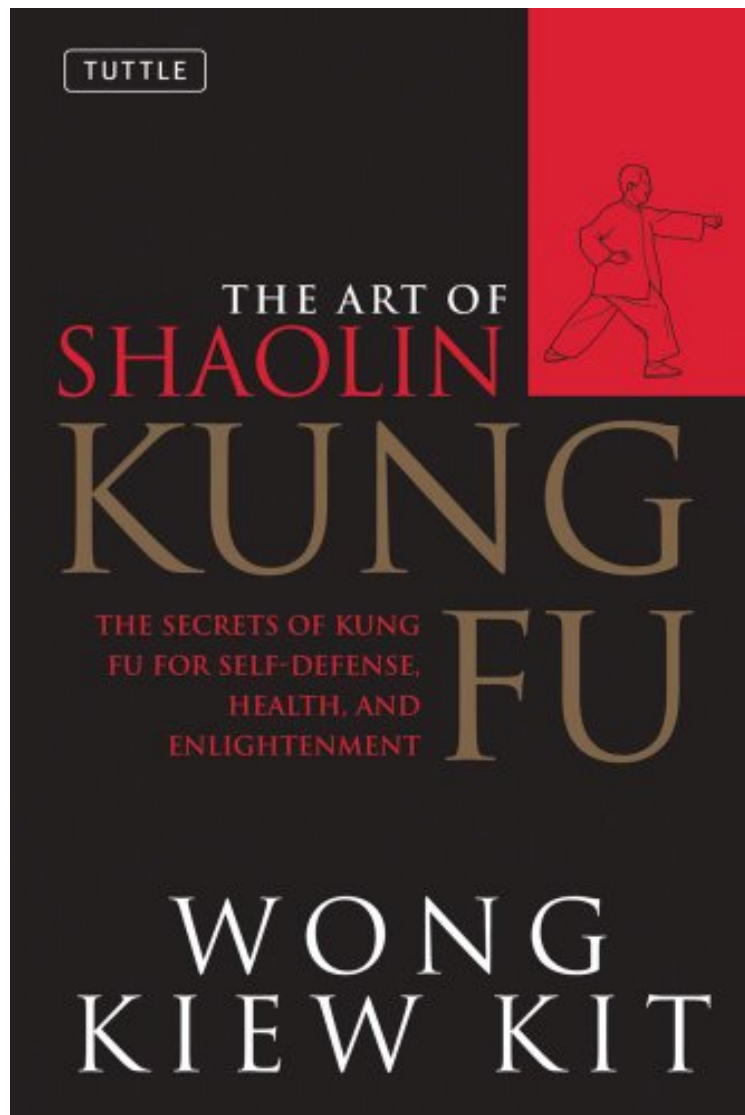


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The Art of Shaolin Kung Fu: The Secrets of Kung Fu for Self-Defense, Health, and Enlightenment (Tuttle Martial Arts)

Wong Kiew Kit

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#168480 in Books Tuttle Publishing 2002-11-15 2002-11-15 Original language: English PDF # 1 9.25 x .80 x 6.001, .84 #File Name: 0804834393240 pages Tuttle Publishing | File size: 34.Mb

Wong Kiew Kit : The Art of Shaolin Kung Fu: The Secrets of Kung Fu for Self-Defense, Health, and Enlightenment (Tuttle Martial Arts) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Art of Shaolin Kung Fu: The Secrets of Kung Fu for Self-Defense, Health, and Enlightenment (Tuttle Martial Arts):

2 of 2 people found the following review helpful. its a great manual for beginners in kung fu so farBy Tomas EmchIm still reading through it, its 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.0 of 0 people found the following review helpful. Five StarsBy Vin 113I'm very happy with the product and the transaction. Thank you :D38 of 40 people found the following review helpful. Wonderful Introduction to Shaolin Kung FuBy Laura De GiorgioThe 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.

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 ArtsKung Fu in Prehistoric and Ancient Times; The Glorious Han and Tang; The Modern PeriodFrom Shaolin to TaijiquanShaolin Kung Fu; The Various Styles of Taijiquan; Soft and Hard, Internal and ExternalA Comparative Study of Kung FuContrasting 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 ObjectivesSetting Aims for Kung Fu Training; Personal Objectives; Course ObjectivesThe Foundation of Shaolin Kung FuInheritance from Past Masters; Various Shaolin Hand Forms; Basic Shaolin PatternsFrom Form to Combat ApplicationThe Four Directions of Attack; The Principles of Effective Combat; Specific Techniques Against KicksCombat Sequences and Set PracticeRelieving Injuries Sustained in Sparring; Composing Your Own Kung Fu SetsShaolin Five AnimalsUnderstanding Characteristics and Essence; The Five-Animal Set; The Names of the Five-Animal PatternsFive-Animal Combination SetHow to Improve Combat Efficiency; Spacing and Timing in CombatThe Internal Force of Shaolin Kung FuThe Relationship Between Technique and Force; The Compassionate Art of Qin-Na; The Internal Force of Tiger ClawTactics and StrategiesUsing Continuous Attack Effectively; A Tactic to Distract Your Opponent; Selecting Strategies to Suit Particular SituationsClassical Kung Fu WeaponsStaves; Whips, Knives and Other Weapons; Light and Heavy WeaponsUnderstanding and Developing ChiThe Various Genres of Chi Kung; Lohan Embracing Buddha; Abdominal BreathingShaolin Kung Fu and ZenCultivating Heart, Nourishing Nature; Bodhidharma and Taoism in ZenThe Shaolin Way to EnlightenmentAttaining a Focused Mind; Meditation to Train Awareness; Shaolin Kung Fu for Spiritual Development

About the AuthorWong 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.