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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.

Widely recognized as an effective means of stress management and healing, chi kung is also an extraordinary technique for developing a general fitness of the mind and body. In The Art of Chi Kung, fourth generation Grandmaster Wong Kiew Kit explores the principles and philosophy of chi kung, explaining its beneficial effects, and then guides you through a series of chi kung exercises which you can learn from and practice at home. It includes: * Chi Kung for health and longevity. * Stress management. * Vitality for sex and youthfulness. * Training of the mind for focus and creativity. This is the most comprehensive study of chi kung available, and will prove invaluable whether you are a beginner or already have some understanding of this ancient art.

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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.

Learn the secrets of Shaolin Temple boxing also known as Shaolin Kung Fu with this illustrated martial arts guide. Shaolin Temple boxing is the father of all boxing forms in China and is a close ancestor of Japanese karate. Despite the widespread study of Shaolin kung fu, however, the true origins and history of this exciting martial art have been obscured by wildly fanciful

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myths and legends that have arisen over the centuries, leading martial-arts authority Robert W. Smith to remark, "There are no good books on Shaolin Temple boxing. There are only varying degrees of poor." In Taiwan, however, Smith had the good fortune to discover a short, anonymous work in Chinese that he believed revealed the essence of Shaolin. This kung fu book is the English version of that text. Abundantly and attractively illustrated, it is a fascinating account of the history of an ancient martial art, as well as a concise martial arts manual explaining the fundamental philosophy and techniques of Shaolin Temple boxing.

Get your training off to a great start—from basic kicks to practice and tournaments—this book is a perfect introduction to kung fu for beginners. It's everything you need to get started in kung fu! Whether you are considering taking up this martial art, or you've already started, Kung Fu Basics offers an easy, yet comprehensive introduction to everything you need to know to feel confident and be successful. You'll learn about: The origins of kung fu—philosophy, history and different styles What happens in a kung fu class—invaluable tips on choosing the right school, getting ready for your first class, and basic training methods The essential elements of the style—stances, footwork, kicks, and hand techniques, with tips on common mistakes and how to get the most power out of each move Drill and conditioning exercises—exercises to compliment your training Practical ways to improve your kung fu technique—traditional teaching advice of Chinese masters Resources—help further develop your knowledge and understanding of kung fu

This unique book offers a comprehensive and practical introduction to kung fu and all the other aspects of Shaolin wisdom. An inspirational read, it shows how kung fu and other Shaolin arts can bring you health, vitality and spiritual joy. It includes practical exercises and meditation

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techniques and provides a fascinating history of various styles of kung fu, how kung fu patterns and sets are constructed and the strategies for victory developed. The Art of Shaolin Kung Fu is a seminal guide which will be invaluable to everyone interested in martial arts, meditation, stress management, healing and spiritual development.

Devoted to the most enigmatic and little-known aspect of training of Shaolin monks. Training methods allow supernatural abilities to develop, far beyond abilities of an ordinary man. The book was written with the blessing and direct participation of the Head of the Shaolin Monastery Reverend Miao Xing, nicknamed "The Golden Arhat," one of the best Shaolin fighters of all times. These secret practices traditionally called "72 arts of Shaolin" or the essence of the Shaolin Combat Training.

Book Excerpt: ...[NOTE.--The reader, who may wish to consult this curious subject along with the Medical Divinities and Divinities worshipped in Medical Temples in China, will find a series of Papers by the present writer--On Chinese Arts of Healing, in the Chinese Recorder, Vols. 2 and 3]. Besides a system of gymnastics and charms in Chinese Medicine, there are other systems, one of which deserves a passing notice. Numerous works exist on all such subjects. There is one on the Art of procuring Health and Long Life, without the aid of physicians and by means of regimen and general hygienic measures. Such things are inculcated as the regulation of the heart and its affections; and rules are laid down with regard to dietetics, business, and rest, containing many wise, useful, and quaint precepts, which, if attended to, would certainly conduce to health and longevity, but which, being persistently neglected, the constitution is ruined and loaded with infirmities, life is shortened, an...

