

The Art Of Shaolin Kung Fu

The Art Of Shaolin Kung Fu the art of shaolin kung fu is one of the most renowned and revered martial arts disciplines in the world. Originating from the ancient Shaolin Temple in China, this martial art combines physical prowess, mental discipline, spiritual development, and philosophical insights. Practiced by millions globally, Shaolin Kung Fu is not only a method of self- defense but also a pathway toward personal growth, health, and inner harmony. In this comprehensive guide, we will explore the history, philosophy, techniques, and benefits of Shaolin Kung Fu, providing insights into why it remains a symbol of martial excellence and spiritual enlightenment.

History and Origins of Shaolin Kung Fu

The Birth of Shaolin Kung Fu Shaolin Kung Fu's roots trace back over 1,500 years to the Shaolin Temple in Henan Province, China. Legend attributes its development to Indian Buddhist monks who brought martial arts knowledge to China along with Buddhism around the 5th century CE. These monks sought to enhance their physical strength and discipline to better meditate and defend themselves.

Key Historical Milestones

- 5th-6th Century CE: Introduction of Indian martial arts into Shaolin Monastery.
- Tang Dynasty (618-907): Shaolin monks play pivotal roles in military campaigns, establishing their reputation as formidable fighters.
- Song Dynasty (960-1279): Development of various Shaolin styles and techniques.
- Ming Dynasty (1368-1644): Shaolin martial arts spread to other regions and influence Chinese martial arts broadly.
- Modern Era: Revival and global dissemination of Shaolin Kung Fu through martial arts schools, movies, and cultural exchanges.

Philosophy and Principles of Shaolin Kung Fu

The Core Philosophies

Shaolin Kung Fu is deeply rooted in Buddhist philosophy, emphasizing virtues such as compassion, humility, perseverance, and self-control. Its practice aims not only at physical mastery but also at spiritual cultivation. Key principles include:

- Balance and Harmony: Combining strength with softness, movement with stillness.
- Mind-Body Integration: Synchronizing mental focus with physical action.
- Discipline and Respect: Upholding ethical behavior and respect for teachers and fellow practitioners.
- Self-Improvement: Continuous effort to cultivate inner strength and wisdom.

Spiritual Aspects of Shaolin Practice

Practitioners often incorporate meditation, breathing exercises (Qigong), and moral development into their training. These elements foster mental clarity, emotional stability, and spiritual growth, making Shaolin Kung Fu a holistic discipline.

Fundamental Techniques and Styles

Core Techniques of Shaolin Kung Fu

Shaolin Kung Fu encompasses a wide array of techniques, including:

- Striking Techniques: Punches, kicks, palm strikes, elbow strikes.
- Stance Work: Horse stance,

