

Legendary Long Fist

Basic Form and Applications

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少林長拳



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LEGENDARY LONG FIST

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About the author

World Champion **Master Karl Romain** has been studying and training in Martial Arts for over 26 years. He is also the owner and master instructor of Nyack Kung Fu and Tai Chi Academy, which operates in two locations and provides group and private lessons to over three hundred students. Master Romain provides group and private lessons to several well known athletes and celebrities, coordinates many off-site programs for various schools, in addition to making frequent personal celebrity appearances.

Martial Arts Accomplishments

- ?? 1990 W.A.K.O. World Champion
- ?? Won silver and bronze medals representing the United States in the Martial Arts World Championship in Forms and Weapons Division, held in Kentucky in September 2000
- ?? Inducted into the United International Kung Fu Hall of Fame, 1996
- ?? Inducted into the World Christian Martial Arts Hall of Fame, 1998
- ?? Retained by the New York Giants Football Organization to cross-train players during the off-season
- ?? Has trained with, worked out with and/or given private lessons to various professional athletes and celebrities including: Amani Toomer, Howard Cross from the New York Football Giants; John Francis Daley, star of the nationally syndicated TV series *Freaks and Geeks* and *The Geena Davis Show*; and Katie Koczynski from the U.S. Senior National Skeleton Team
- ?? Coordinated numerous off-site fitness and leadership programs for various municipalities, schools and major companies including Verizon Wireless, Montessori Schools, Bell Atlantic Mobile, and many others.
- ?? Personally trains Felicia Gorham and Malcom Huggins, the only two children to be inducted into the United International Kung Fu Hall of Fame.
- ?? Winner of over 400 State, Regional and National Martial Arts Tournaments in fighting, forms and weapons competitions.

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History of Long Fist

The Chinese have been using martial arts for thousands of years, both among themselves and against others, but organized Kung Fu needed a parent system from which to evolve. Recorded history is sparse on the subject. However, there are many indications that Kung Fu originated from the Long Fist system. It is reported to have been created during the reign of Tai Tzu, the first emperor of the Sung dynasty (AD 960-976)

A brilliant, wide open style of Kung Fu, Long Fist is distinguished by the courageous, bold and free spirit of the Sung Dynasty. It rapidly gained popularity with the farmers of Northern China who needed something physical to practice to keep fit during the long winter months.

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INTRODUCTION

The form presented in this book is a basic Long Fist form from the Northern Shaolin Long Fist system. The form itself is easy to learn, yet it introduces the student to a large number of sophisticated practical applications. A careful study of the form reveals its rich contents, including the following concepts:

- ?? Fist, palm, knee and kicking attacks
- ?? Blocks and parries for various hand and foot attacks
- ?? Defenses to grabbing attacks
- ?? Throwing techniques
- ?? Chin na [seize and control] and breaking techniques
- ?? Simultaneous kick and hand strike
- ?? Simultaneous block and strike

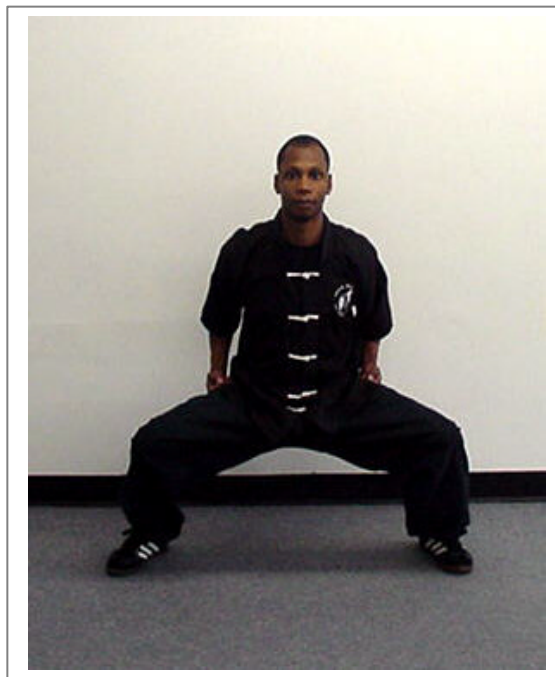
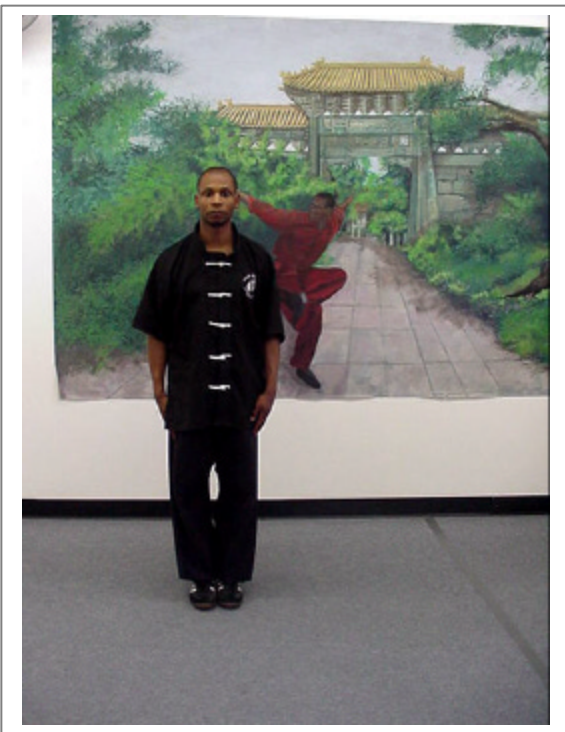
This book is divided into two sections. The first section contains a full representation of the form as performed by renowned Master Karl Romain. The second section is a representation of various practical applications of the form. Each picture is accompanied by detailed explanatory text.

LEGENDARY LONG FIST

Longfist Basics Stances

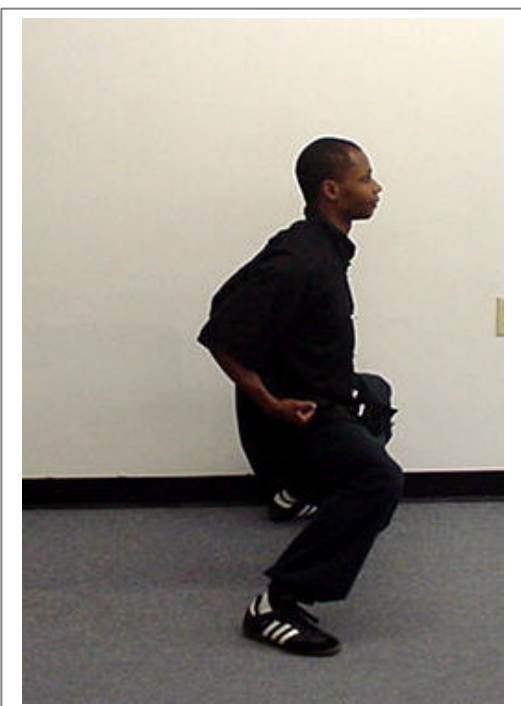
Attention Stance

Stand erect with feet together, looking straight ahead. Palms are at the sides with fingers together, straight and pointing towards the floor. Thumbs are tucked in. Stomach is held in and chest pushed out.



Horse Stance

To form a horse stance from attention stance, move the left foot to the left until the feet are about three foot lengths apart. The toes of both feet are pointing straight ahead with soles flat on the floor. Drop to a half squat until the thighs are almost level and each knee is over the supporting foot. The weight should be evenly distributed between the feet.