Master the ancient Chinese art of Tai Chi Chuan with this informative guide. One of the

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most popular Chinese martial arts, Tai Chi Chuan is also one of the most effective stress relievers available. In China it is also used extensively for the prevention and treatment of illnesses, and its beneficial effects for health and fitness are now widely recognized in the West. The Complete Book of Tai Chi Chuan is a comprehensive and fascinating guide to the practical application and potential benefits of Tai Chi Chuan. Packed with step-by-step illustrations for practice at home, this tai chi guide covers everything you would want to know about this ancient art, including its benefits for mental, spiritual and emotional development. This tai chi book is both an ideal introductory guide and an invaluable reminder for those who have already taken classes. Topics in The Complete Book of Tai Chi Chuan include: Tai Chi Chuan as a Martial ArtThe Concept of Yin-Yang and Tai Chi ChuanThe Historical Development of the Various StylesAdvice from the Great MastersTechniques and Skills of Pushing HandsSpecific Techniques for Combat SituationsTaoism and Spiritual Development in Tai Chi ChuanAnd many more

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"This is a reproduction of the original book."

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

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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. The Shaolin Encyclopedia is an essential reading for all students or teachers who want to advance to a higher level or to understand the core of traditional Northern Shaolin Kung Fu as an art and practice. This is the complete series of traditional Northern Shaolin books that martial arts students are waiting for: learning history and philosophy; study the principles and concepts of style; explore the finer points, both as a theory and as martial applications, which are applicable to training in many other martial arts styles; acquire the essential theory of Chan philosophy, the martial art of Shaolin and QiGong; understand the concepts of fighting behind the movements; examine and explore the details of the forms, including the key principles of the movements as well as their advanced martial applications; develop martial skills through specific training techniques; important books for the designer who seek to obtain clarity in his understanding of martial arts, regardless of the style practiced; discover how to analyze

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the shapes and the martial applications in Shaolin KungFu, acquiring superior knowledge about your style and insights that will give you a greater understanding of your art; increase your strength, improve your health and develop explosive martial strength with Shaolin Qigong. This book contains: Dedication, Author, The depth of Traditional Northern Shaolin, Fa Jin, Attention in Shaolin Philosophy, The roots of Shaolin Kung Fu, Introduction and main features, The names of the postures and the philosophical explanation, Basic technique, Training and combat study, Shaolin Wu Hua Quan - Advanced martial applications, Martial Arts Association International, Chin Woo Athletic Association, Italian Chin Woo Athletic Association, Bei Shaolin Quan Italy. Master the ancient Chinese martial art of Shaolin Kung Fu with this illustrated martial arts guide. The style of marital arts described in this book is believed to have developed from a form devised at the Shaolin Temple by the Indian monk Bodhidharma. Called Shih-pa lohan shou (Eighteen Arhat Hands), it was the original Lohan form. Its purpose was to provide monks with exercises that would not only strengthen their bodies and minds, but also arm them with a formidable system of self-defense. The authors present the Lohan techniques of south China (as taught by the Hood Khar Pai) in both solo—and partner— practice forms. Intended as a supplement to actual training, Shaolin Lohan Kung-Fu gives the history of the Shaolin arts and then continues with a detailed explanation of the Lohan form. Accompanied by almost 30 sketches and over 400 black-and-white photographs, this straightforward introduction to the Lohan system is a must

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for any serious student of Shaolin techniques. Chapters include: Background of Shaolin Kung Fu; Fundamentals of Shaolin; The Lohan Pattern; Shaolin Training Methods; and more!

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postures in Shaolin Kung Fu, Introduction and main features, The names of the postures and the philosophical explanation, Basic technique, Training and combat study, Shaolin Hei Hu Quan - Advanced martial applications, Martial Arts Association International, Chin Woo Athletic Association, Italian Chin Woo Athletic Association, Bei Shaolin Quan Italy.

Simple, direct, and deadly—it's the art of ngo cho kun, or fists of the five ancestors. In its approach to iron body training, its reliance on the sam chien stance, and its special emphasis on hard and soft techniques, this Fukien style of kung-fu is believed to be the root of the Goju-ryu and Uechi-ryu Okinawan karate systems. During the declining years of the Ching dynasty, Sijo Chua Giok Beng combined the salient features of five styles from five masters into the formation of ngo cho kun, a distinct blend of both external and internal Chinese martial arts. Aside from being an effective form of self-defense, diligent practice of Ngo Cho Kun can balance the body's metabolism, strengthen internal organs, and improve general well-being. Ngo cho kun is at once historically significant and practical for modern-day self-defense needs. Five Ancestor Fist Kung-Fu is a must for those who are interested in the historical connection between kung-fu and karate, or who wish to expand their self-defense repertoire. This book demonstrates the basics of kung-fu from the beginning to the intermediate levels. A must have for all those interested in beginning the kung-fu journey.