bow stance, cat stance, and others for stability and power. - Kata (Forms): Pre-arranged sequences of movements that simulate combat scenarios. - Animal Styles: Mimicking animals such as Tiger, Crane, Snake, Leopard, and Dragon, each emphasizing different attributes like agility, strength, or flexibility. - Weapon Training: Staff, sword, spear, and other traditional weapons. Popular Shaolin Styles - Shaolin Long Fist (Chang Quan): Known for its fast, long-range strikes and agility. - Shaolin staff (Gunshu): Focused on weapon techniques emphasizing fluid motion. - Southern Shaolin: Characterized by close combat techniques and powerful stances. - Northern Shaolin: Noted for high kicks, jumps, and dynamic movements. Training Methods and Practices Physical Conditioning Practitioners undergo rigorous physical training to develop strength, flexibility, endurance, and coordination. Key practices include: - Dynamic stretching - Strength exercises - Bag work - Sparring sessions Forms and Techniques Learning and mastering forms is fundamental in Shaolin Kung Fu. Forms serve as a blueprint for combat, combining movements into a disciplined sequence that enhances muscle memory and fluidity. Meditation and Qigong Meditation helps cultivate mental focus and inner peace. Qigong exercises balance the 3 body's vital energy (Qi), improving health and martial effectiveness. Progression and Belt System Many schools adopt a structured curriculum with ranks or belts signifying mastery levels. Progression involves mastering techniques, forms, and demonstrating understanding of martial principles. Benefits of Practicing Shaolin Kung Fu Physical Benefits - Improved strength, agility, and flexibility - Better balance and coordination - Enhanced cardiovascular health - Increased endurance and stamina Mental and Emotional Benefits - Increased focus and concentration - Stress relief and emotional stability - Boosted confidence and self-discipline - Cultivation of patience and perseverance Spiritual and Cultural Benefits - Deepened understanding of Chinese philosophy and culture - Development of inner peace and mindfulness - Connection with a rich martial arts heritage Shaolin Kung Fu in Modern Times The Global Spread Today, Shaolin Kung Fu is practiced worldwide, with numerous schools, academies, and instructors dedicated to preserving its traditions. The Shaolin Temple itself has become a cultural icon, attracting tourists and martial arts enthusiasts alike. Media and Popular Culture Movies, documentaries, and martial arts competitions have popularized Shaolin Kung Fu, showcasing its dynamic techniques and spiritual depth. Iconic films featuring Shaolin monks have inspired generations to explore martial arts. Modern Challenges and Preservation Efforts are ongoing to preserve the authenticity of Shaolin traditions amidst commercialization. Many practitioners emphasize the importance of disciplined training, cultural education, and spiritual development. 4 How to Get Started with Shaolin Kung Fu Choosing a School or Instructor - Look for reputable schools with qualified instructors. - Ensure they emphasize both physical and spiritual aspects. - Observe classes to assess teaching quality and discipline. What to Expect as a

Beginner - Basic stances and movements - Learning fundamental forms - Developing physical fitness - Cultivating mental focus Tips for Successful Practice - Practice regularly and maintain patience. - Respect your teacher and fellow students. - Incorporate meditation and breathing exercises. - Study the philosophy behind the techniques. Conclusion The art of Shaolin Kung Fu remains a profound discipline that bridges physical mastery with spiritual awakening. Its rich history, diverse techniques, and philosophical depth make it a timeless practice for those seeking health, self-defense skills, and personal enlightenment. Whether practiced for fitness, self-cultivation, or cultural appreciation, Shaolin Kung Fu offers a comprehensive path toward harmony, strength, and inner peace. As the world continues to embrace this ancient art, its principles and practices will undoubtedly inspire generations to come. --

- Keywords for SEO optimization: Shaolin Kung Fu, Shaolin martial arts, Shaolin forms, Shaolin styles, martial arts training, Chinese martial arts, spiritual martial arts, Shaolin weapons, benefits of Shaolin Kung Fu, history of Shaolin, meditation and Qigong, martial arts for self-defense

QuestionAnswer What are the key principles underlying Shaolin Kung Fu? Shaolin Kung Fu emphasizes principles such as balance, agility, discipline, humility, and the integration of mind and body. It combines physical techniques with mental focus and spiritual development to achieve both self-defense and self-improvement. How has Shaolin Kung Fu influenced modern martial arts? Shaolin Kung Fu is considered one of the oldest and most influential martial arts, inspiring many styles worldwide. Its techniques, philosophy, and training methods have shaped martial arts curricula, promoting concepts like internal energy (Qi) and dynamic movement.

5 What are some common training routines in Shaolin Kung Fu? Training routines typically include basic stances, forms (katas), hand and foot techniques, conditioning exercises, weapon training, and meditation. Regular practice emphasizes repetition, precision, and mental focus to master both physical skills and inner strength. What role does meditation play in the art of Shaolin Kung Fu? Meditation is integral to Shaolin Kung Fu, helping practitioners develop mental clarity, focus, and inner peace. It enhances breathing, reduces stress, and cultivates the internal energy essential for advanced martial arts mastery. How can beginners start learning Shaolin Kung Fu? Beginners should seek qualified instructors or reputable schools to learn proper techniques and training methods. Starting with basic stances, forms, and conditioning exercises while maintaining discipline and patience is essential for progress. What are the health benefits of practicing Shaolin Kung Fu? Practicing Shaolin Kung Fu improves physical fitness, flexibility, strength, and coordination. It also boosts mental health by reducing stress, enhancing focus, and promoting discipline and confidence through consistent training.

