

Shaolin Kung Fu Manual

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The Art of Shaolin Kung Fu
Lian Gong Mi Jue: Secret Methods of Acquiring External and Internal Mastery
The Shaolin Butterfly
Secrets of Shaolin Temple Boxing
Iron Thread. Southern Shaolin
Hung Gar Kung Fu Classics Series

Shaolin Chin Na Fa: Art of Seizing and Grappling

This is the training manual for the original Monster Martial Art course! The Shaolin Butterfly is taken from Fut Ga Kung Fu, which many consider to be the original Kung fu of the Shaolin temple. The system has been matrixed, which means it has been made logical. Matrixing is the first and only science of the martial arts, which means the forms and techniques have been arranged in logical format, with all the fluff and repetition taken out. No more meandering through dozens of forms searching for the meaning of it all. Instead, the forms have been arranged so the concepts are easy to understand and easy to do. The real blessing is that this has made Kung Fu into a combat ready art. No searching through a catalogue of hundreds of techniques, many of which have been designed for specific weapons, or body armor, or different periods of time. Now the art becomes simple to learn, and therefore easy to use. Everything, simply everything, has a point, and intuition comes quickly. The author has nearly 50 years of experience in the martial arts. He was a writer for the magazines through the golden age of the martial arts, and therefore was able to tap into a wealth of martial arts. Further, he has over 600 pages of testimonials praising the Matrixing method. Guaranteed, once a student has experienced the intuitive science of matrixing, his whole art will be transformed, as well as his method and ability to learn. Nowhere is this more true than in The Shaolin Butterfly, one of the original Matrixing courses. There is a video portion to this course which will be available separately.

Shaolin Basic Level 1

The Shaolin Encyclopedia is an essential reading for all students or teachers who want to advance to a higher level or to understand the core of traditional Northern Shaolin Kung Fu as an art and practice. This is the complete series of traditional Northern Shaolin books that martial arts students are waiting for: learning history and philosophy; study the principles and concepts of style; explore the finer points, both as a theory and as martial applications, which are applicable to training in many other martial arts styles; acquire the essential theory of Chan philosophy, the martial art of Shaolin and QiGong; understand the concepts of fighting behind the movements; examine and explore the details of the forms, including the key principles of the movements as well as their advanced martial applications; develop martial skills through specific training techniques; important books for the designer who seek to obtain clarity in his understanding of martial arts, regardless of the style practiced; discover how to analyze the shapes and the martial applications in Shaolin KungFu, acquiring superior knowledge about your style and insights that will give you a greater understanding of your art; increase your strength, improve your health and develop explosive martial strength with Shaolin Qigong. This book contains: Dedication, Author, Blue Belt Level, Bei Shaolin Kung Fu Style, History, Philosophy, The Four Noble Truths, The Eightfold Path, Principles, Yin Yang Principle, Five Point Principle, Principle of the Doorbell, Technique, Forms, Qi Gong, Warm-up, Postures, Punch Techniques, Defense Techniques, Leg Techniques, Combinations with Partners, Shaolin Wu Bu Quan - Basic Martial Applications, Chin Woo Athletic

Association, Italian Chin Woo Athletic Association, Bei Shaolin Quan Italy.

Shaolin Five Animals

This meticulously researched and eminently readable study considers the economic, political, and religious factors that led Shaolin monks to disregard the Buddhist prohibition against violence and instead create fighting techniques that by the 21st century have spread throughout the world.

Kung Fu Elements

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 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. 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—Staves; 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

Shaolin Temple Monk Manual and Esoteric Teachings

Master the ancient Chinese martial art of Shaolin Kung Fu with this illustrated martial arts guide. The style of marital arts described in this book is believed to have developed from a form devised at the Shaolin Temple by the Indian monk Bodhidharma. Called Shih-pa lohan shou (Eighteen Arhat Hands), it was the original Lohan form. Its purpose was to provide monks with exercises that would not only strengthen their bodies and minds, but also arm them with a formidable system of self-defense. The authors present the Lohan techniques of south China (as taught by the Hood Khar Pai) in both solo—and partner— practice forms. Intended as a supplement to actual training, Shaolin Lohan Kung-Fu gives the history of the Shaolin arts and then continues with a detailed explanation of the Lohan form. Accompanied by almost 30 sketches and over 400 black-and-white photographs, this straightforward introduction to the Lohan system is a must for any serious student of Shaolin techniques. Chapters include: Background of Shaolin Kung Fu; Fundamentals of Shaolin; The Lohan Pattern; Shaolin Training Methods; and more!