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Forward Stance

To form a right forward stance from attention stance, step forward with the right foot to a distance of four to five foot lengths in front of the left foot. Bend the right knee to a half squat until the right thigh is almost level. Point the toes of the right foot slightly inward and place the right knee in line with the toes of the right foot. Straighten the left leg and point the left foot outwards to a 45 degree angle. The soles of both feet are flat on the floor. 70% of the weight is supported by the right leg, and 30% is supported by the left leg. Keep the upper body straight with shoulders squared.

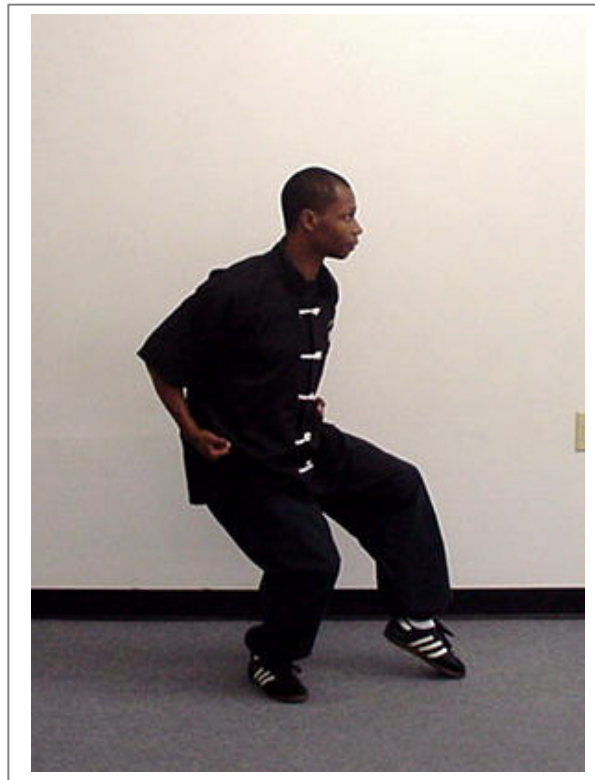


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Empty Stance

To form a right empty stance from attention stance, point the left foot outward to a 45 degree angle and bend the left leg to a half squat. Place the right foot in front of the left so that the toes of the right foot line up with the heel of the left foot. 100 percent of the weight is supported by the left foot, and the heel of the right foot is raised. The shoulders are squared.



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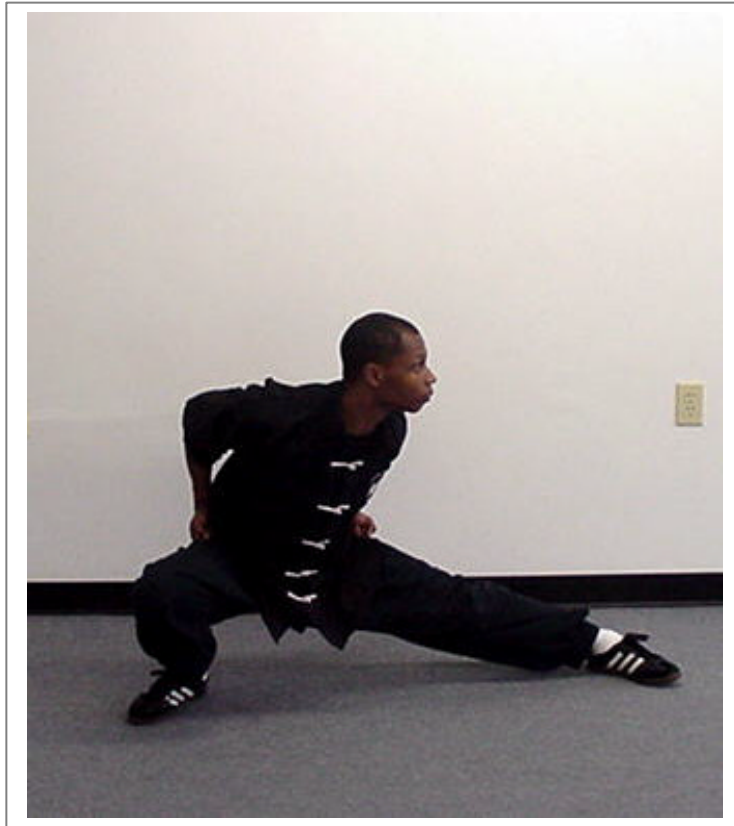


Crane Stance

To form a right crane stance from attention stance, bend the right knee and raise the left leg as high as possible, with the right knee close to the body and the toes of the right foot pointed down and angled slightly to the inside. The right knee faces forward, and the left knee is slightly bent.



LEGENDARY LONG FIST

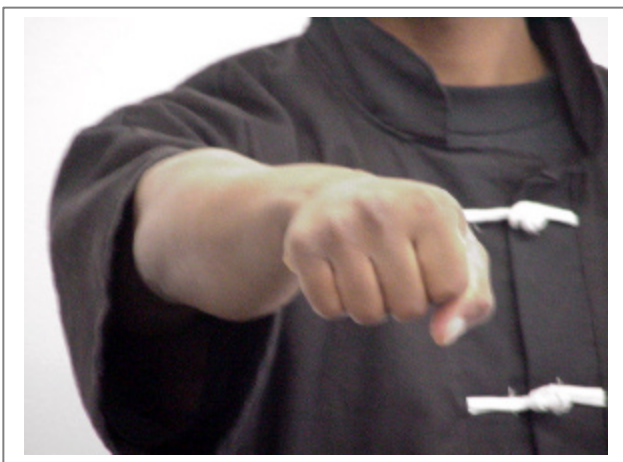


Drop Stance

To form a left drop stance from attention stance, drop the right leg into a full squat so that the thigh rests on the calf. The right foot is flat on the floor and the toes pointed slightly outwards. The left leg is extended fully to the left side with the foot flat on the floor and the toes pointed slightly inward. Look towards the left.

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Longfist Basics Hand Techniques

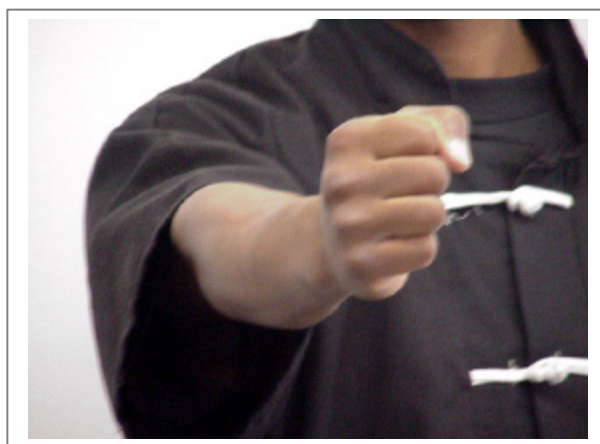


Fist

Fingers are clenched tight with the thumb bent across the second joint of the index and middle fingers. The palm side of the fist faces the floor so that the striking surface of the fist is horizontal. When striking with the fist, the emphasis is on the knuckles of the index and middle fingers.

Sunfist

Formed the same way as the fist, except that the fist is rotated $\frac{1}{4}$ turn to the outside, so that the striking surface of the fist is vertical. When striking with a sun fist, the emphasis is on the last three knuckles [pinkie and two adjacent fingers].