The Art of Shaolin Kung Fu: An In-Depth Exploration of Its History, Techniques, and Cultural Significance Shaolin Kung Fu stands as one of the most revered and influential martial arts in

the world, embodying centuries of tradition, discipline, and spiritual philosophy. Its mystique has captivated martial artists, historians, and enthusiasts alike, inspiring countless adaptations in popular culture, from blockbuster films to modern combat sports. To truly appreciate the art of Shaolin Kung Fu, one must delve into its origins, core principles, technical elements, and enduring cultural impact.

Historical Origins and Evolution of Shaolin Kung Fu

The Birth of Shaolin Martial Arts The genesis of Shaolin Kung Fu is traditionally traced back over 1,500 years to the Shaolin Temple in Henan Province, China. According to legend, Indian Buddhist monks, introduced to China around the 5th or 6th century CE, combined their meditative practices with physical training to develop a form of combat that would serve both spiritual and defensive purposes. The merging of Buddhist philosophy and martial discipline created a unique cultural synthesis that would define Shaolin Kung Fu. Historical records suggest that the early Shaolin monks practiced a variety of combat techniques, influenced by Indian, Chinese, and indigenous martial traditions. The temple's remote location and spiritual environment fostered a culture of rigorous training and innovation, allowing Shaolin martial arts to evolve distinctly over centuries.

The Art Of Shaolin Kung Fu

6 Key Historical Milestones

- Tang Dynasty (618-907 CE): The legendary encounter with the Tang military, where Shaolin monks purportedly aided in defending China, helped elevate the martial arts' reputation.
- Song Dynasty (960-1279 CE): Development of more sophisticated techniques and the codification of martial routines.
- Ming Dynasty (1368-1644 CE): Period of consolidation and the proliferation of Shaolin martial arts across China, influenced by martial clans.
- Qing Dynasty (1644-1912 CE): Suppression of martial arts due to political upheaval; however, Shaolin traditions persisted underground and through secret societies.
- 20th Century Revival: The Chinese government and martial arts enthusiasts worked to preserve and promote Shaolin Kung Fu globally, establishing it as a cultural emblem.

Historical Challenges and Modern Resurgence

During the 20th century, Shaolin Kung Fu faced periods of suppression, particularly during political upheavals and cultural revolutions. Yet, the resilience of practitioners and cultural institutions led to a renaissance in the late 20th and early 21st centuries. The establishment of Shaolin monasteries as cultural and tourist sites, along with international martial arts competitions, helped cement its global prominence. Today, Shaolin Kung Fu is both a living tradition and a symbol of Chinese cultural heritage, with monasteries operating as centers for training, spiritual cultivation, and cultural exchange.

Core Philosophies and Principles

Spiritual Foundations

At its heart, Shaolin Kung Fu is more than combat; it is a spiritual discipline rooted in Buddhist philosophy. The practice emphasizes harmony between mind and body, moral development, humility, and perseverance. The famous Shaolin motto encapsulates this ethos: "Martial arts for the benefit of the world." Practitioners often incorporate meditation, breath control, and

mindfulness into their training routines, fostering mental clarity and inner peace. This integration of spirituality and martial technique distinguishes Shaolin from purely combative arts.