Through The Wooden Men Lane

A definitive guide to the philosophy and practice of Shaolin kung fu, this workout book contains easy-to-follow instructions, photographs of the movements,

and is suitable for beginners, long-term martial artists, and those looking for an unbeatable workout program that will target body and mind. The secret of how to use the workout as a pathway to Zen is shared as well as the Shaolin breath of power. Static and dynamic stretches, the five fundamental stances, the five fundamental kicks, traditional punches, and famous Shaolin forms are included.

Masters Manual of Hsing-I Kung Fu

Ancient Chinese monks discovered that by incorporating into their martial arts the fighting movements of these animals, they could create a system as harmful to the enemy as it was healthful to the practitioner.

Authentic Iron Palm

In unabashed celebration of Captain James T. Kirk's singular fighting skills, *Star Trek: Kirk Fu Manual* is every Starfleet cadet's must-have training guide for surviving the final frontier. As captain of the legendary U.S.S. Enterprise, James T. Kirk engaged in his share of fisticuffs, besting opponents with a slick combination of moves and guile that remains unmatched. Is there anyone you'd rather have watching your back as you take on Klingons, alien gladiators, genetically engineered supermen, and even the occasional giant walking reptile? *Kirk Fu* is a series of unarmed combat techniques developed by one of Starfleet's most celebrated starship captains over several years of encounters with alien species on

any number of strange new worlds. A blend of various fighting styles, Kirk Fu incorporates elements of several Earth-based martial arts forms as well as cruder methods employed in bars and back alleys on planets throughout the galaxy. It is as unorthodox in practice as it is unbelievable to behold. Including excerpts from Kirk's own notes and personal logs, the Star Trek: Kirk Fu Manual is the perfect training guide for surviving the depths of space. With proper training and practice, every Starfleet cadet can become one with Kirk Fu.

The New Manual of Kung Fu

Choy Li Fut Kung Fu

Today as in the ancient time special exercises aimed at acquiring "Internal Mastery"(GONG FU) are one of the most important elements of Shaolin monks training. Those exercises is the core of the Shaolin martial training, they are the key to the true summit of mastery. An old proverb says: "If you exercise only the technique (style) but ignore special training you will be a nobody till your old days." "Special training" implies particular exercises for developing both WAI ZHUANG - "the External Power" and NEI ZHUANG - "the Internal Power." Those exercises (training procedures) are collected under a common title - LIAN GONG, literally "Exercising to Acquire Mastery."

A History of Shaolin

The essential guide to Wing Chun Kung-Fu—basic forms and principles, fighting and grappling, advanced techniques and weapons. Featuring over 300 black and white photos and step-by-step illustrations, Wing Chun Kung-Fu: A Complete Guide offers clear, straightforward, and authoritative instruction to the Chinese martial art of Wing Chun Kung-Fu. This Wing Chun book introduces and demonstrates the three empty-hand wing chun kung fu forms, the combative building blocks of the system, including sticky-hand and sticky-leg fighting, chin-na, and the theory of vital strikes to the weak points of human anatomy (dar mak). This Wing Chun guide also introduces the wooden dummy form, the six-and-a-half pole form, and the use of butterfly knives. In addition, this kung fu book provides detailed commentary on the theory behind each move so that you can develop an in-depth understanding of both the practical application of this fighting art and the meaning behind it. Other sections include specialized fighting and grappling techniques and instructions on using weapons. An additional section is devoted to conditioning, stretching, power training and weight training exercises that will be of particular benefit for serious students of Wing Chun and practitioners of any martial art.

