

新武俠演武廳

NEW MARTIAL HERO KUNG FU PALACE

WING CHUN

MASTER GORDON LO

詠春派

美國維珍尼亞州

盧國靜師傅



詠春拳對打與擒手動作

盧國靜師傅與其學生示範

Abshalom Farrow & Arnel Castillo

↓ 擒手—拍打 Chi Sao-Pak Da

A1



A2



A3



↓ 擒手—交換手後拉踢与剷颈 Chi Sao-Exchanging hands Lap Sao & kick

B1



B2



B3



B4



↓ 攤手起脚防旋踢與拍打的連續動作 Tan Sao keen-up against roundhouse kick

C1



C2



C3



C4



↓ 禁手攤打防前踢 Gum Sao against front-snap kick

D1



D2



D3



D4



↓ 刮手標指起脚踢 Gua Sao Bue Gee follow with kick

E1



E2



E3



E4



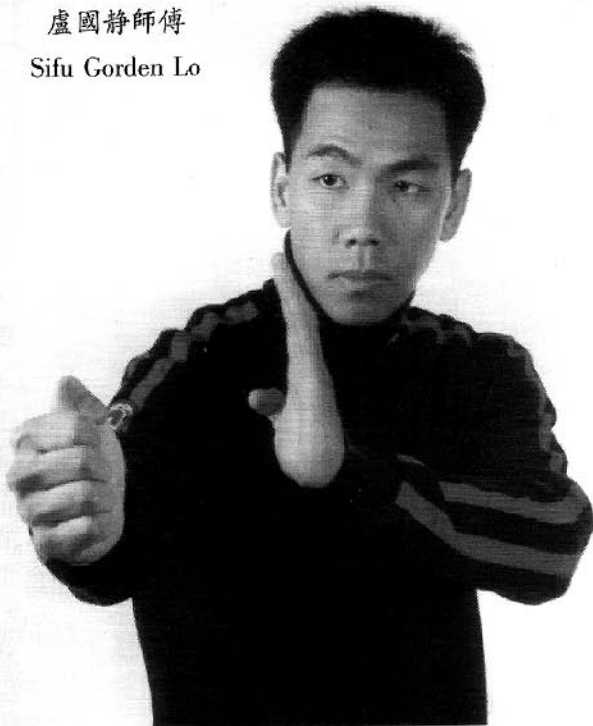
專訪詠春葉問家族第三代盧國靜

Enlargement of the WING CHUN Ip Family

Sifu Yip Man (葉問) has

been a legendary figure in Wing Chun circles for decades. Credit for his and the system recognition, now worldwide, must be given to his students, his son, Sifu Yip Chun (葉準), and his nephew, Sifu Lo Man Kam (盧文錦). It was the destiny of Sifu Yip and Sifu Lo to learn Wing Chun from their youth. Great talents appear in successive generations of the Yip family. Lo Kwok Ching (盧國靜), son of Sifu Lo Man Kam, also inherited the Wing Chun tradition from his

盧國靜師傅
Sifu Gordon Lo



family, and grew up regarding the propagation of Wing Chun as his life mission. These individuals exerted great efforts in promoting Wing Chun Kung Fu, also conducting seminars and attracting students in many countries around the planet.

When Sifu Lo Kwok Ching was a child, he was exposed to his father frequent discussion of Wing Chun techniques with the students. Thus, he grew up aware of the power of Wing Chun in hitting fast and with deadly accuracy in a short distance. He was amazed when he witnessed the skillful technique and the change of footwork in the seniors' practice. Sifu Lo determined to master Wing Chun, and he accomplished this with the assistance of his father and the encouragement and the guidance of his seniors.

