

## Butterfly Rings Build Speed, Power

**NEW YORK, N.Y.** — Introducing the new butterfly rings, the first patented device built to develop your close-quarter confinement techniques. These rings are ideal for martial artists, boxers or anyone who likes to mix it up within close quarters. This product is a must for hsing-i/paqua, praying mantis and wing chun practitioners.

The rings are easily accessible, highly portable and multi-functional training devices available in both light-weight and weighted varieties.

Perfect for home or office use, the butterfly rings are like having a rat-tan ring, shaolin ring and wooden dummy all in one. The butterfly rings can be used to practice technique application whether you're training alone or with a partner.

Start with the rings resting on your bare arms.

To insure proper placement, place one arm through the center of the ring. The butterfly ring should slide back three-fourths-to-full length of the forearm. Now place both arms through the center of the rings. Begin by training slowly with an imaginary opponent, then gradually pick up the pace.

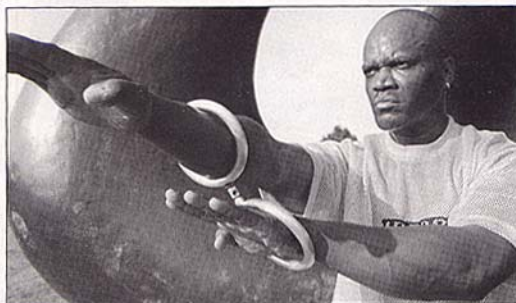
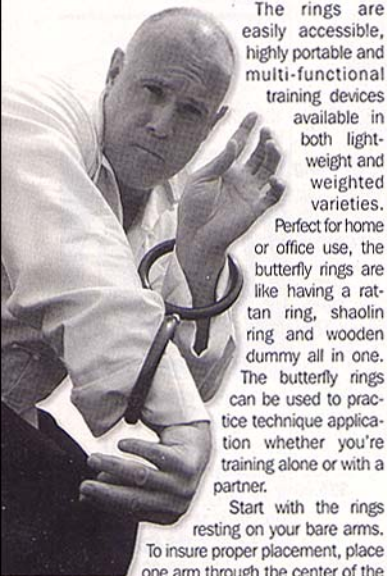
The lightweight version, constructed of anodized aluminum, helps develop speed and timing. The solid iron weighted version is used for strength building and conditioning. The rings are designed so that your hands are evenly spaced; where one hand goes the other hand is sure to follow. Remember: the ball swivel should never be taught or strained. Your forearms should always remain

inside the rings while performing a technique. Work within the ring confinement and allow your arms to flow.

Aside from increasing speed and building tremendous arm and shoulder strength, the butterfly rings also promote hand unity coordination, awareness of the distance between hands, increased flow and endurance, and accuracy. Other

benefits include maintaining focused forward energy and having your hands in constant motion. But the most important feature comes when the rings are removed and you find your muscles are conditioned for any exercise.

Price for the aluminum rings is \$59.95 plus S&H. For more information, visit [www.thebutterflyrings.com](http://www.thebutterflyrings.com)



Photos courtesy of John Horne

## Chong Releases Bak Mei DVDs

**SACRAMENTO, Calif.** — Kung-fu grandmaster Eddie Chong has released a series of videotapes and DVDs covering the primary seven forms of bak mei kung-fu. The series teaches the form and applications of the seven fundamental forms of bak mei. There are over 40 forms in the system, but sifu Chong focuses on these seven because they contain the most useful and unique movements in the style.

Bak mei is an extremely violent form of kung-fu because many of its strikes are targeted at nerve centers and meridians

throughout the body. The system also generates a great deal of power at close range from hip torque.

Forms covered in the video and DVD series include: sub jee (the cross); fa pao (fancy panther); chut dim mui fa (seven petal plum flower); sub bat ding jeung (18 crazy monks); sub bat moi kiu (18 ghost bridge); gou bo tui (nine step push); and fu bo (tiger step).

The videos retail for \$40 each or \$250 for the set of seven. The two-DVD set sells for \$250. For more information, contact [wingchunbakmei.com](http://wingchunbakmei.com) or [chongkungfu.com](http://chongkungfu.com)