Key Philosophical Concepts

- **Qi (Chi):** The vital energy circulating within the body, cultivated through breathing and movement.
- **Yin and Yang:** The dualistic balance guiding techniques—hard and soft, fast and slow, aggressive and yielding.
- **Wu Wei:** The principle of effortless action, emphasizing natural movement and adaptability.
- **Discipline and Compassion:** Guiding virtues that underpin training and interactions within the martial community.

The Art Of Shaolin Kung Fu 7 Technical Elements of Shaolin Kung Fu Fundamental Stances and Movements

Shaolin Kung Fu features a comprehensive system of stances and movements that serve as the foundation for its techniques:

- **Horse Stance (Ma Bu):** Enhances stability and strength.
- **Bow Stance (Gong Bu):** Facilitates forward attacks and defensive maneuvers.
- **Crane Stance:** Promotes balance and agility.
- **Cat Stance:** Used for quick movements and transitions.

These stances underpin various forms (kata), drills, and combat applications, emphasizing rootedness, balance, and power.

Forms and Katas

Forms are choreographed sequences of movements that simulate combat against multiple imaginary opponents. They serve as a training method for:

- Developing muscle memory.
- Refining techniques.
- Practicing fluid transitions.
- Cultivating internal energy.

Notable Shaolin forms include:

- **Lohan (Arhat) Forms:** Emphasize expressive movements and internal power.
- **Animal Styles:** Imitate the movements of animals like the tiger, crane, snake, and dragon, each embodying specific attributes such as ferocity, grace, or flexibility.

Fighting Techniques and Applications

Shaolin Kung Fu incorporates a diverse array of techniques, including:

- **Punches and Strikes:** Vertical fist punches, palm strikes, and finger jabs.
- **Kicks:** Front, side, spinning, and jump kicks.
- **Blocks and Parries:** Deflecting and redirecting attacks.
- **Joint Locks and Throws:** For close combat situations.
- **Weapon Training:** Staff, spear, sword, and other traditional weapons.

The integration of striking and grappling techniques allows for versatile application in self-defense and combat scenarios.

Internal and External Aspects

Shaolin Kung Fu balances external physical strength with internal energy cultivation:

- **External:** Focuses on muscular development, speed, and power.
- **Internal:** Cultivates qi, breath control, and mental focus through meditation and specific internal exercises like Ba Duan Jin or Iron Palm training.

This duality aims to produce practitioners who are both physically adept and spiritually enlightened.

Cultural Significance and Contemporary Practice

The Art Of Shaolin Kung Fu 8 Shaolin as a Cultural Icon

Beyond its martial applications, Shaolin Kung Fu represents a cultural icon of Chinese heritage. It embodies values of discipline, spiritual growth, resilience, and harmony with nature. The image of Shaolin monks performing dynamic routines and martial arts demonstrations has become synonymous with martial discipline worldwide. The Shaolin temple complex attracts millions of visitors annually, serving as a

symbol of Chinese history and spiritual tradition. Modern Practitioners and Global Spread Today, Shaolin Kung Fu is practiced worldwide, with diverse schools and styles. Many practitioners pursue it for health, self-defense, spiritual growth, or cultural appreciation. International competitions, exhibitions, and media portrayals continue to popularize the art. Key aspects of modern practice include: - Training Camps and Seminars: Intensive workshops led by master instructors. - Cultural Tours: Visiting Shaolin temples and historical sites. - Film and Media: Films like Shaolin Temple and Kung Fu Panda have boosted global awareness. - Integration with Other Disciplines: Combining Shaolin techniques with modern martial arts, fitness, and wellness practices. Challenges and Preservation Despite its popularity, Shaolin Kung Fu faces challenges such as: - Commercialization and commodification. - Loss of traditional practices among modern practitioners. - Cultural dilution in global settings. Efforts by authentic Shaolin monasteries and martial arts academies aim to preserve the core teachings, ensuring that the spiritual and technical integrity of the art remains intact for future generations. Conclusion: The Enduring Legacy of Shaolin Kung Fu The art of Shaolin Kung Fu is a testament to the enduring human pursuit of harmony between body, mind, and spirit. Its rich history, profound philosophical foundations, and diverse technical repertoire make it a unique martial discipline that transcends mere combat to encompass personal development and cultural identity. As practitioners continue to explore its depths, Shaolin Kung Fu remains a living tradition—an art that challenges, inspires, and transforms those who dedicate themselves to its study. Whether approached as a spiritual journey, a physical discipline, or a cultural treasure, the practice of Shaolin Kung Fu offers insights into resilience, discipline, and the universal quest for harmony within oneself and with the world. Shaolin martial arts, Kung Fu techniques, Shaolin monks, martial arts training, traditional Chinese combat, Shaolin temple, kung fu philosophy, martial arts weapons, Chinese The Art Of Shaolin Kung Fu 9 martial arts history, Shaolin combat skills