Growing up at Kung Fu Federation, Sifu Lo was strongly influenced by his family. He began learning Wing Chun formally at the age of 15. He was attentive and concentrated intently in order to master the system. Ultimately, he developed a deep understanding of Wing Chun. Wing Chun is a unique system for self-defense

以葉問宗師一派的詠春拳在世界上打響知名度已有幾十年了，除了他門下眾多武藝精湛的學生大力推廣外，葉問之子葉準師傅及葉問的姪子盧文錦師傅，他們更不遺餘力在世界各國舉辦研討會來發揚光大。葉準師傅及盧文錦師傅都是自年輕時就與詠春拳結下不解之緣，他們數十年來努力不懈的各自在香港與臺灣開班授課，學生眾多，可謂桃李滿天下。長江後浪推前浪，江山代有才人出，如今葉問家族第三代——盧文錦師傅之子盧國靜，也步上父親與葉準表伯的足跡，並同樣的將發揚葉

問的詠春拳做為他終生的職責。盧文錦師傅為葉問宗師親外甥，小時舉家也住過佛山的葉氏桑園，與葉問宗師的兒子也是亦兄亦友。1950年起開始追隨其舅父葉問在港學習詠春拳。盧文錦師傅長年居住台灣，自陸軍情報局退休後，除專業教拳外，他目前也是台灣特警隊與警察學校教官。

盧國靜師傅年少的時候，便經常在一旁觀看傾聽父親與葉準表伯、鄧生師叔及其他幾位葉問宗師早期弟子，切磋功夫或是討論詠春的一些手法，深厚的家學薰陶之下，年級小小的他，早已知到詠春拳有在近距離快、狠、準獨特的打法的威力。每當看到長輩們在近身纏手與對打練習時的精湛手法與身型步法的移位變化時，他總是驚嘆不已，也更瞭解詠春拳短橋手法的巧妙與藝術。盧國靜師傅就是這樣跟隨著父親練拳、教拳，加上受到表伯及其他的師叔伯們的鼓勵與指導，他便立志要將詠春拳練好。

15歲時，盧國靜師傅正式在父親的調教下學習詠春拳，因從小在拳館長大，耳濡目染之下，他對詠春拳比起一般人有更深切的領悟，練拳的時候，他總是專注投入並非常用心的學習，以求精確和明

↓ 耕手與踢的手
脚並用的連續動作
Gan Sao kick Back

瞭。因為他知道詠春拳的與眾不同是在於如何保護自己而不被敵人打到，所以每個動作一定要精確。詠春拳不是以招對招的功夫，而是將實際的攻防對打的理論實踐在應該反應的動作上，每一個詠春拳的拳理一定要能明瞭與實踐，因為功夫上的動作是死的，人是活的，活人要練活功夫，而不是讓死功夫把活人給練“死”了，所以唯有真正的理解拳理，才能將功夫運用自如，而這也是盧國靜師傅在教拳時，一再不厭其煩灌輸學生的基本詠春武學的思想。

盧國靜師傅在父親的嚴厲調教下，雖學有所成，但他依然同父親的學生一起練習，以求精益求精。這時 18 歲的他早已成為父親的得意助手，除了練拳學拳外，並學習“如何教人功夫”與“拳館的管理”，所以不論任何學生的年齡層，中外人士，他都親自與他們練習與教授，這樣的訓練與學習的方式，奠定了盧國靜師傅在未來教授詠春拳上有強而有力的基礎。

因為台灣政治環境，每個男孩子都需要入伍當兵，盧國靜師傅也在 20 歲時被徵召入伍，擔任裝甲步隊士官車長。由於他的武術背景，他很快的被國軍徵調到陸軍 249 師武術與體育隊，在此中他體驗了截然不同的體能訓練與武打技巧。

初到武術隊單位報到的盧國靜師傅，發現大部份的人都是練習台灣國軍的呂拳道(一種組合國術、空手道與跆拳道)的武術)，當時帶隊的 3 棲特戰隊士官長知道盧國靜師傅練的是詠春拳，對呂拳道一竅不通，於是他當著所有隊員面前要求比劃試手，試著了解詠春拳到底是什麼樣的功夫。下士階級的盧國靜師傅當然不能違背士官長的命令，再說無論如何也要替詠春之名爭點面子。此時盧國靜師傅腦中的思緒，知道蠻幹的莽勁或以重拳重擊是不適合當下的場合的，惟有找出對方的弱點與空隙再適時的一擊，才可服眾，但腦中思緒尚未結束，士官長已大步直拳拉近距離來逼身

A1



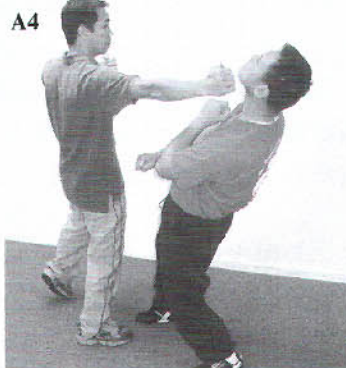
A2



A3



A4



A5



G6



precisely because each motion must be accurate and energetic. It is not merely a series of movements; fundamental theory underlies all action. Actions are rigid while the persons performing these actions are living beings. People practice rigid actions, but should not practice these actions rigidly. Only through learning and understanding the principles of Wing Chun can one develop the ability to employ it with skill. Sifu Lo consistently inculcates this concepts in his students.

