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Art of Shaolin Kung Fu: The Secrets of Kung Fu for Self-Defense, Health and Enlightenment (Paperback)

By Wong Kiew Kit

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 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...



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