Shaolin Chin Na Fa: Art of Seizing and Grappling. Instructor's Manual for Police Academy of Zhejiang Province (Shanghai, 1936)

Learn the secrets of Shaolin Temple boxing also

known as Shaolin Kung Fu with this illustrated martial arts guide. Shaolin Temple boxing is the father of all boxing forms in China and is a close ancestor of Japanese karate. Despite the widespread study of Shaolin kung fu, however, the true origins and history of this exciting martial art have been obscured by wildly fanciful myths and legends that have arisen over the centuries, leading martial-arts authority Robert W. Smith to remark, "There are no good books on Shaolin Temple boxing. There are only varying degrees of poor." In Taiwan, however, Smith had the good fortune to discover a short, anonymous work in Chinese that he believed revealed the essence of Shaolin. This kung fu book is the English version of that text. Abundantly and attractively illustrated, it is a fascinating account of the history of an ancient martial art, as well as a concise martial arts manual explaining the fundamental philosophy and techniques of Shaolin Temple boxing.

Shaolin Temple Kung Fu Manual

Devoted to the most enigmatic and little-known aspect of training of Shaolin monks. Training methods allow supernatural abilities to develop, far beyond abilities of an ordinary man. The book was written with the blessing and direct participation of the Head of the Shaolin Monastery Reverend Miao Xing, nicknamed "The Golden Arhat," one of the best Shaolin fighters of all times. These secret practices traditionally called "72 arts of Shaolin" or the essence of the Shaolin Combat Training.

Star Trek: Kirk Fu Manual

This was the first book published about the internal art of Hsing-I Kung Fu in English. It contains the Seven words, 6 Harmonies, descriptions of the 5 Elements and much, much more. In the second edition we have added more commentary and herbal recipes.

The Tao of Wing Chun

Wing Chun is the most popular form of Chinese Kung Fu in the world today, with over four million practitioners. The art as it is presently understood has been handed down from teacher to student for more than three hundred years. Until now, no one has ever stepped back and taken a critical look at why this art's techniques are presented and performed the way they are. This book, by Wing Chun master Danny Xuan and martial-arts authority John Little, is the first to decipher these techniques that until now have been encrypted within this art. Xuan and Little reveal how Wing Chun was designed holistically, based on the laws of physics, human nature, and biomechanics. It was also designed with economy, efficiency, and productivity in mind. Unlike other martial arts, Wing Chun doesn't focus on making a person larger, more rugged, acrobatic or animal-like; rather, it focuses on making optimal use of one's own bodily structure and power potential by applying the sciences of biomechanics and physics. Thus, it is possible for males and females of all ages and sizes to excel in this art. The Tao of Wing Chun provides a readable, authoritative means of cultivating personal protection

skills, enhanced flexibility, improved coordination, greater stamina, and physical and mental fitness while simultaneously cultivating humility, focus, determination, self-confidence, character, camaraderie, and deep inner strength. Foremost, this book offers the reader the means by which to apply Wing Chun principles in daily life. Enhanced by forty-eight full-color illustrations, *The Tao of Wing Chun* will fascinate, educate, and entertain a wide range of readers—from beginner to master.

Shaolin Temple T'ai Chi Manual

Shaolin Monastery at Mount Song is considered the epicentre of the Chan school of Buddhism. It is also well known for its martial arts tradition and has long been regarded as a special cultural heritage site and an important symbol of the Chinese nation. This book is the first scholarly work in English to comprehensively examine the full history of Shaolin Monastery from 496 to 2016. More importantly, it offers a clear grasp of the origins and development of Chan Buddhism through an examination of Shaolin, and highlights the role of Shaolin and Shaolin kung fu in the construction of a national identity among the Chinese people in the past two centuries.

Instant Fitness: The Shaolin Kung Fu Workout

Teach Yourself Wing Chun Adapted for the Streets! This is Wing Chun martial arts training as modern self-defense. It starts with Wing Chun techniques for

