

Download Kung Fu Self Defense Manual

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 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. Shaolin kung fu has hundreds of weapons, but monks usually consider the '10 famous weapons' (or '18 famous weapon' forms, counting the various forms of weapons). One who has mastered 10 or so ... Shaolin Kung Fu (Chinese: 少林功夫; pinyin: Shàolín gōng fu), also called Shaolin Wushu (少林武术; Shàolín wǔshù) or Shaolin quan (少林拳; Shàolín quán), is one of the oldest, largest, and most famous styles of wushu or kungfu. It combines Zen Buddhism and martial arts and originated and was developed in the Shaolin temple in Henan province, China during its 1500-year history. Learn why it's important to build your chi energy for personal power, whether through yoga, martial arts or another form. An overview of the popular chi building techniques is covered.