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This is an essential guide for any person studying any martial art. With over 130 photographs to help guide you through your study of this amazing art! It is an excellent reference guide for those in particular who are studying or wish to study the White Crane Art. A form originally taught at the Shaolin Temple in the Fukien district of South China. The main intention of this book is to preserve two of the ancient forms passed down over the centuries by the Shaolin Masters. It contains a "reference guide" to the "Shuang Yang Hang Pei Ho" a form from the Shaolin soft art. Plus learn the techniques of the famous Shaolin Form the "Sum Chien." A series of techniques to help develop the legendary "iron-shirt" The ability to with stand heavy blows and strikes to both the body and even the vital organs. Bending spears on the throat and washing in broken glass are just some of the amazing feats achieved by those who study and develop this art. * Kung Fu * Tai Chi * Soft & Hard Qi-Gong * Breathing * Relaxation

Essay by Matthew Polly.

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

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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

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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—Staves; 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

The Shaolin Encyclopedia is an essential reading for all students or teachers who want to advance to a higher level or to understand the core of traditional Northern Shaolin Kung Fu as an art and practice. This is the complete series of traditional Northern Shaolin books that martial arts students are waiting for: learning history and philosophy; study the principles and concepts of style; explore the finer points, both as a theory and as martial applications, which are applicable to training in many other martial arts styles; acquire the essential theory of Chan philosophy, the martial art of Shaolin and QiGong; understand the concepts of

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fighting behind the movements; examine and explore the details of the forms, including the key principles of the movements as well as their advanced martial applications; develop martial skills through specific training techniques; important books for the designer who seek to obtain clarity in his understanding of martial arts, regardless of the style practiced; discover how to analyze the shapes and the martial applications in Shaolin KungFu, acquiring superior knowledge about your style and insights that will give you a greater understanding of your art; increase your strength, improve your health and develop explosive martial strength with Shaolin Qigong. This book contains: Dedication, Author, Introduction, History, Shaolin KungFu Style, North and South styles, Internal and external styles, The greeting, The philosophy, Chan Buddhism and Martial Arts, The way of the Dao, Morality in Shaolin KungFu, Martial Morality, Authorization, Forms, The 3 Jewels of Forms, Principles, Fa Jin, Chan Si Jin - the Jin that wraps the silk, Combat Study, The depth of Traditional Northern Shaolin, Combat in the Shaolin style, Shaolin combat skills, The six rules of Shaolin practitioner, The Purpose and Philosophy, Combat psychology and training, Body mechanics and traditional expressions, Martial Arts Association International, Chin Woo Athletic Association, Italian Chin Woo Athletic Association, Bei Shaolin Quan Italy.

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and philosophy; study the principles and concepts of style; explore the finer points, both as a theory and as martial applications, which are applicable to training in many other martial arts styles; acquire the essential theory of Chan philosophy, the martial art of Shaolin and QiGong; understand the concepts of fighting behind the movements; examine and explore the details of the forms, including the key principles of the movements as well as their advanced martial applications; develop martial skills through specific training techniques; important books for the designer who seek to obtain clarity in his understanding of martial arts, regardless of the style practiced; discover how to analyze the shapes and the martial applications in Shaolin KungFu, acquiring superior knowledge about your style and insights that will give you a greater understanding of your art; increase your strength, improve your health and develop explosive martial strength with Shaolin Qigong. This book contains: Dedication, Author, The depth of Traditional Northern Shaolin, Fa Jin, Determination in Shaolin Philosophy, The doors in Shaolin Kung Fu, Introduction and main features, The names of the postures and the philosophical explanation, Basic technique, Training and combat study, Shaolin Qing Long Quan - Advanced martial applications, Martial Arts Association International, Chin Woo Athletic Association, Italian Chin Woo Athletic Association, Bei Shaolin Quan Italy.

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In his loft in New York City's Greenwich Village, Sifu Shi Yan Ming trains men and women of all ages, body types and backgrounds in the fundamentals of kung fu. A 34th generation Shaolin Warrior monk from China's Shaolin Temple—the birthplace of Chan Buddhism and the mecca of all martial arts—Yan Ming teaches the students at his USA Shaolin Temple that there is no better workout program than his brand of kung fu for getting the body and mind into warrior condition. Lavishly illustrated with hundreds of four-color photographs, the warrior workout, distills a lifetime of Shaolin training and wisdom into a 28-day workout. The Shaolin Workout is a complete-unto-itself program of both fitness and spiritual lessons can be applied to every aspect of one's life: work, relationships, family. Kung fu gives a superb aerobic workout at the same time that it dramatically increases flexibility, power, and speed. The ultimate promise of the book is this: stick to the plan for 28 days—for as little as 15 minutes a day—to be transformed inside and out. And the enormous sense of accomplishment that results will radiate through your life, allowing you to tackle the world with a warrior's confidence, calm, and poise.

