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### Shaolin Kung Fu

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## **The Art Of Shaolin Kung**

The Art of Shaolin Kung Fu is the ultimate guide to Kung Fu, from theory to practical

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## PDF The Art Of Shaolin Kung Fu

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.

**The Art of Shaolin Kung Fu: The**

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Shaolin monks from  
the famous Shaolin  
monastery.

The Secrets Of

Kung Fu For Self

Defense Health

**The Art of Shaolin**

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**Secrets of Kung Fu**

**for ...**

Shaolin kung fu has

more than hundreds of  
extant styles. There is  
recorded

documentation of more

than a thousand extant

forms, which makes

Shaolin the biggest

school of martial art in



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the world. In the Qing

dynasty (1644-1911),

Shaolin monks chose  
100 of the best styles  
of Shaolin kung fu.

Then they shortlisted  
the 18 most famous of  
them.

Tuttle Martial Arts

## **Shaolin Kung Fu - Wikipedia**

The 72 Arts of Shaolin  
are the foundation of  
the utmost mastery in  
all styles of Kung Fu.

"Seventy-two precious  
arts are kept in a

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brocade bag, they are

kept like a great

treasure. Eighteen of

them are the essence

of the famous treatises

on pugilistic arts.

**Shaolin Kung Fu**

**OnLine Library - 72**

**Secret Arts of Monks**

...

Therefore, Shaolin

Kung Fu refers to the

Chinese martial arts

styles that started with

and continue to be tied

to the Shaolin monks

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Shaolin Kung Fu  
and monastery. The  
Shaolin Temple  
According to legend, a  
Buddhist monk from  
India named  
Buddhabhadra, or Ba  
Tuo in Chinese, came  
to China during the  
Northern Wei Dynasty  
period in 495 A.D.

## **Key Facts About the Shaolin Kung Fu Style**

It is commonly said  
that there are 72 arts  
of Shaolin Kungfu.

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### Shaolin Kung Fu

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.

### Enlightenment

### **72 Arts of Shaolin**

The Shaolin Club has been established for the purpose of bringing this great Chinese martial arts into the 21st Century.

□□□□□□□□□□ ...

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**Shaolin Club - The**

**Art of Shaolin Kung**

**Fu**

The Art of Shaolin Kung

Fu: The Secrets of

Kung Fu for Self-

Defense, Health, and

Enlightenment, Wong

Kiew Kit, Tuttle

Arts Publishing, 2002,

0804834393,

9780804834391, 240

pages. This unique

book offers a

comprehensive and

practical introduction

to kung fu and all the

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other aspects of  
Shaolin wisdom.

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The Secrets Of Kung**

..  
Enlightenment  
The Art of Shaolin  
Kungfu will end on 13th  
Nov, and the the Art of  
Chi Kung will begin on  
14th Nov, with no  
break in between.  
Please also note that  
on 14th Nov, the  
training time will be  
8.00 am to 11.00 am,

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and in the evening  
from 4.00 pm to 6.00  
pm.

**Wong Kiew Kit -  
SHAOLIN KUNGFU,  
CHI KUNG,  
TAIJIQUAN AND ZEN**

Shaolin Kung Fu shows  
us what it's capable of.  
Comment and tell me  
what you wanna see!  
I'll be uploading new  
videos now! Watch my  
other Shaolin videos  
here: ...

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**True Power of  
Shaolin Kung Fu**

The Art of Shaolin Kung Fu is a seminal guide which will be invaluable to everyone interested in martial arts, meditation, stress management, healing and spiritual development.

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Disregarding legends of Bodhidharma's role,



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kung fu nonetheless  
appears to have  
originated from Indian  
martial arts, was  
developed in the  
Shaolin monastery in  
the late 5th or early  
6th century, and held a  
somewhat significant  
presence by the 6th  
century. Its spread  
from that period  
onward is clear.

## **History of Kung Fu | Health Ahoy**

With a new foreword  
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**Shaolin Kung Fu**  
by historian and  
martial artist Alexander  
Bennett, Shaolin Kung  
Fu details the oldest  
form of this ancient  
Chinese martial art.  
Shaolin Kung Fu is  
prized for its elegant  
style, effectiveness as  
a fighting system and  
as an exercise that  
benefits both body and  
mind.

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**The Original**  
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**The Art of Shaolin**  
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**Kung Fu : The  
Secrets of Kung Fu  
for ...**

Chángquán ( simplified Chinese: 长拳; traditional Chinese: 長拳; pinyin: Chángquán; literally: ' Long Fist') refers to a family of external (as opposed to internal) martial arts (kung fu) styles from northern China . The forms of the Long Fist style emphasize fully extended kicks and striking techniques,...

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**Changquan -**  
**Wikipedia**

THANKS TO OUR GOOD  
FRIEND JOSEPH LE, WE  
MANAGED TO SAVE UP  
SO MUCH GOOD  
FOOTAGE FROM OUR  
TRAINING TRIP IN  
CHINA! WE DECIDED  
TO SHARE RAW  
FOOTAGE WITH YOU  
GUYS SO YOU GUYS  
CAN SEE OUR SHAOLIN

...

**REAL SHAOLIN**  
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**TEMPLE TRAINING**

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. In 527 A.D. a Buddhist prince, Bodhidharma, or Da Mo in Chinese,...

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and all other aspects of  
ancient Shaolin  
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