

Five Elder Monk Mew Hing's

18 Daoist Palms

White Tiger Secret Hit Forms

Form #1:

*Dragon &
Phoenix Fist
Form*



Jung Shee James Lacy

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This is a preview chapter of an upcoming book on our 18 nerve hit forms. The finished book will be 18 chapters, one for each form. Consult your doctor before beginning this or any exercise program. This book was written in the universal language of symbols. It is geared for legitimate black belts in most any art that have the background in universal basics to easily interpret the moves. This is useful for those who have paid their dues enough to learn in this coded manner for the serious student/instructor wanting convenient manuals that can be printed and comb bound into individual manuals.

We have the videos for these as well as the video on CD. DVD orders can also be arranged. These forms can be part of a home study curriculum as well. Call me for details if you are interested in testing directly under me in these 18.

These forms can be suitable to any arts curriculum as long as you keep the structural integrity of your systems universal basics. Adherence to this later will be 'key' in making the art fit you instead of you having to fit the art. I was the first with Vincent and my former student Kevin to learn the two-person forms for half of the 18 directly from the White Tiger Grandmaster himself in his home. I have original footage (private,) of my training with those mentioned in the rare two-person forms. I am a third generation Ed Parker family tree black belt as my 'roots,' therefore, if you are of similar lineage and or just a good black belt in any noted art, contact me personally at (619) 766-9256 or e-mail me from my web site at www.ironpalm.com, (mewhing@earthlink.net.) You can write me at P.O. Box 427, Jacumba, CA 91934. I don't send 'catalogs' so the best rather than write is to merely call me personally. Only those who purchase these from me directly and test successfully will have my signature on any certification. I use e-mail, phone and the web-cam and or short video clips to enhance the learning process we are pioneering in this method to spread the art.

You are responsible to obey all laws in your area and to never use the art for power over others or glory for yourself. God Bless! James Patrick Lacy.

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Form #1: Dragon and Phoenix Fist form



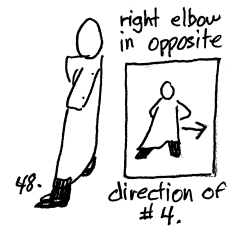
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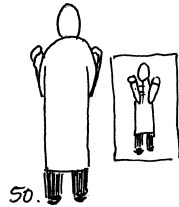


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Postures 48 thru 95 are facing the opposite direction from when you began this form. Postures #51 thru 96 are a repeat of techniques #5 thru #50. When you get to posture #96 you will once again be facing the beginning direction as in posture #4.



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