

The Kindred Fist Method: Structure, Breath, and Real-World Skill

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Many people think they have to choose between health, tradition, and practical martial skill. At Kindred Fist, we train so these qualities strengthen one another.

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A Method That Bridges External and Internal Training

The foundation of this method is Lung Ying Kuen, or Southern Dragon Shape Fist. It is also informed by the Lion Shape influence of Hung Gar, the upright and penetrating force of Bak Mei, the disciplined combative structure of Goju Karate, and the internal refinement of Tai Chi and Qi Gong.

At Kindred Fist, we do not separate training into hard versus soft as if they belong to different worlds. External training develops stance, structure, timing, and physical strength. Internal training develops breath, awareness, body connection, and calm focus. In proper traditional training, both must eventually meet.

Why Structure and Breath Matter

This is where the idea of ging, or trained power, becomes important. Ging is not just muscular force. It is power developed through alignment, rooted stepping, breath control, and the ability to connect the whole body as one unit.

Because the Dragon is at the center of this method, connection is one of our deepest lessons. A student may want speed first or power first, but Dragon training teaches that the body must be organized before power can become reliable. The stance, or ma, and the bridge, or kiu, are not separate pieces. They are part of one system.

Tai Chi and Qi Gong are also essential to this process. They teach students how to regulate breath, maintain centered balance, and relax without collapse. This does not make the training less martial - it makes it more functional, because the student learns not to waste effort or lose structure under pressure.

What Makes the Kindred Fist Method Unique

What makes the Kindred Fist Method unique is that it brings together physical training, mental structure, and philosophical understanding. Students are not only learning how to strike, stand, or move. They are learning patience through repetition, discipline through correction, and composure through breath and method.

Whether a person comes for health, confidence, cultural interest, or combat skill, the goal is the same: to help them become more connected, more capable, and more balanced.

A Simple Goal

At Kindred Fist, we want students to breathe well, stand well, think clearly, and move with purpose. That is where real training begins.

Yat bouh yat bouh - one step at a time.