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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.

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Shaolin Kung Fu, like all of the kung fu styles, is primarily a striking style of martial art that utilizes kicks, blocks, and punches to stop attackers. One thing that is pervasive in kung fu is the sheer beauty of the forms they practice, as well as the mixture of open and closed hand, strikes to defend against attackers.

Key Facts About the Shaolin Kung Fu Style

Shaolin Kung Fu, also called Shaolin Wushu, or Shaolin quan, is one of the oldest, largest, and most famous styles of wushu, or kung fu. It combines Ch'an philosophy

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and martial arts and originated and was developed in the Shaolin temple in Henan province, China during its 1500-year history.

Popular sayings in Chinese folklore related to this practice include "All martial arts under heaven originated from Shaolin" and "Shaolin kung fu is the best under heaven," indicating the influence of Shaoli

Shaolin Kung Fu - Wikipedia

Also known as Shaolin Wushu, Shaolin Kung Fu is one of the oldest institutions of Chinese martial arts, with its origins in the legendary Shaolin Temple at Henan, China and a history that

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spans over 1,500 years. While China went through great change and upheaval, the Shaolin Temple still stands today as a timeless monument upon a mountain.

Shaolin Kung Fu - History, Philosophy, Training, and ...

Shaolin Kung-Fu is the origin of all martial arts, but does that make it the best? We're about to find out as we size up a Shaolin Monk versus Everyone. From young boys up until old men, Shaolin monks follow a strict training regime. First, they concentrate on stretching, making sinews and joints supple and

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flexible.

Shaolin Monk VS MMA - Why Kung-Fu Monks are UNBREAKABLE ...

Shaolin Kung Fu is one of the oldest and most intense forms of Chinese martial arts. Bruce Lee, Jackie Chan, and a number of other martial arts movie stars have also made Kung Fu one of the most famous forms. As a part of a religious order, the Shaolin monks were persecuted by Chinese Communists during Mao Zedong's Cultural Revolution.

4 Awesome Facts About the History of Shaolin Kung Fu

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It is commonly said that there are 72 arts of Shaolin Kungfu. These 72 arts are sometimes divided into two groups, namely 36 external arts and 36 internal arts, or 36 "hard" arts and 36 "soft" arts. It should be noted that an external art is often but not necessarily "hard", and internal art is often but not necessarily "soft".

72 Arts of Shaolin

The Shaolin style of kung fu is regarded as one of the first institutionalized Chinese martial arts. The oldest evidence of Shaolin participation in combat is a stele from 728 CE that

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attests to two occasions: a defense of the Shaolin Monastery from bandits around 610 CE, and their subsequent role in the defeat of Wang Shichong at the Battle of Hulao in 621 CE.

*Chinese martial arts -
Wikipedia*

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*SNAKE STYLE KUNG FU DVD
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The term Kung Fu refers to the martial arts of China. Kung Fu originated in a place called the Shaolin Temple, where monks practiced Kung Fu for health and self-defense during their quest for enlightenment. The first Shaolin temple was a Buddhist monastery built in 377 A.D. in the Henan province of China.

*Kung Fu | Martial Arts Wiki
| Fandom*

Shaolin Kung Fu became famous. First within China itself and now the entire

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world. Today, the word Shaolin can be used as an umbrella term. Shaolin Kung Fu can mean all martial arts that have come out of the Shaolin temple over the past few centuries. Styles like Wing Chun, Hung Gar, and Choy Lee Fut all trace their origins to the famed temple.

Shaolin Kung Fu Classes | Las Vegas Kung Fu Academy
All martial arts, while they were not always invented at Shaolin Temple per se--some Indian fighting arts actually predate the Shaolin Temple, just as Shaolin Kung Fu's "founder" Da Mo was himself an Indian Buddhist monk--nonetheless, all were

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at least most probably preserved by the Temple monks, as well as honed and perfected there over time.

Amazon.com: Customer reviews: The Art of Shaolin Kung Fu ...

To promote and advance both internal and external martial arts as a means for individuals to achieve self-betterment, self-discovery, and self-discipline via the Northern Shaolin and Northern Praying Mantis systems of Kung Fu. To teach the art to anyone regardless of age, sex, race, color, religion, beliefs or nationality who is willing to learn and have no motives

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