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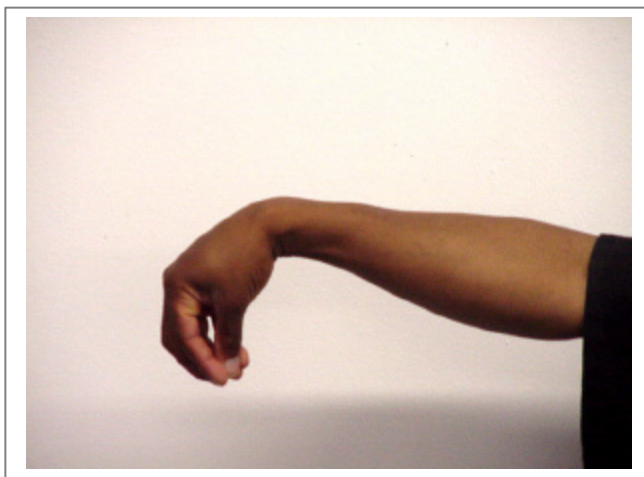


Willow Leaf Palm

The fingers are fully extended and touching each other. The thumb is tucked or bent to add tension to the striking surface. The striking surface is the meaty part of the side of the hand between the wrist and the base of the pinkie. A willow leaf palm is held in a vertical fashion with fingers pointing to the sky.

Crane's Beak

The hand bends downward at the wrist and all four fingers and thumb meet at the tips and are squeezed tightly together. The fingers of a crane's beak can point downwards, upwards or sideways, depending upon the application.



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Horizontal Hammerfist

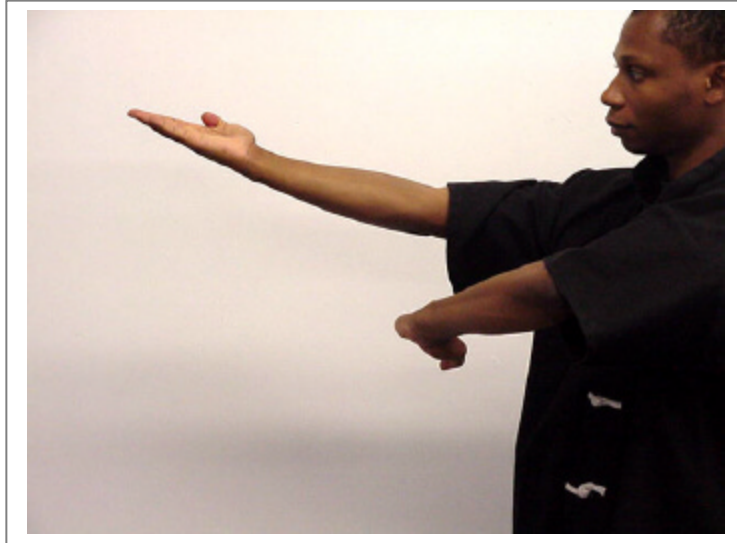
Hammerfist

The hammerfist is formed the same way as a regular fist or sun fist except that the striking surface is the outer side of the fist.



Vertical Hammerfist

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Spear

A spear is formed in the same fashion as a Willow Leaf Palm except that the palm faces the sky. The striking surface of a spear is the tips of the fingers.

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Longfist Basics Kicks



Toe Kick

For a right toe kick, chamber the right foot by bending the right knee and raising it close to the body, with the toes of the right foot pointing down. With the knee in a raised position, extend the right foot to the front. As the foot extends, maintain foot position so that the toes are pointing straight ahead. The striking surface is the instep of the foot. Return foot and leg to chamber position, and then to starting position (or whatever position the application demands). For left toe kick the body mechanics are the same, except that the position and roles of the feet are reversed.



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Heel kick

The body mechanics are the same as for the toe kick, except that the striking surface is the heel of the foot. When the striking foot chambers, the toes are pointing forward, and when the striking foot is extended, the toes are pointing up.



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Section 1

Attention stance facing north



1-1

Bring fists to chambers
and look to the east.



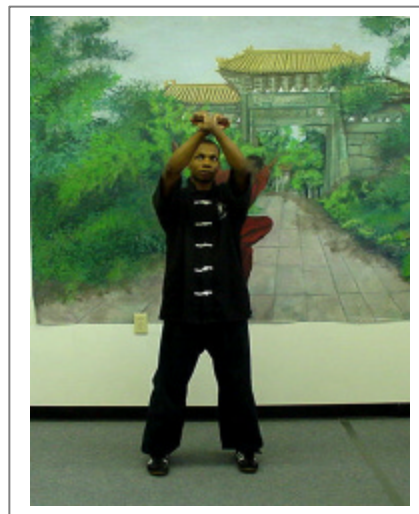
1-2

LEGENDARY LONG FIST



1-3

Sink to standing horse stance facing north and execute double fist block. Fists shoot downwards, crossing at wrists with palm side of fists facing in.



1-4 a



1-4 b

Raise fists above and extend to sky, still crossed, and then circle fists outward to the sides. Sink to horse stance as arms and hammer fists extend outwards [left hammerfist to the west and right hammerfist to the east]. Look to the east. (1-4 a & b).

LEGENDARY LONG FIST



Pivot to left forward stance west, and at the same time strike with right sun fist to the west as left fist retracts to chamber.

1-5

Left punch toe kick to west [left punch to west and right toe kick to west].



1-6

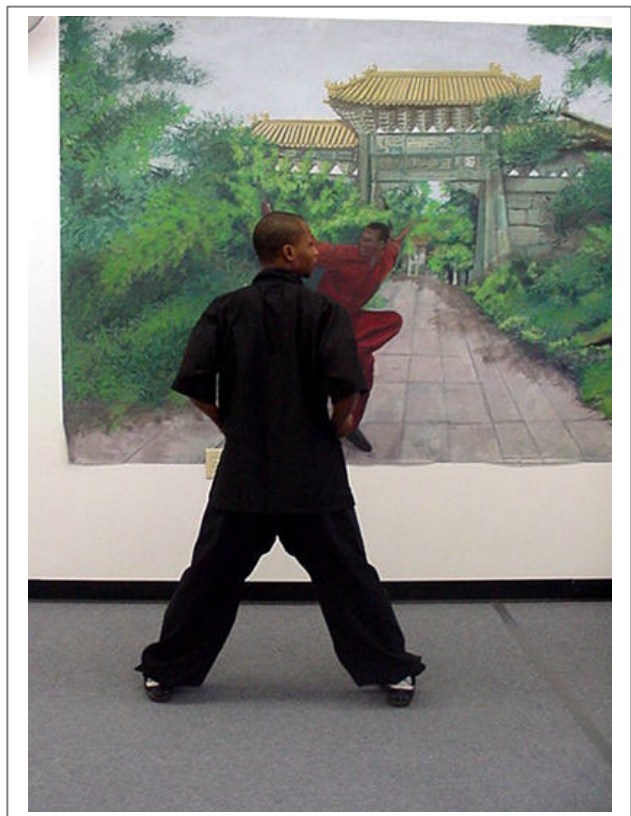
LEGENDARY LONG FIST



Plant right foot and then sink to horse stance facing south. Right sun fist punch to the west; left fist retracts to chamber.

