

Phoenix Eye Fist

Pangai-Noon developed in a Shaolin temple in the Fukien province. It is a combination of many different arts, pulling techniques considered effective. Some of the contributions include the Phoenix Eye Fist, Crane stance and strikes, as well as Chow Gar mantis techniques.

One possible Chuka (Phoenix Eye Fist) Kung-Fu origin is found among the Hakka, or Guest Family, peoples of Canton/Guangdong, China. There is a martial art among the Hakka people that stems from Chu Gar, or the Chu family marital art. Chu Gar's has a possible link to Chow Gar, or Southern Mantis style. Since the Chinese characters for Chu Gar and Chuka Kung-Fu are the same, it is possible that either the name was changed to hide the Chu Gar system or the latter art evolved from the former.

Another possible origin of Chuka Kung-Fu is Fukien White Crane Boxing. Some believe that the teachings of the Chu Gar spread and became the various styles of Fukien Shaolin boxing—of which White Crane Boxing is a part. Since the cave where the nun Leow Fah Shih Koo resided and later taught her "Shaolin" art was known as the Pai-Ho Toong, or White Crane Cave, it is possible that Chuka is based in Pai-Ho, or Southern White Crane Kung-Fu.

Still another explanation is that the art evolved as an eclectic blend of several Fukien Shaolin arts, including White Crane boxing and Chow Gar. This is very similar to the origins of Pangai-Noon.

Like so many other martial arts, the history is shrouded in the myths and legends of oral traditions passed down through the generations from master to disciple. There is some overlapping between the arts above, but there is no way of having conclusive evidence of actual origins. However, the fact that the different techniques from various arts, including the ones mentioned above, have shown themselves in other arts indicates that there is defiantly some form of tie that binds them together.