SHOU QUAN / WALKING ON THE ROADS OF THE EAGLE Traditional Eagle Claw Kung Fu - Theory and Technique Ying Shou Quan (eagle hand), otherwise known as Ying Zhao Quan (eagle claw), is one of the most well-known styles of traditional wushu. The fundamental element of the style is a combination of strikes with grabs and locks of the joints. Their application is characterized by their coexistence, as well as their alternating qualities, such as hard and soft, quick and light, steady and compact. This book gives an in-depth analysis of the fundamental elements of the system, the basic methods of training, a series of characteristic combat techniques and the famous "Ten Roads Xing Quan" (Shi Lu Xing Quan / ????) form, which was created by the "King of the Eagle" Chen Zi Zheng and is one of the most important parts of the Ying Shou Quan curriculum. Shifu Panagiotis Derventis is an internal disciple of the Grandmaster of the "eagle" Guo Xian He, one of the last great teachers of the old generation of this magnificent traditional system.

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