



108 Heroes Manual

Brent K. Ramos

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108 Heroes is a kung fu school hailing from Chinatown, San Francisco. This interior facing manual aims to inspire and provide a map for the students and fans to navigate the initial martial training unique to this school. The practice in this manual was not composed purely on circumstance, theory, history, or lineage. All of this is honored in practice. However, 108 does not lay claim to any specific lineage. Every movement, moment, breath, posture, and form is specifically curated by personal experience to offer a path of practical physical, holistic, combative, energetic, and mental achievement. It is broad and deep. It is not designed to bind you to tradition, chase a trophy, or win a title per se. It is meant to free you in the deepest sense. It is intended to let you walk one day without a teacher. To emerge masterfully, achieving your full potential. This work serves to teach, but only to students who will continuously approach the practice with a beginner's mind. Meaning your cup, should constantly be empty. Kill the ego. Approach every moment with an open mind. Be inquisitive about learning something new. Anything. Question everything, and reverse engineer every piece of material to gain depth and abstract observations for a deeper practice. Approach all of this training as metaphor to take out of the ring. Proficiency in combat and sport fighting is only a small part of this art. In fact, you will only need a small amount of basic techniques done well to win most fights. "Basics win fights". There is no need to overwhelm yourself with the decades of material within this book if fighting in the ring is your only goal. This curriculum magnificently offers a lifetime of practice, community, and new material that fosters personal growth parallel to none. This is why we study kung fu. Use it as paints to splash on the different canvas of your life. Evolve beyond the fight. Combatively, the art will evolve from basic self-defense and into advanced stand-up striking and kicking. Traditional forms, blade work, weapons, disarms, pressure points, ground-work, and grapples will all be studied. Internal energetics within arts like taiji, xing yi and bagua will all be presented. Conditioning and sparring methods will be undertaken to make you proficient in three distinct levels of approach: Form & fitness, sport fighting, and battlefield tactics. To the reader, this art is yours. Take a moment and erase the trauma from the day. Pick up the book. Breathe in... Breathe out... Commit. Supplemental training insights can be found at the following links: Follow my blog and website at: www.sifubrent.com Join the school at: www.shaolinsf.com

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