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

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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. The included DVD clearly demonstrates all of the movements covered in the book. 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.

Discusses the history and philosophy of Wing Chun, a Chinese form of kung fu, and offers principles, techniques, and practical applications for self-defense. 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.

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Priceless Heritage of Southern Shaolin Inherited from the Past and Handed Down by Venerable Grandmaster Lam Sai Wing. Provides a detailed description of the old Southern Shaolin method of "Internal Training". A master of the Iron Thread can withstand, with no consequences, the strongest of blows, including ones with heavy objects or cold steel arms, bend thick iron rods with his hands, and his "rooting power" is so strong that he cannot be displaced by a group of strong people. In addition, this wonderful method strengthens all internal organs, bones, muscles and sinews. The entire body thrives and rejuvenate.

The raucously funny story of one young American's quest to become the baddest dude on the planet (and possibly find inner peace along the way) Growing up a ninety-eight-pound weakling tormented by bullies in the schoolyards of Kansas, Matthew Polly dreamed of one day journeying to the Shaolin Temple in China to become the toughest fighter in the world, like Caine in his favorite 1970s TV series Kung Fu. American Shaolin is the story of the two years Matthew spent in China living, studying, and performing with the Shaolin monks. The Chinese term for tough training is chi ku ("eating bitter"), and Matthew quickly learned to appreciate the phrase. This is both the gripping story of Matthew's journey and an intimate portrait of the real lives of the Shaolin monks, who struggle to overcome rampant corruption and the restrictions of an authoritarian government.

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Laced with humor and illuminated by cultural insight, *American Shaolin* is an unforgettable coming-of-age story of one man's journey into the ancient art of kungfu—and a poignant portrait of a rapidly changing China.

Master the terrifyingly effective Phoenix Eye Fist style of Chinese Kung Fu with this illustrated martial arts guide. *The Secrets of Phoenix-Eye Fist Kung-Fu* depicts an enormously potent art, also known as Chuka Shaolin, that does not depend on strength or size. Instead, it utilizes a special striking technique, the phoenix-eye fist, aimed at vital points on the opponent's body. Phoenix-Eye Fist Kung-Fu excels at close-range fighting—an area neglected in many other martial arts—and employs a variety of lightning-fast strikes and kicks. Due to its deadly efficacy, there is no sparring in Chuka Shaolin, but instead complex two-person practice forms are employed—both for empty-handed fighting and for fighting with weapons—in which the practitioners fight all-out, and are protected only by a precise knowledge of the form. With hundreds of clear photographs, *The Secrets of Phoenix-Eye Fist Kung-Fu* reveals:

- The fundamental techniques of the empty-handed art
- A complete breakdown of the two-person empty-hand practice forms
- Detailed instruction in Chuka Shaolin pole fighting, including the practice forms
- An overview of the other weapons used in Chuka Shaolin, including the sai, the twin knives, the spear, and the farmer's hoe
- Special forms of Chi Kung designed

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to increase striking power, increase vitality, and aid in resisting and healing injuries

The essential guide to Wing Chun Kung-Fu—basic forms and principles, fighting and grappling, advanced techniques and weapons. Featuring over 300 black and white photos and step-by-step illustrations, Wing Chun Kung-Fu: A Complete Guide offers clear, straightforward, and authoritative instruction to the Chinese martial art of Wing Chun Kung-Fu. This Wing Chun book introduces and demonstrates the three empty-hand wing chun kung fu forms, the combative building blocks of the system, including sticky-hand and sticky-leg fighting, chin-na, and the theory of vital strikes to the weak points of human anatomy (dar mak). This Wing Chun guide also introduces the wooden dummy form, the six-and-a-half pole form, and the use of butterfly knives. In addition, this kung fu book provides detailed commentary on the theory behind each move so that you can develop an in-depth understanding of both the practical application of this fighting art and the meaning behind it. Other sections include specialized fighting and grappling techniques and instructions on using weapons. An additional section is devoted to conditioning, stretching, power training and weight training exercises that will be of particular benefit for serious students of Wing Chun and practitioners of any martial art.