Though he had already honed his Wing Chun skills, Sifu Lo practiced diligently with his father □ students from the age of 18. In addition to learning and practicing the system, he was also trained to teach Kung Fu to other students and to manage the Federation. His experience included practicing and teaching with persons of different ages, which established the basis for teaching Wing Chun in the future.

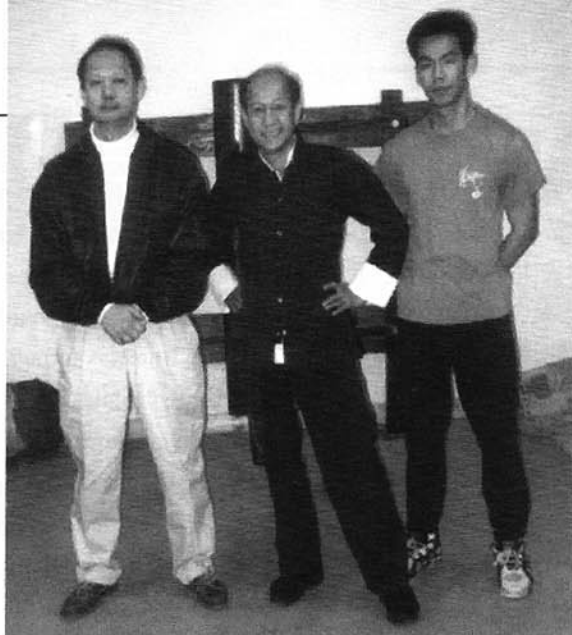
In Taiwan, every male is obligated to serve in the army, so at the age of 20, Sifu Lo enlisted. Because of his martial background, he was assigned to the martial art and training team. This was a unique and valuable experience.

Sifu Lo discovered that the most prevalent martial art in the army was Lui Kwon Do (呂拳道). His First Sergeant was aware that Sifu Lo practiced Wing Chun and knew nothing about Lui Kwon Do. He requested Sifu Lo for a competition, in order to find out about Wing Chun. Sifu Lo, of course, could not refuse an order, and he was eager to demonstrate the power of Wing Chun. He probed determinately to find the First Sergeant weakness. He was not yet ready for the match when the First

攻擊，盧國靜師傅立即反應，照著他的策略，先以耕手防之，再以問手防守與試探（check），加上靈活的走位來瞭解對方的攻路與節奏，知道士官長多為一招一式，一拳一腳的打法進攻，並非如詠春攻防合一，雙手並用的方式。來往之中，盧國靜師傅則以捆手封住對方，再利用繃手上所練就的手感與反應來翻手變化。最後看準又是一個箭步直拳，盧國靜師傅側身拉開距離，同時起手順他直拳向前的衝

力拉手掃腳，就是這個手腳並用的動作使士官長頓時失去重心，機警的盧師傅立刻將拉手回拉他一把，使士官長不至於在大家面前真正失去重心而倒地。此時，雙方眼神互相凝視，這剎那間兩人也心照不宣，已知勝負，士官長挺直了身，拍著盧師傅的肩說“不錯、不錯……好功夫”。週圍的人也看著過癮，直誇詠春手法的變化，而從此大家也對詠春拳另眼相看。退伍後，因為盧國靜師傅的功夫技術與部隊經歷，也使他有機會在台灣警察學校及法警訓練所擔任助教，教授警用搏擊術與徒手戰技。

