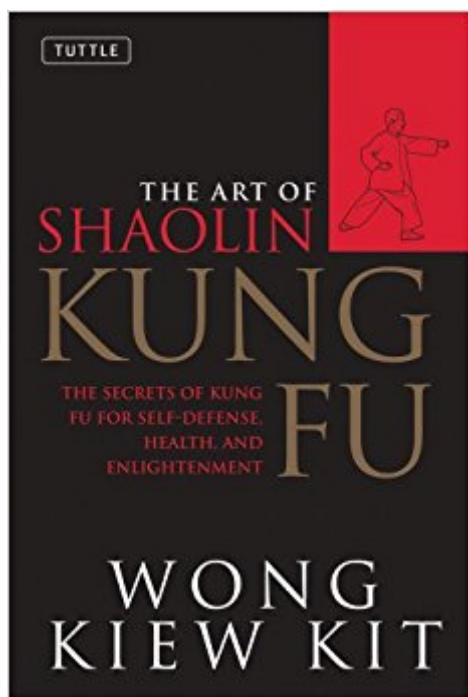


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# The Art Of Shaolin Kung Fu: The Secrets Of Kung Fu For Self-Defense, Health, And Enlightenment (Tuttle Martial Arts)



## Synopsis

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 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

## Book Information

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## **Customer Reviews**

Wong Kiew Kit has practiced and taught Shaolin kung fu, chi kung, and meditation for more than 30 years and has over 2,000 students. He is the fourth generation successor of monk Jiang Nan of the Shaolin Monastery and Grandmaster of Shaolin Wahnam Kung Fu and Chi Kung Institute. He is the author of several books on Eastern wisdom, including *The Complete Book of Tai Chi Chuan*, also available from Tuttle Publishing.

This book is an excellent introduction to the whole kung fu world. The main focus is, as the title states, on the "Shaolin kung fu" style but also people interested in all the other styles will find this book a goldmine of valuable information. The material presented in the book spans the history of martial arts in China, the differences and similarities among the various styles, carefully describes the basic stances and patterns of Shaolin Kung Fu (enough to get started on your own, although having an instructor is always a wise choice!) and also simple yet very effective chi kung exercises for developing and "feeling" internal energy. In summary, if you are curious about the exciting world of kung fu and are looking for an excellent introduction, you can't go wrong with this book! Highly recommended.

I'm still reading through it, it's a great manual for beginners in kung fu so far. The drawings are pretty accurate and easy to analyze. I'd suggest to anybody that wants to learn the history and mindset of Kung Fu as well as the basics of the many styles, and practicable acts of the art.

I'm very happy with the product and the transaction. Thank you :D

The book guides you through the theory and some initial practices of Kung Fu. At the beginning is the overview of historical development of kung fu and different kung-fu styles, then some suggestions and tips for getting more out of your practice in the shorter time. Then begins the practical part of the book with the foundation of Shaolin Kung Fu. Here you learn about different hand forms, stances and basic patterns. The sequence of different practice sets is accompanied by appropriate illustrations (hand-drawn, not pictures). There is a small section dealing with internal martial arts as well as suggested practices for qin-na and Tiger Claw. One section deals with classical kung fu weapons, and then you're guided through some additional chi-kung exercises and meditation practices. All in all, a wonderful introductory book on Shaolin Kung Fu.

Thanks

I began practicing Eagle Claw Kung Fu only a couple of months ago. I bought this book during my first month. I found it very useful as a means to introduce myself into the art, and to learn about related practices such as Chi Kung and Tai Chi. The book also talks about Zen and the Spiritual aspects of Kung Fu. If you are interested in learning how to practice Kung Fu, definitely this is not your book. (Perhaps it is impossible to learn a martial art from a book.) This book, however, provides you with good tips to focus your training, and introduces you to the art, its philosophy, and other related and also very important practices. I strongly recommend this book, as well as Kiew Kit's other books on Chi Kung. The author writes very clearly and his books are entertaining. He appears to master Kung Fu holistically and to be well developed in the external and internal aspects of it.

Excellent book from the beginning to the end. Good reading and teachings for the new martial artists that are looking to define what style to learn.

Excellent book worked well into my training and enlightenment

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