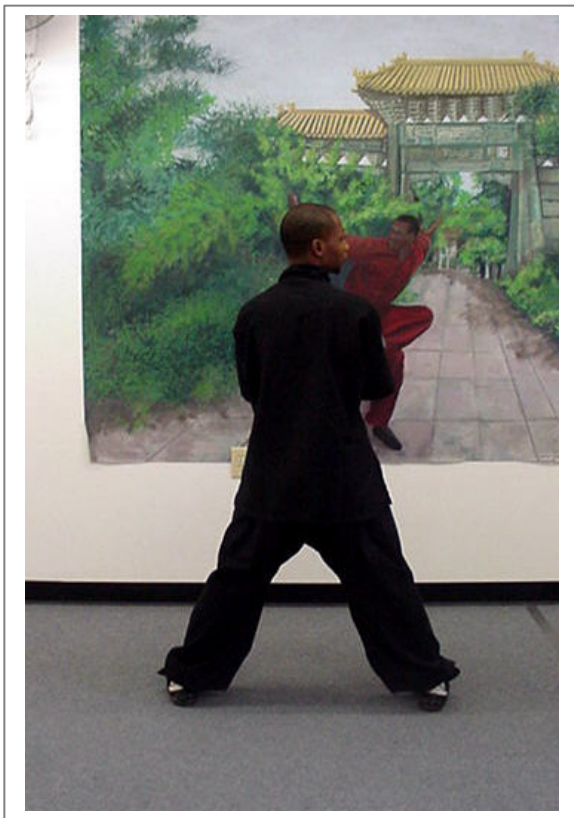
1-7

Rise to standing horse facing south as right fist retracts to chamber.



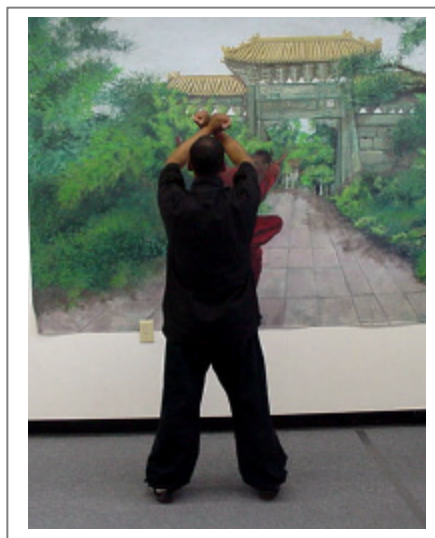
1-8

LEGENDARY LONG FIST



1-9

While in standing horse stance facing south, execute double fist block. Fists shoot downwards, crossing at wrists with palm side of fists facing in.



1-10 a



Raise fists above and extend to sky, still crossed, and then circle fists outward to the sides. Sink to horse stance as arms and hammer fists extend outwards [right hammerfist to the west and left hammerfist to the east.]. (1-10 a & b).

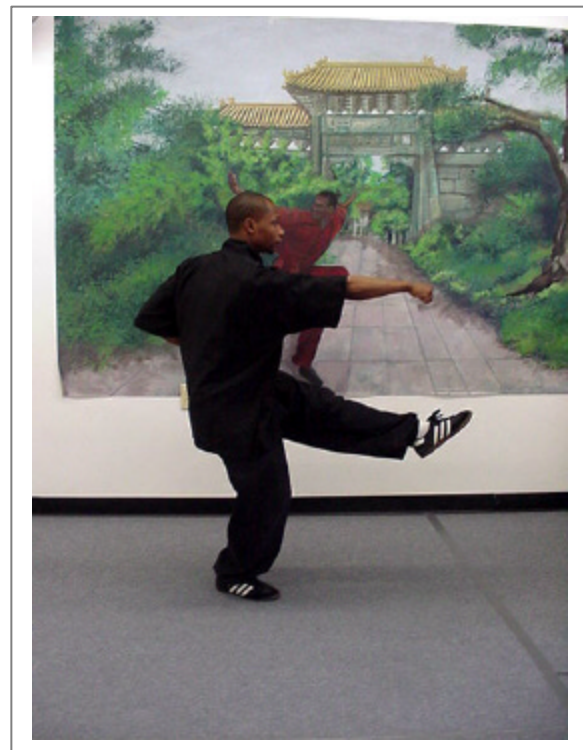
LEGENDARY LONG FIST



Pivot to right forward stance west. At the same time strike with left sun fist to the west while right fist retracts to chamber.

1-11

Right punch toe kick to the west [right punch to west and left toe kick to the west].



1-12

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Sink to horse stance
facing north, left sun fist
punch to the west, right
fist retracts to chamber.

1-13

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Section 2



2-1

Left willow leaf palm extends to the west, right fist retracts to chamber.



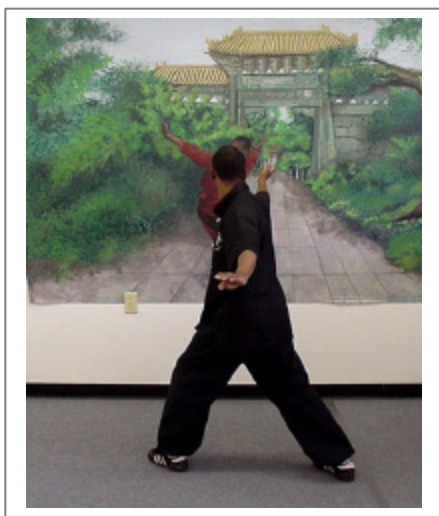
2-2

LEGENDARY LONG FIST

Left arm remains extended and left palm rotates to face floor. Rotate counterclockwise with left arm stiff and extended. Right arm extends to the west with right palm facing sky. Continue to rotate counterclockwise to left forward stance east, with right arm extended to the east, and left arm extended to the west. (2-3 a, b, & c).



2-3 a



2-3 b



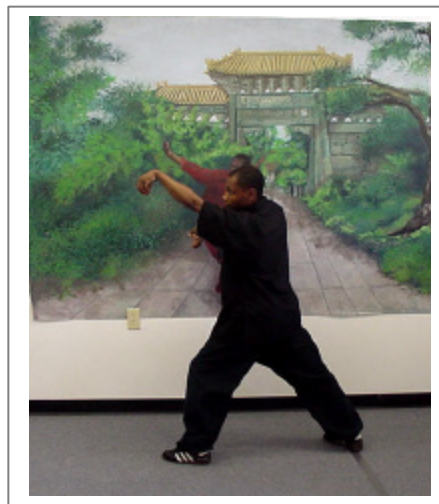
2-3 c

LEGENDARY LONG FIST



2-4

Right palm moves inward and pats down to parry. Left palm [palm facing sky] spears over right arm to the east.



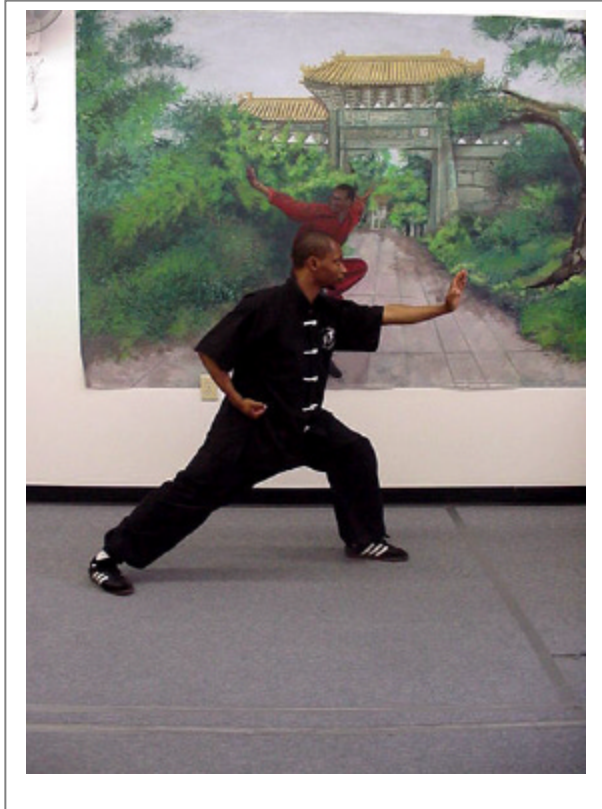
2-5 a



2-5 b

Left hand forms crane's beak, fingers pointed down. Rotate clockwise to right forward stance facing west. Left crane's beak remains in place and right willow leaf palm strikes to the east. Left crane's beak is just above ear level. (2-5 a & b).

