



Pan Gai Noon

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Pan Gai Noon (half hard/half soft) was taught by street hawker Shu Shi Wa around 1900. There is some evidence that this art was originally one of the temple gung fu arts of the time. Later, the art was brought to Japan by Kanbun Uechi, where it was altered into a style of Karate. But what was the original art like? What were the techniques and training methods? Through the logic of matrixing this art now stands revealed; a powerful gung fu that connects Karate to the Chinese Martial arts. This volume includes forms and techniques and training drills, and is a valuable addition to any MartialArtist's library.

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