中國人常說“學無止境”，在1994年時，盧國靜師傅受到父親的鼓勵與支持，隻身遠赴美國維吉尼亞海濱市，在盧文錦師傅的師弟梁紹鴻師傅的拳館再行深造與學習。梁師傅為葉問宗師早期的私家弟子，詠春八斬刀技藝非凡，也受到許多師兄弟的讚許，而梁師傅在詠春拳長橋的獨特打法與心得更是一絕。由於盧國靜師傅以前在台灣練習的經驗與對詠春拳的瞭解，在美國時早已習慣與外國人壯碩體格練習，因為詠春拳技在借力使力，來留去送，符合搏擊效益的物理力學而非蠻力與鬥力。盧國靜師傅在美訓練那幾年雖然辛苦，但由於梁師傅在詠春長橋打法對他的啟發與經驗的傳承，使盧國靜師傅在全心投入之餘，早已忘記在練習時的血與汗。



盧國靜師傅在美訓練時與師叔梁紹鴻師傅合照
(中間為盧文錦師傅) Left to Right—Sifu Duncan Leung, Sifu Lo Man Kam & Sifu Gordon Lu

Sergeant launched a surprise attack from a very short distance. Reacting immediately, Sifu Lo initially defended himself, then used agile steps to check the First Sergeant offensive and rhythm. After determining that the First Sergeant did not employ combined attack and guard, he sealed him with Kwan Sau (捆手) and varied the action by Chi Sau (繃手).

Finally, he turned aside to pull him apart and headed forward. Losing his center of gravity because he used both his hands and legs, Sifu Lo immediately pulled the First Sergeant back. The opponents locked eyes.

They already had an understanding of the result. The First Sergeant stood erect, clapped Sifu Lo on the shoulder and said: ood?ood! It nice!? People around were amazed at the effectiveness of Wing Chun and shouted ool!?

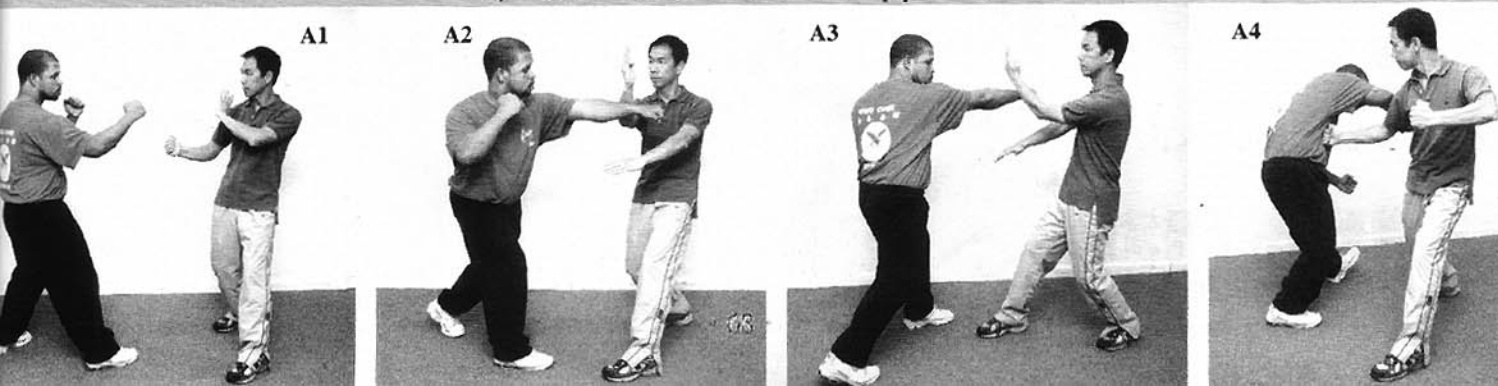
Leaving the army, Sifu Lo became an assistant in the Taiwan Police School and French Police Training Academy.

But there is no limit to the acquisition of knowledge. In 1994, Sifu Lo moved to the United States to further his learning with Sifu Leung Shiu Hung (梁紹鴻). Sifu Leung was a private student of Sifu Yip Man. His skill of Ba Zam Do (八斬刀) is outstanding.

Although his training in the United States was extremely rigorous, Sifu Lo studied hard and practiced diligently under the enlightened eye of Sifu Leung. This rare opportunity made it possible for Sifu Lo attain unique skill in Wing Chun.