LEGENDARY LONG FIST



Left leg steps to left forward stance west, left willow leaf palm strikes to the west, right fist retracts to chamber.

2-6

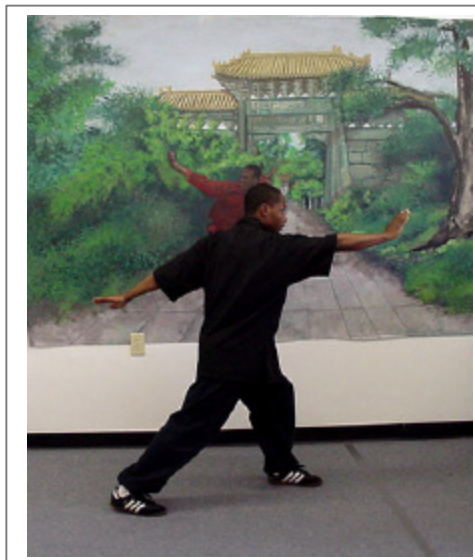
Right willow leaf palm extends to the west, left fist retracts to chamber



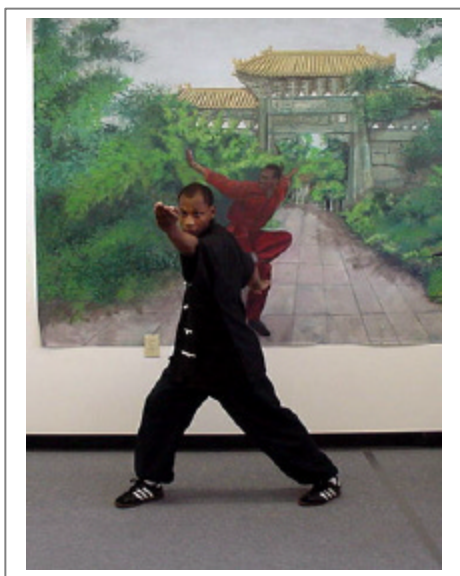
2-7

LEGENDARY LONG FIST

Right arm remains extended and right palm rotates to face floor. Rotate clockwise with right arm stiff and extended. Left arm extends to the west with left palm facing sky. Continue to rotate clockwise to right forward stance east, with left arm extended to the east with left palm facing the sky, and right arm extended to the west with palm facing the floor.
(2-8 a, b, & c).



2-8 a



2-8 b



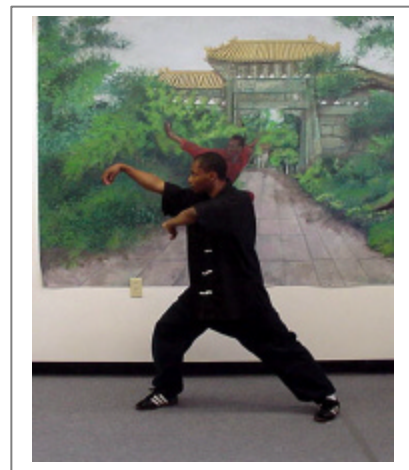
2-8 c

LEGENDARY LONG FIST



2-9

Left palm moves inward and pats down to parry. Right palm [palm facing sky] spears over left arm to the east.



2-10 a



2-10 b

Right hand forms crane's beak, fingers pointed down. Rotate counterclockwise to left forward stance facing east. Right crane's beak remains in place and left willow leaf palm strikes to the east. Right crane's beak is just above ear level. (2-10 a & b).

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Section 3



3-1

Lift right foot into crane stance facing east with knee as high as possible and facing east. Right elbow over right knee with right elbow bent at 90 degree angle and the palm side of right fist facing inward. Left arm drops straight down in line with left leg, palm side of fist facing left leg.



3-2

LEGENDARY LONG FIST



Right leg comes down, body rotates clockwise then left leg comes down to form horse stance facing south. Continue to look east. Right fist in chamber and left arm breaks with palm side of fist facing up with arm parallel to ground, elbow close to body.

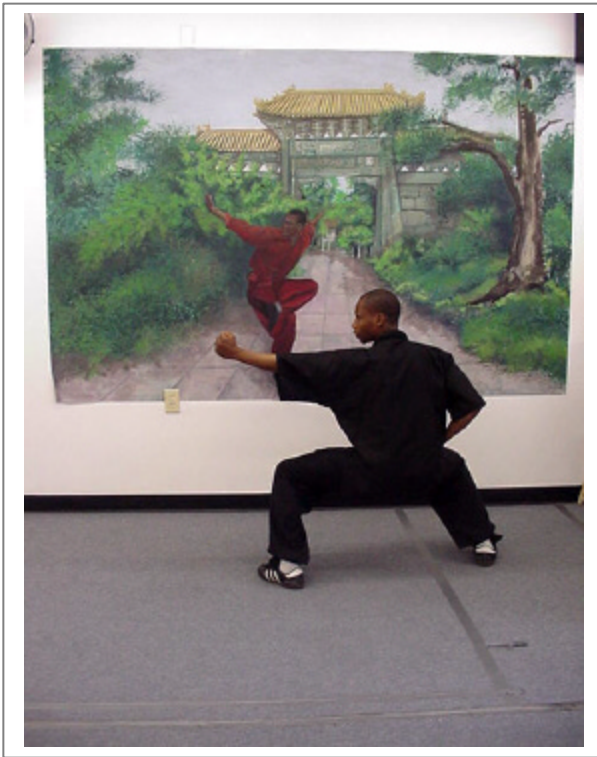
3-3

Pivot to left forward stance east and punch to east with right sun fist.



3-4

LEGENDARY LONG FIST



Pivot back to horse stance facing south and punch to east with left sun fist, right fist in chamber.

3-5

Slightly withdraw left foot to come to left empty stance east. Left fist comes to left knee, right fist forms overhead block.



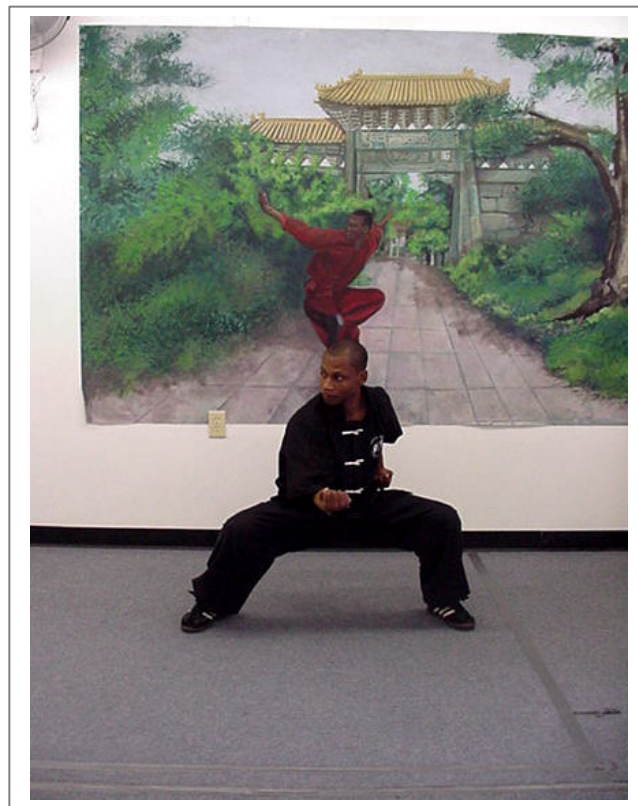
3-6

LEGENDARY LONG FIST



3-7

Plant left leg, then body rotates counterclockwise and right leg comes down to form horse stance facing north. Continue to look east. Left fist in chamber and right arm breaks with palm side of fist facing up with arm parallel to ground, elbow close to body.