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increase your strength, improve your health and develop explosive martial strength with Shaolin Qigong. This book contains: Dedication, Author, The depth of Traditional Northern Shaolin, The skill of Shaolin Kung Fu, The characteristics of Shaolin Kung Fu, Do not possess in Shaolin Philosophy, General theory of Martial QiGong, Introduction and main features, The names of the postures and the philosophical explanation, Basic technique, Training and combat study, Shaolin Qi Chui - Advanced martial applications, Martial Arts Association International, Chin Woo Athletic Association, Italian Chin Woo Athletic Association, Bei Shaolin Quan Italy.

This is a rare reproduction of a very old manuscript, presenting the ancient art of medical Kung Fu, an essential book for any student of the Eastern Arts. There are detailed instructions for various exercises, illustrated by the original wood cut prints, for specific ailments and general health. There is also information on massage, and dozens of Traditional Chinese Medicine recipes.

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.

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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.

This meticulously researched and eminently readable study considers the economic, political, and religious factors that led Shaolin monks to disregard the Buddhist prohibition against violence and instead create fighting techniques that

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by the 21st century have spread throughout the world.

Authentic qi gong as practiced in the Shaolin Temple where this discipline originated centuries ago • Reveals the fundamental spiritual principles and includes both a short and long form of the daily exercises • Explains the benefits of mastering energy in the body, such as organ strengthening The great teacher Bodhidharma is credited with the creation of Shaolin Temple qi gong and kung fu in the 6th century CE. Motivated by the terrible physical condition of the monks who spent all their time meditating or copying scrolls, his two-part system promoted physical as well as spiritual fitness and became the basis for all the martial and meditative arts taught in the Shaolin Temple. These ancient practices increase physical health and vitality, enhance creativity, and can be practiced well into old age. Author Shi Xinggui, a Shaolin monk, explains the fundamental principle of qi gong--the art of mastering energy (qi) and moving it through the body--and provides clear demonstrations of all the positions and movements. In order to develop qi attentively, it is necessary to cultivate the art of slowness in both movement and breathwork. Shi Xinggui provides both a short form and a long form of the daily exercises, with lessons on heart centering, organ strengthening, and balancing the energy using the three dantians--the three energy centers of the body.

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The Shaolin Encyclopedia is an essential reading for all students or teachers who want to advance to a higher level or to understand the core of traditional Northern Shaolin Kung Fu as an art and practice. This is the complete series of traditional Northern Shaolin books that martial arts students are waiting for: learning history and philosophy; study the principles and concepts of style; explore the finer points, both as a theory and as martial applications, which are applicable to training in many other martial arts styles; acquire the essential theory of Chan philosophy, the martial art of Shaolin and QiGong; understand the concepts of fighting behind the movements; examine and explore the details of the forms, including the key principles of the movements as well as their advanced martial applications; develop martial skills through specific training techniques; important books for the designer who seek to obtain clarity in his understanding of martial arts, regardless of the style practiced; discover how to analyze the shapes and the martial applications in Shaolin KungFu, acquiring superior knowledge about your style and insights that will give you a greater understanding of your art; increase your strength, improve your health and develop explosive martial strength with Shaolin Qigong. This book contains: Dedication, Author, Blue Belt Level, Bei Shaolin Kung Fu Style, History, Philosophy, The Four Noble Truths, The Eightfold Path, Principles, Yin Yang Principle, Five Point Principle, Principle

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of the Doorbell, Technique, Forms, Qi Gong, Warm-up, Postures, Punch Techniques, Defense Techniques, Leg Techniques, Combinations with Partners, Shaolin Wu Bu Quan - Basic Martial Applications, Chin Woo Athletic Association, Italian Chin Woo Athletic Association, Bei Shaolin Quan Italy.

The Complete Book of Chinese Medicine is the result of years of research and study by a world renowned Shaolin Grandmaster, Sifu Wong Kiew Kit, who has an excellent track record in curing many so-called “incurable diseases” like cancer, cardiovascular diseases, diabetes, sexual inadequacy, kidney failure, rheumatism and asthma using chi kung therapy. The aim of this exciting book is to introduce the wonderful and unique concept behind Chinese medicine. Sifu Wong’s command of both the Chinese and English languages has made this book possible as meanings are often lost or misinterpreted during translation. Thus this book will be indispensable to everyone with an interest in Chinese medicine and to those who find that Western medicine does not have all the answers after all. The book includes: * The history, development and the main features of Chinese medicine. * Strategies and tactics when diagnosing and treating patients. * How modern societies, including Western medical doctors and research scientists, can benefit from a deeper and holistic understanding of Chinese medicine. * Case studies.

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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.

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