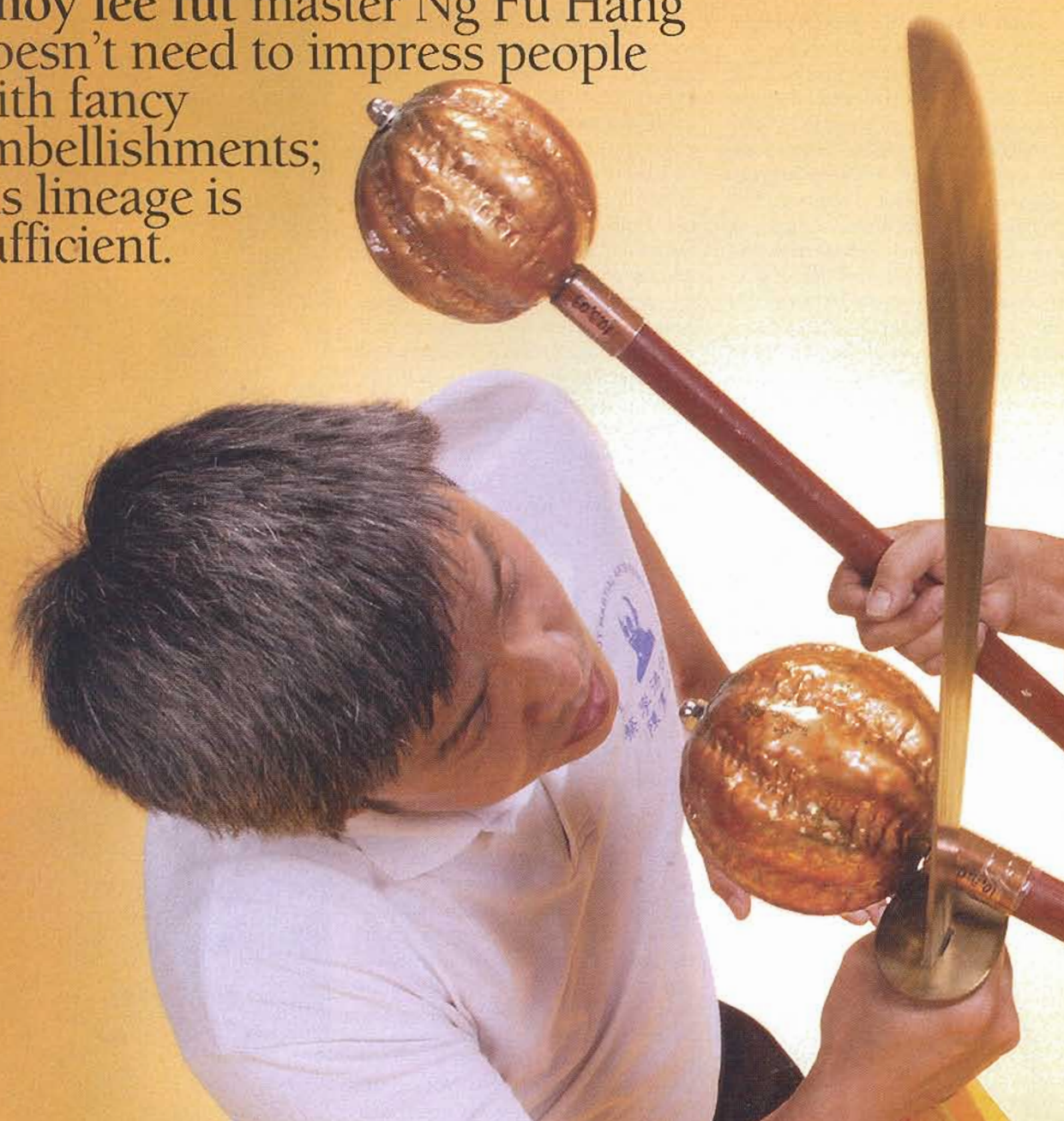


Choy lee fut master Ng Fu Hang doesn't need to impress people with fancy embellishments; his lineage is sufficient.



A Voice FROM THE PAST

BY SAMARA SIMMERMAN



The Choy Lee Fut Martial Arts Federation in Arcadia, Calif., is a simple studio, devoid of extravagant artwork, lavish fountains or expensive alters. Just a single room with a wall of mirrors on one side and an array of weapons on the other side. Master Ng Fu Hang doesn't need to impress people with fancy embellishments; his lineage is impressive enough. But it doesn't stop there.

As I sit down with Ng at the front of the school, the students diligently practice fist form sets, obviously accustomed to hard work and self-sustained discipline. I am struck not only by their skill, but also by the relaxed ease of their conversation and the apparent joy they take in practicing

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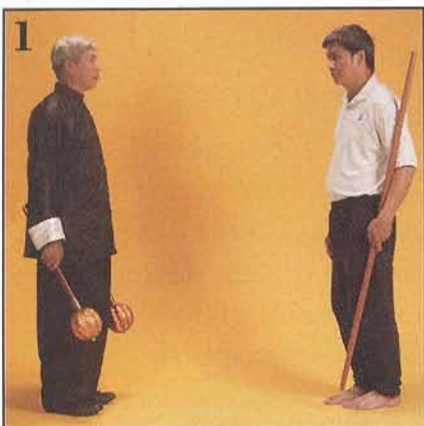
their art. One gets the sense that they are being taught more than just kung-fu forms; that they are somehow privy to a unique philosophy — an untainted art that carries with it the history and wisdom of the past. But then again, what else would you expect from the students of Ng Fu Hang, direct descendant of choy lee fut founder Chan Heung.

“The more you move away from the direct lineage, the more corrupt the system becomes,” explains Ng, without pretension. There is no chance of that happening here, considering that Ng is a fourth-generation practitioner of choy lee fut who has devoted his life to maintaining the purity of a tradition into which he was born.

History

Ng Fu Hang is the great, great grandson of Chan Heung, founder of the choy lee fut system. In King Mui, China, during the early 1800s, Chan Heung spent over 20 years learning kung-fu from three masters of the shaolin arts: Chan Yuen Wu, Lee Yau Shan and a Buddhist monk named Choy Fook. Having attained a great deal of knowledge, Chan Heung created his own style of kung-fu — choy lee fut — named in honor of his teachers and the Buddhist origin of the art.

At the age of six, Ng Fu Hang began training under the tutelage of his grandfather, Chan Yui Chi, grandson of Chan Heung. Chan Yui Chi was not only a



Sifu Ng Fu Hang faces his opponent (1). The attacker swings the pole sideways at Ng (2). Ng blocks (3) the strike with his golden melon hammer. He then thrusts the other golden melon hammer at his attacker's neck (4). The attacker falls to the floor (5). Ng follows up with his right golden melon hammer.



“Choy lee fut is good for smaller body types, because of the fast footwork, lower stances, jumps and kicks.”



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