3-8

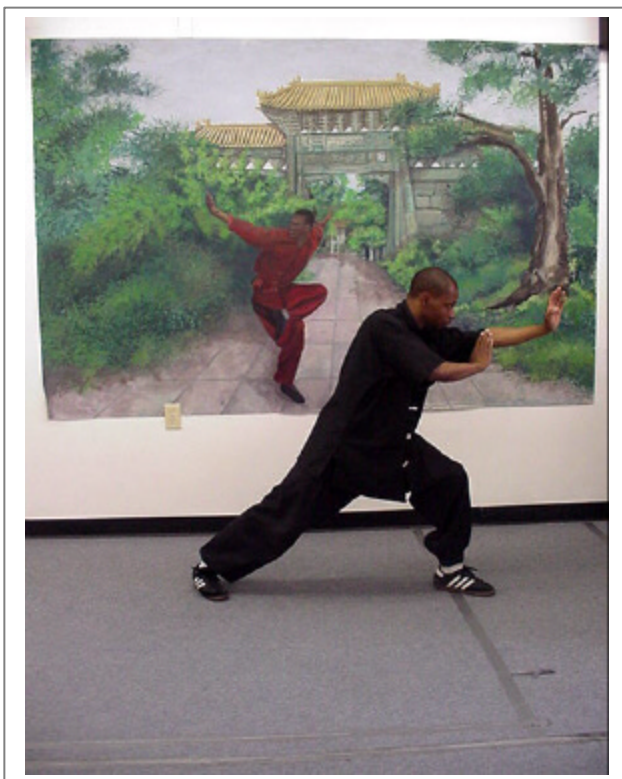
LEGENDARY LONG FIST

Section 4



4-1 a

Pivot to left forward stance west. Extend both arms to form willow leaf palms to the east. Then both palms circle overhead to extend to the west. Left arm is fully extended and right palm checks by left elbow. Eyes follow the palms. (4-1 a & b).



4-1 b

Pivot to right drop stance east. Left palm turns into crane's beak with fingers pointed up while right palm checks by left shoulder.



4-2

LEGENDARY LONG FIST



4-3 a

Extend left palm (facing down) towards right foot. Pivot to right forward stance east. Left palm moves forward for groin slap [palm up], while right palm changes to crane's beak and moves behind to the west, fingers pointing up. (4-3 a & b).



4-3 b

Right palm heel kick [right willow leaf palm strike and left heel kick].



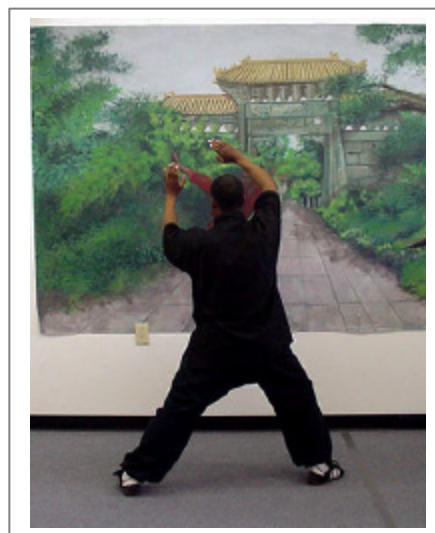
4-4

LEGENDARY LONG FIST



4-5

Step down to left forward stance. Execute left willow leaf palm strike to the east with right overhead palm block.



4-6 a



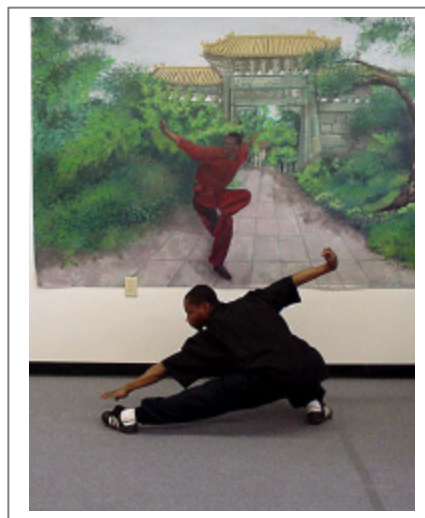
Pivot to right forward stance west and both arms extend to form willow leaf palms to the east. Then both palms circle overhead to extend to the west. Right arm is fully extended and left palm checks by right elbow. Eyes follow the palms. (4-6 a & b).

LEGENDARY LONG FIST



4-7

Pivot to left drop stance east. Right palm turns into crane's beak with fingers pointed up while left palm checks by right shoulder.



4-8 a



4-8 b

Extend right palm (facing down) towards left foot. Pivot to left forward stance east. Right palm comes forward for groin slap [palm side up], while left palm changes to crane's beak and moves behind to the west, fingers pointing up. (4-8 a & b).

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Left palm heel kick
[left willow leaf palm
strike and right heel
kick].

4-9

Step down to right
forward stance. Execute
a right willow leaf palm
strike to the east, with a
left overhead palm
block.



4-10

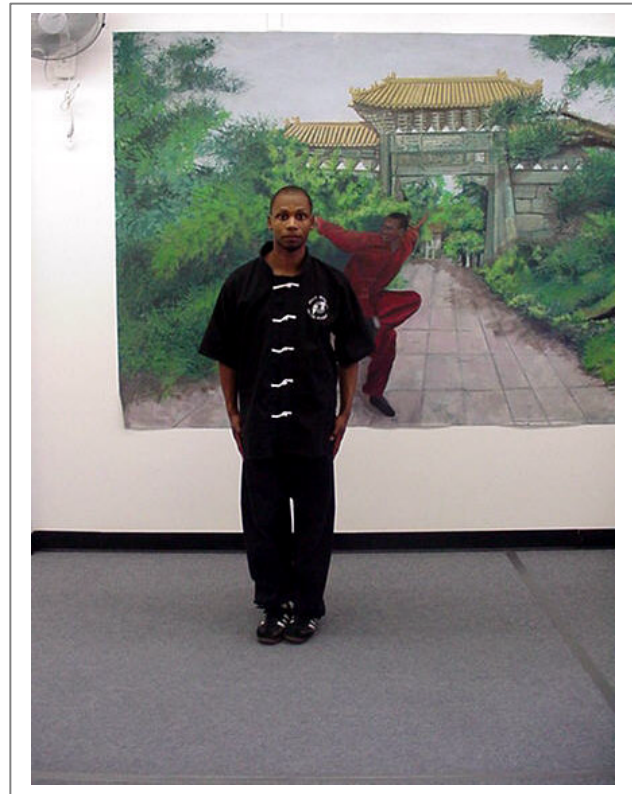
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Attention stance north
with fists in chamber.
Look to east.

4-11

Attention stance north.