As Sifu Lo excelled in the military arts, particularly in

↓ 耕手對雙拳 Gan Sao uppercut



也就是這樣的際遇與練習過程，盧國靜師傅在詠春拳上的成就也就更能顯現長短橋手，剛柔並濟的獨特技術。梁紹鴻師傅常年在美國，功夫上的成就早已為外國人尊崇，在很多美國的軍、警與特勤單位任教過，盧國靜師傅在美時也多次參與並協助訓練。

由於盧國靜師傅的一身武藝，再加上警務上的專業與外語的能力，2000年時則受聘於美國高科技公司——世界最大的半導體設備供應商應用材料——Applied Materials 台灣分公司負責安全業務與風險管理，其中一個重要的任務也是擔任公司總裁 Jim Morgan 在台時的隨身護衛（Jim Morgan 也是美國前任總統老布殊、克林頓及現任總統布殊的私人顧問）。在台服務期間他也發揮自己的專業知識，成功的為公司完成一場大型經濟研討會現場安全的工作（研討會現場貴賓包括：公司總裁 Jim Morgan、台積電總裁張忠謀先生、宏基電腦總裁施振榮先生及台灣經濟部長林信義先生）。不僅於此，盧國靜師傅也在其它許多安全業務上扮演重要的角色，如替公司偵破多起電腦失竊案、安全人員的教育訓練、千人活動的安全規劃、企業持續營運計劃（Business Continuity Plan）的執行與整合及其它高階主管與外賓參訪時的安全維護（包括台灣副總統呂秀蓮的參訪）。雖然盧國靜師傅在公司時業務繁忙，但對詠春拳的熱愛從未減少，工作之餘除了在台灣應用材料公司擔任武術教練教授詠春拳及女子防身術，也受到台灣中部（台中）習武人士的邀請，每週前往教課一次，幾年來也將詠春拳在台灣中部定下了很深的基礎。

目前盧國靜師傅已踏上父親的步伐，全心教拳，並在師叔梁紹鴻的協助下，在美國維吉尼亞州開班授徒，推廣及發揚葉問的詠春拳。除了在美國教授外，他每年也應邀到歐洲教授詠春拳，更借此讓世界各國練過詠春拳的人或沒練過詠春拳的人，都能進一步瞭解到詠春拳的博大精深與長短橋的獨特手法。2006年8月份，盧國靜師傅帶領著學生在美國首都華盛頓 D.C. 參加美國東岸最大的功夫比賽之一（Wong Tournament），他的學生也獲得多項第一，盧國靜師傅當場也受到許多武術界的老前輩讚揚與推崇，謙虛不恭的盧師傅總是回應大家，其成就應該歸功於父親與師叔的教導有方，他才有機會將詠春拳完完整整的傳承下去。

◆本刊記者



languages, in 2000 he was hired by Applied Materials Taiwan Company with responsibility for security and risk management. His duties with included personal security and serving as bodyguard for the company Chairman, Jim Morgan, who was formerly consultant to two presidents of the United States. Sifu Lo had distinguished himself performing security duties at a major economic seminar (besides the CEO of Applied Materials, guests included the Chief Executive Officer of Taiwan Semiconductor Manufacturing Company, Cheung Chong Mao; the Chief Executive Officer of Wung Kee Computer, Shih Chun Wing; and the Secretary of Taiwan Economy, Lam Shun Yee).

Subsequently, Sifu Lo played an important security role in other businesses.

For example, he detected a number of robberies, educated and supervised the training of security service personnel, planned security for various events, implemented and integrated business continuity plans, and supervised the security of guests. Although Sifu Lo busy with his work, Sifu Lo enthusiasm for Wing Chun is contagious. He is the martial arts instructor at Taiwan Applied Materials Company, and has contributed towards strengthening the reputation of Wing Chun in Taiwan.

Today, just as his father before him, Sifu Lo teaches Wing Chun. He conducts on-going classes in the United States in the City of Virginia Beach, Virginia. In addition, he is invited yearly to teach Wing Chun in Europe, where he demonstrates the power and effectiveness of Wing Chun to students and observers. In August of 2006, Sifu Lo successfully led his students in the Wong Tournament, one of the largest kung fu contests in eastern North America. His students contributed a number of champions, and Sifu Lo, personally, received high praise from the seniors. He has modestly attributed his achievements to his father and his seniors in Wing Chun.

His stated goal is to continue their efforts to enhance the status and recognition of Wing Chun Kung Fu around the globe.