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the art of shaolin kung fu is the ultimate guide to kung fu from theory to practical application this unique martial arts book by a renowned grandmaster is a complete and comprehensive introduction to kung fu and all other aspects of ancient shaolin wisdom you will learn the ancient art of the shaolin monks from the famous shaolin monastery it will prove invaluable to everyone interested in martial arts chi kung and meditation showing how kung fu and other shaolin arts can bring you health vitality mental focus and spiritual joy chapters include what is kung fu four aspects of kung fu the importance of force training application for combat and daily living kung fu philosophy for deeper understanding the benefits of kung fu the historical development of chinese martial arts kung fu in prehistoric and ancient times the glorious han and tang the modern period from shaolin to taijiquan shaolin kung fu the various styles of taijiquan soft and hard internal and external a comparative study of kung fu contrasting shaolin and wudang kung fu xingyi kung fu and taoist concepts tanglangquan or praying mantis kung fu the spread of southern kung fu defining aims and objectives setting aims for kung fu training personal objectives course objectives the foundation of shaolin kung fu inheritance from past masters various shaolin hand forms basic shaolin patterns from form to combat application the four directions of attack the principles of effective combat specific techniques against kicks combat sequences and set practice relieving injuries sustained in sparring composing your own kung fu sets shaolin five animals understanding characteristics and essence the five animal set the names of the five animal patterns five animal combination set how to improve combat efficiency spacing and timing in combat the internal force of shaolin kung fu the relationship between technique and force the compassionate art of qin na the internal force of tiger claw tactics and strategies using continuous attack effectively a tactic to distract your opponent selecting strategies to suit particular situations classical kung fu weapons staffs whips knives and other weapons light and heavy weapons understanding and developing chi the various genres of chi kung lohan embracing buddha abdominal breathing shaolin kung fu and zen cultivating heart nourishing nature bodhidharma and taoism in zen the shaolin way to enlightenment attaining a focused mind meditation to train awareness shaolin kung fu for spiritual development

this is the first kungfu book by a shaolin grandmaster sifu wong kiew kit who has become a legend it gives a comprehensive introduction to shaolin kungfu including the philosophy and history of shaolin kungfu a basic shaolin kungfu set with many secrets revealed combat application internal force training kungfu weapons general principles of kungfu it is a book that any shaolin kungfu practitioner should have

in this book you will learn about the legends of shaolin and unveil the mysteries surrounding the shaolin warrior monks

david carradines spirit of shaolin behandelt die philosophie hinter der kampfkunst des kung fu carradine erzählt die geschichte seiner eigenen wandlung zum kung fu verehrer und bietet einblicke und inspiration für diejenigen die folgen möchten er geht auf die weisheit der alten chinesischen meister ein auf die prinzipien der shaolin philosophie die tiefere bedeutung der kampfkünste und ihre relevanz für die moderne welt ebenfalls enthalten sind seine zwölf eigenen lektionen einschließlich anmerkungen zu ernährung stretching und meditation weltberühmt wurde carradine durch die verkörperung des kwai chang caine in der beliebten fernsehserie kung fu sie war es auch die ihn zum anhänger der shaolin philosophie und zum kung fu fachmann machte mit der nachfolgeserie kung fu im zeichen des drachen knüpfte er an den erfolg des originals an und brachte die kunst dabei einer ganz neuen generation nahe