4-12

LEGENDARY LONG FIST

Section 1 Applications



Application 1-1

Opponent attacks with right front kick. Block right front kick by stepping back with left foot to angled horse stance and execute a double fist block.



Application 1-2

Opponent strikes with right punch to face. Block right punch with left arm.

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Application 1-3

Wrap right arm around opponent's right arm, applying pressure behind opponent's right elbow to hyperextend his elbow and trap his arm.



Application 1-4

Pivot to left forward stance and strike opponent in solar plexus with right sun fist.

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Application 1-5

Strike opponent with left punch toe kick.



Application 1-6

Plant right foot in horse stance and strike opponent in solar plexus with right sun fist.

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Section 2 Applications



Application 2-1

Opponent attacks with right haymaker. Step forward with right foot and block right haymaker by striking opponent's right wrist with left willow leaf palm and at the same time dislocate opponent's shoulder by striking his right shoulder with right willow leaf palm.



Application 2-2

Opponent attacks with left haymaker. Block left haymaker by striking opponent's left wrist with right willow leaf palm and at the same time dislocate opponent's shoulder by striking his left shoulder with left willow leaf palm.

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Application 2-3

(2-3 & 2-4) Throw opponent by grabbing his left arm just above his elbow joint with left hand and pull opponent down while chopping the left side of opponent's neck with the blade of right palm as left foot circles 90 degrees in a counterclockwise circle.



Application 2-4

LEGENDARY LONG FIST



Application 2-5

Opponent attacks by grabbing left shoulder with his left hand from behind.



Application 2-6

Step back with left foot and then rotate counterclockwise, whipping both palms around with locked arms. The right palm faces down and clears the grabbing arm and then grabs opponents left wrist. The left palm faces up and chops opponent's neck.

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Application 2-7

Opponent attacks with right straight punch to face. Parry opponent's right punch by pressing down with right palm.



Application 2-8

Left hand grabs opponent's right wrist and left palm [facing up] spears the base of opponent's throat.

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Application 2-9

Form a crane's beak with the left hand and hook around opponent's throat. At the same time, break opponent's right arm by grabbing opponent's right wrist and pulling his arm across chest. Apply pressure against opponent's throat with left forearm. This technique can be finished with a throw, which is executed by sweeping opponent's foot out.

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Section 3 Applications



Application 3-1

Opponent attacks by grabbing right wrist with his right hand.



Application 3-2

Step forward with right foot. Left hammerfist strikes opponent's right wrist between thumb and index finger to break his hold.

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Application 3-3

Sink to horse stance as left hammerfist continues to a high block position to clear opponent's grabbing hand while right hammerfist strikes opponent's groin.



Application 3-4

Opponent strikes with left punch to face. Parry opponent's punch by bringing right elbow up to a wing block position with elbow pointing up and fingers pointing down. Left palm checks by right shoulder.

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Application 3-5

Grab opponent's left wrist with left hand. Deliver right backfist strike to opponent's face. At the same time, strike opponent's groin with right knee.



Application 3-6

Sink weight in horse stance and break opponent's left arm at or above elbow with right forearm. Continue to apply pressure, driving the opponent to the floor.

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Application 3-7

Pivot to right forward stance and strike opponent with left sun fist.



Application 3-8

Pivot to horse stance and strike opponent with right sun fist.

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Section 4 Applications



Application 4-1

Opponent charges with arm outstretched.

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Application 4-2

(4-2 & 4-3) Sidestep and trip opponent, using right foot to hook his right ankle. At the same time parry his right arm by placing right palm on his right forearm and left palm on his right shoulder.



Application 4-3

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Application 4-4

Opponent attacks with right front kick. Step forward with left foot and grab the inside of opponent's right ankle with left hand.



Application 4-5

Strike opponent's groin with right palm [palm facing up].

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Application 4-6

Strike opponent's face with left palm and at the same time kick opponent's supporting left knee with right foot.



Application 4-7

Opponent attacks with left straight punch

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Application 4-8

Block left straight punch with blade of left palm and strike opponent's floating ribs with right palm.

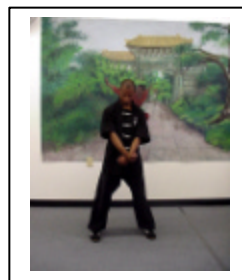
LEGENDARY LONG FIST



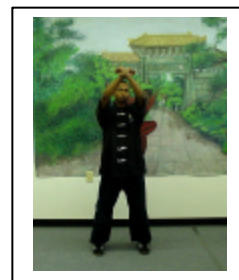
1-1



1-2



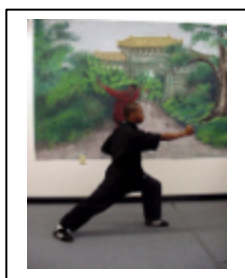
1-3



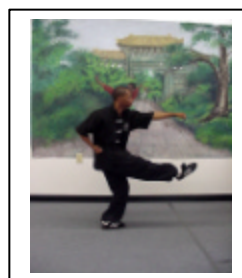
1-4 a



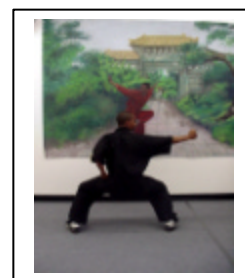
1-4 b



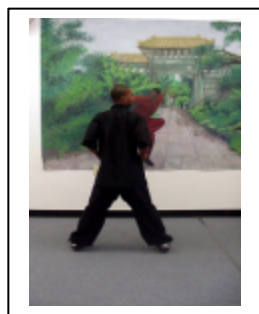
1-5



1-6



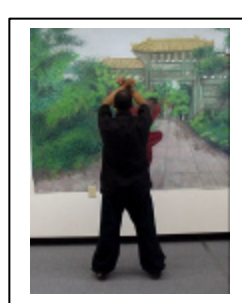
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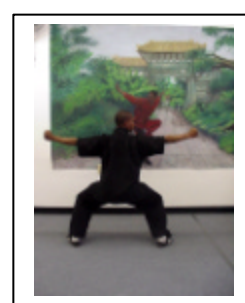
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1-9



1-10 a



1-10 b



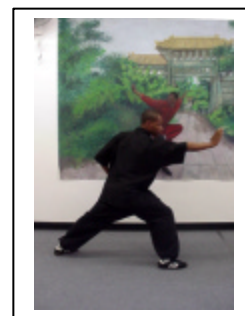
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1-12



1-13



2-1

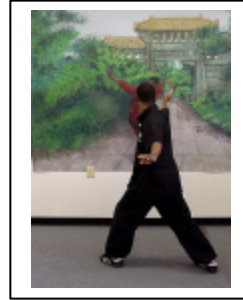
LEGENDARY LONG FIST



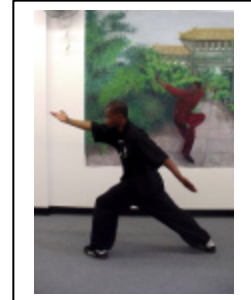
2-2



2-3 a



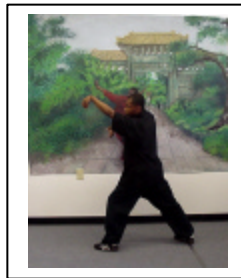
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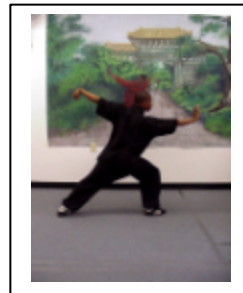
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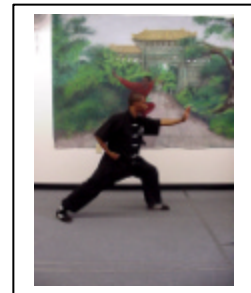
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2-5 a



