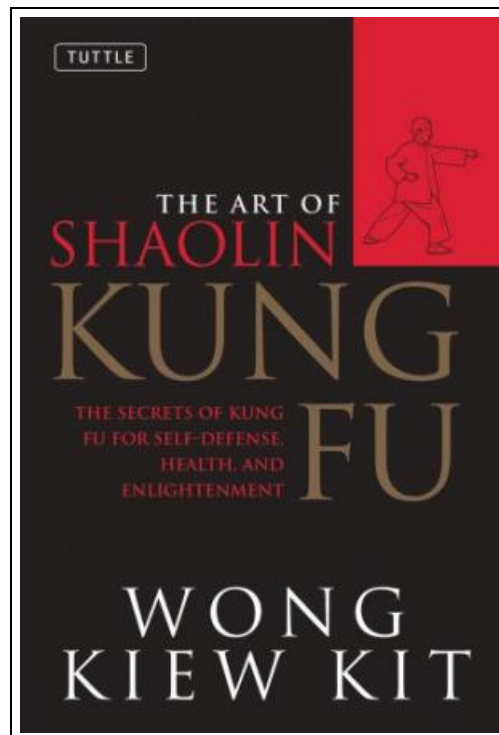


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Tuttle Publishing, United States, 2002. Paperback. Book Condition: New. 234 x 152 mm. Language: English . Brand New Book. The Art of Shaolin Kung Fu is the ultimate guide to Kung Fu, from theory to practical application. This unique martial arts book, by a celebrated 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 FuThe Historical Development of Chinese Martial Arts Kung Fu in Prehistoric and Ancient Times; The Glorious Han and Tang; The Modern PeriodFrom Shaolin to Taijiquan Shaolin Kung Fu; The Various Styles of Taijiquan; Soft and Hard, Internal and ExternalA 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 FuDefining Aims and Objectives Setting Aims for Kung Fu Training; Personal Objectives; Course ObjectivesThe Foundation of Shaolin Kung Fu Inheritance from Past Masters; Various Shaolin Hand Forms; Basic Shaolin PatternsFrom Form to Combat Application The Four Directions of Attack; The Principles of Effective Combat; Specific Techniques Against KicksCombat Sequences and Set Practice Relieving Injuries Sustained in Sparring; Composing Your Own Kung Fu SetsShaolin Five Animals Understanding Characteristics and Essence; The Five-Animal Set; The Names of the Five-Animal PatternsFive-Animal Combination Set How to Improve Combat Efficiency; Spacing and Timing in CombatThe Internal...



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