discusses the history and philosophy of kung fu demonstrates punches kicks and stances and provides advice on conditioning

shaolin kungfu has been considered by many as the best martial art in the world but kungfu is just one of the three treasures of shaolin the other two being chi kung and zen for the first time ever this inspiring book written by an internationally acclaimed shaolin grandmaster brings to you the crystallization of shaolin wisdom and practice spanning many centuries its scope and depth is amazing touching on among many other things poetry and enlightenment yet it is written in a language easy to understand profound concepts and difficult techniques are explained systematically with many illustrations the book includes the background and scope of kungfu form and combat applications principles and methods of force training energy training and mind training secrets of the masters traditional chinese weapons maintaining one s health and vitality and the healing of so called incurable diseases interesting stories and legends of shaolin zen and spiritual development

shaolin monastery at mount song is considered the epicentre of the chan school of buddhism it is also well known for its martial arts tradition and has long been regarded as a special cultural heritage site and an important symbol of the chinese nation this book is the first scholarly

work in english to comprehensively examine the full history of shaolin monastery from 496 to 2016 more importantly it offers a clear grasp of the origins and development of chan buddhism through an examination of shaolin and highlights the role of shaolin and shaolin kung fu in the construction of a national identity among the chinese people in the past two centuries

the power of shaolin kung fu offers readers a comprehensive course in the fundamental movements that have been practiced and perfected by warrior monks for centuries it includes instruction in the powerful striking techniques that so often lead to decisive victory in today s mixed martial arts bouts the book includes 300 color photographs along with detailed textual instructions and training tips shaolin kung fu is an indispensable part of every martial artist s repertoire a vital means to improve your movement motion and balance skills and the best way for a mixed martial arts fighter to improve and perfect striking skills this informative kung fu book also shares the moral and ethical philosophies that underlie the jow ga system shaolin jow ga kung fu is a combination of southern and northern shaolin techniques making it by far the most effective in terms of combining blinding speed with devastatingly powerful strikes

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ein umfassendes handbuch zum erlernen der kung fu kunst sind sie ein anfänger der zum ersten mal versucht die grundlegenden katas zu lernen haben sie oft schwierigkeiten mit fortgeschrittenen kung fu bewegungen und positionen haben sie den eindruck dass ihr regelmäßiges shaolin training sie nicht weiterbringt dieses buch wird all ihre kampfkunst dilemmas lösen alle ihre wushu fragen beantworten und ihnen dabei helfen in kürzester zeit zu einem kung fu meister zu werden in diesem buch entdecken sie neue techniken und kraftvolle bewegungen meistern sie die kunst des kung fu kampfes auf die richtige art und weise lernen sie wie sie einzigartige bewegungen perfekt in ihr trainingsprogramm integrieren können erfahren sie wie sie sich von schmerzhaften muskelkrämpfen und riskanten muskeltrennungen durch falsche übungen befreien können üben sie jede waffe zu beherrschen die den erfahrensten shaolin mönchen bekannt ist entschlüsseln sie die geheimnisse der verschiedenen tierkampfstile lernen sie wie sie ihren körper und geist trainieren können entdecken sie wie sie ein absoluter meister der selbstverteidigung durch kampsport werden können sodass ihre gegner nie wieder die oberhand in einem kampf gegen sie gewinnen können durch die hilfreichen illustrationen von bewegungen und positionen müssen sie während ihres trainings keine zeit mit der suche nach bildlichen anleitungen verschwenden es ist höchste zeit dass sie sich bei ihrem kung fu training mit dem