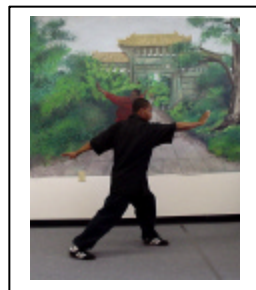
2-5 b



2-6



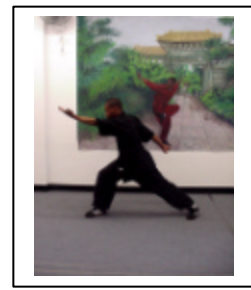
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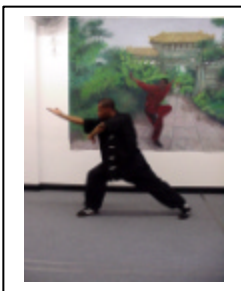
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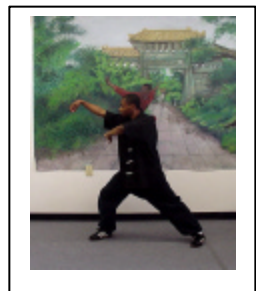
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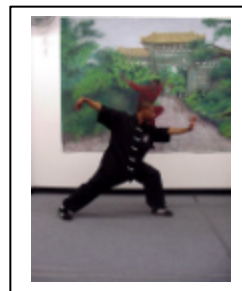
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2-9



2-10 a



2-10 b

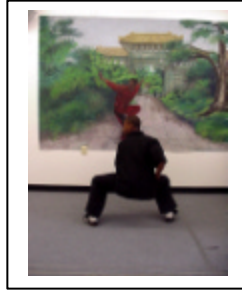


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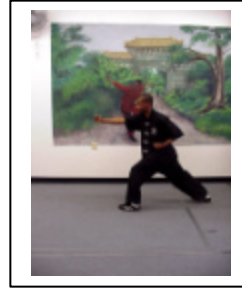
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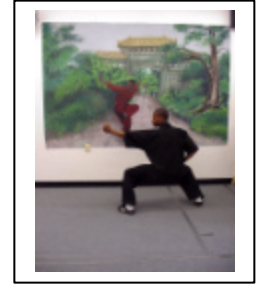
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3-3



3-4



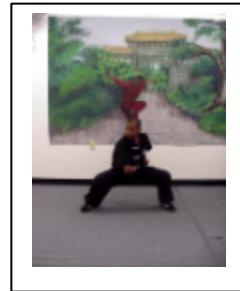
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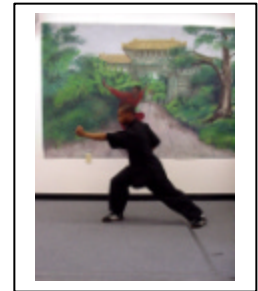
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3-7



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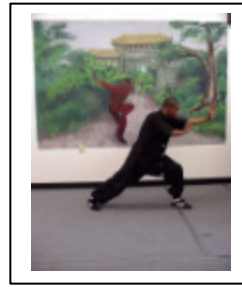
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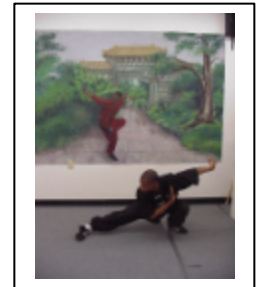
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4-1 a



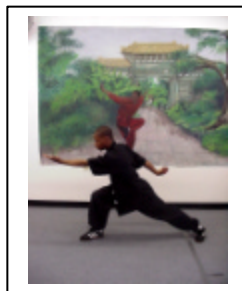
4-1 b



4-2



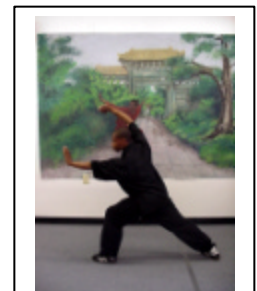
4-3 a



4-3 b

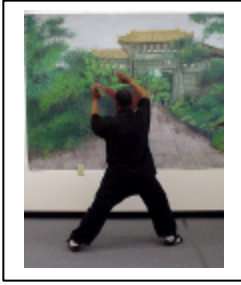


4-4



4-5

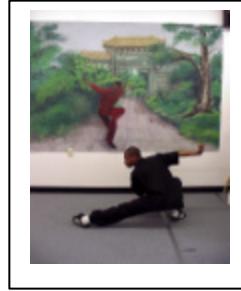
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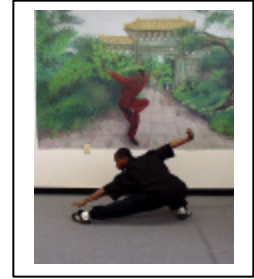
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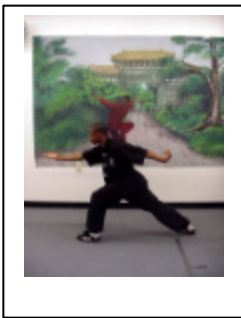
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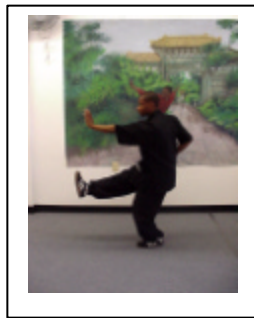
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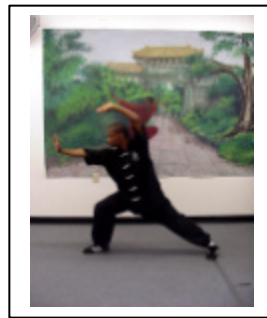
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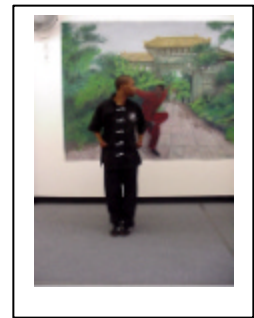
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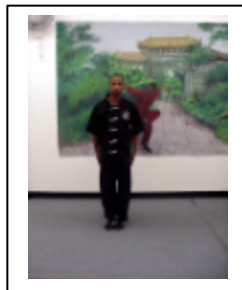
4-9



4-10



4-11



4-12

Legendary Long Fist

Basic Form and Applications

少林長拳

The form presented in this book is a basic Long Fist form from the Northern Shaolin Long Fist system. The form itself is easy to learn, yet it introduces the student to a large number of sophisticated practical applications. A careful study of the form reveals its rich contents, including the following concepts:

- Fist, palm, knee and kicking attacks
- Blocks and parries for various hand and foot attacks
- Defenses to grabbing attacks
- Throwing techniques
- Chin na [seize and control] and breaking techniques
- Simultaneous kick and hand strike
- Simultaneous block and strike

This book is divided into two sections. The first section contains a full representation of the form as performed by renowned Master Karl Romain. The second section is a representation of various practical applications of the form. Each picture is accompanied by detailed explanatory text.

World Champion Master Karl Romain has been studying and training in Martial Arts for over 26 years. He is also the owner and master instructor of Nyack Kung Fu and Tai Chi Academy, which operates in two locations and provides group and private lessons to over three hundred students. Master Romain provides group and private lessons to several well known athletes and celebrities, coordinates many off-site programs for various schools, in addition to making frequent personal celebrity appearances.