unlock the captivating history and vibrant evolution of chinese martial arts with from shaolin to wushu this fascinating ebook takes you on a journey through time exploring the profound cultural philosophical and spiritual dimensions of martial arts that have captivated the world for centuries begin your exploration with the birth of shaolin kung fu delving into its historical origins and the legendary introduction of zen by bodhidharma witness the intriguing blend of taoist and confucian philosophies as you uncover the delicate balance of yin and yang and immerse yourself in the enigmatic concept of qi that fuels these ancient practices step inside the iconic shaolin temple a place shrouded in

mystique where architectural wonders meet sacred geography discover the legendary masters who forged their legacies and the monks who have guarded their traditions through turbulent dynasties transition from the traditional roots to the vibrant art of modern wushu understanding its transformation as a performance art and its distinction from traditional kung fu explore the dynamic techniques of martial arts ranging from basic movements to advanced weaponry all while appreciating the spiritual and meditative practices that underpin this ancient way of life this ebook further explores the healing aspects of martial arts such as tai chi and acupuncture and their profound impact on both mind and body experience martial arts as an expression of culture woven into storytelling film and global influence in a world that constantly evolves from shaolin to wushu reflects on the preservation and adaptation of martial arts within contemporary society meet notable practitioners who have bridged cultures and history encountering captivating tales of myths and realities join us on this enthralling journey and witness the enduring spirit and global legacy of chinese martial arts embrace the past engage with the present and glimpse the future of this timeless tradition

carradine shares the knowledge he has obtained through his years of practicing kung fu and offers advice on healing nutrition stance training stretching class self defense meditation and philosophy

a comprehensive guide to shaolin lohan kung fu from both ancient and contemporary masters with a new foreword by historian and martial artist alexander bennett shaolin kung fu details the oldest form of this ancient chinese martial art shaolin kung fu is prized for its elegant style effectiveness as a fighting system and as an exercise that benefits both body and mind authors donn f draeger and p ng chye khim both master martial artists and shaolin experts focus on the lohan technique believed to have developed from a form devised at the legendary shaolin temple some 1 500 years ago this comprehensive book offers a practical introduction including the history and fundamentals of shaolin kung fu the fundamentals of shaolin a complete description of the lohan technique and how to master it detailed shaolin training methods including the use of weapons weapons used in shaolin this book is intended as a supplement to a dedicated training program and includes detailed instructions explaining both the solo and partner practice forms accompanied by over 400 photos and sketches this excellent introduction to the lohan form is a must have for every serious student of shaolin and kung fu shaolin kung fu was intended to provide buddhist monks in ancient china with an art that would not only act as an intense conditioning tool but also arm them with a formidable system of self defense though the context for these skills has changed modern readers can benefit from this method in much the same way as its original students

master the northern style of chinese shaolin kung fu with this illustrated martial arts guide the secrets of northern shaolin kung fu pek sil lum is a comprehensive guide to the theory and practice of the traditional chinese art known to the west as northern shaolin kung fu it includes a historical overview basic positions and authentic forms and techniques pek sil lum is especially renowned for its repertoire of kicking techniques ranging from simple front kicks to jumping twirling crescent kicks to the dreaded tornado kick and includes open and closed hand strikes and a number of weapons forms

a pair of kung fu brothers grown men who really should have known better travel to the alleged birth place of martial arts in order to train shaolin kung fu nowhere is more likely to trip up the ill prepared than an emerging country at odds with itself tottering between the ideologies of communism and capitalism and the collision of ancient and modern the middle kingdom is a beautifully alien world of contradictions cultural confusion is not the best place to find traditional kung fu as consumerism turns the world a shade of beige this book provides a snapshot of a rapidly disappearing china part travelogue part disaster story this entertaining tale provides useful information on shaolin history and other dengfeng tourist areas while serving as an example to any aspiring china martial arts tourist of how it shouldn t be done in these interesting times where not even monks can be relied upon wushu were here

beschreibt die wesentlichen techniken der chinesischen kampftechnik reich illustriert

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