beginners and advances up to sticky hands (Wing Chun Chi Sao). Anyone interested in martial arts will learn from these Wing Chun training techniques. Those who will benefit most are: * People who are thinking about learning Wing Chun Kung Fu but first want an insight * Those who want to know basic principles and techniques before joining a Wing Chun dojo * Beginners who want to supplement their training * Anyone that wants to learn how to adapt classic Wing Chun to the streets of today * Teachers of Wing Chun Kung Fu who want some ideas on training beginner students * Anyone that wants to self-train in Wing Chun Kung Fu You'll love this Wing Chun training manual, because it adapts a proven martial art to the streets of today! Get it now. Jam-packed with Wing Chun Training Techniques * The legendary Wing Chun punch * Arm-locks * Wing Chun strikes including punches, kicks, elbows, knees, and the chop * Trapping and grabbing * Interception and counter-attack * Repeating punches * Defending against common attacks and combinations and much more! Contains 42 Wing Chun Lessons, 97 Training Exercises, and a Never-Ending Training Timetable! * Basic Wing Chun theory is embedded into practical lessons * Conditioning exercises to give your body the strength to do the techniques * Basic footwork for speed and balance * The Centerline Principle (a core concept in Wing Chun) * Wing Chun training drills for developing lightning fast reflexes * The direct line principle * Use of training equipment * Correct body alignment and weight distribution for greatest stability, speed, and power Learn Traditional Wing Chun Hand Techniques * Tan Sau (Dispersing Hand) * Pak Sau (Slapping Hand) * Bong Sau (Wing Arm) * Lap

Sau (Pulling Hand) * Kau Sau (Detaining Hand) * Fut Sau (Outward Palm Arm) * Gum Sau (Pressing Hand) * Biu Sau (Darting Hand) Includes 4 Free Bonuses! Get your copy of Basic Wing Chun Training today and you will also receive: * A never-ending Wing Chun training schedule * Special report: How to swim 50+ meters underwater * A critical first aid guide including an emergency first aid cheat sheet * The 16 principles of self-defense. Fundamental lessons to protect yourself from violent attacks This Wing Chun book is perfect for self-defense. It does not rely on strength or physical size to be effective. Discover how you can adapt classic Wing Chun to the streets, because the traditional stuff doesn't work in a brawl! Get it now.

Wing-Chun Martial Arts

The book "CHIN NA FA" was written by Liu Jin Sheng in collaboration with Zhao Jiang. The first edition of the book was issued in July of 1936 as a manual for the Police Academy of Zhejiang province. The book was printed by the publishing house Shan Wu in Shanghai..".If you are in command of this technique, you can sway the destiny of the enemy. You can kill your enemy, cause unbearable pain, tear his muscles and sinews, break his bones or make him unconscious for some time and completely disable him to resist. Even a woman or a physically weak man who mastered this technique can curb a strong enemy. This technique demands deftness and skill, not brute force. It is necessary to train oneself daily to make the body flexible and nimble, but "hardness" must be hidden inside this "softness."/Author Liu Jin Sheng.The

Police Academy of Zhejiang province.1-st of May of the 24-th year of the Chinese Republic (1935)/

Complete Martial Arts Training Manual

Yip Chun is a Grandmaster of Wing Chun, and the eldest son of Yip Man - Bruce Lee's mentor. With the help of Danny Connor, Yip Chun explains the moves, the importance of the relationship between teacher and student, and the Confucian theory. Students will learn Chi Sau, Siu Lim Tao, Chum Kiu, and Biu Tze from the many illustrations that show the forms. 150 photographs.

Shaolin Long Fist Kung Fu

The country has just been conquered by the Manchus, who would go on to rule China for 267 years, ending in 1911. The dynasty changes from 'Ming' to 'Qing'. Anti-Manchu activists work hard to drive out the Manchus and form a Triad Society 'to overthrow the Qing and restore the Ming'. Foremost in their priorities is to enlist the Shaolin Monastery to their cause. The three young heroes grow up in the monastery where they develop superior kung fu skills. They must save Shaolin Monastery from falling into the hands of the Triad Society. The young Manchu Emperor, Kang Xi, finds himself in Shaolin. When the power hungry Regent Oboi hears of the Emperor's whereabouts, he sends out his assassins. The youngsters must protect the emperor and help him seize back power from the evil regent. Finally, there is the graduation test, in which Shaolin disciples must fight their way through

the Wooden Men Lane. This fast-paced novel traces the history of Shaolin Monastery and kung fu, while following the trials of Flint, Bussie and Tobie as they learn the skills they will need in their fight against evil and to become real Heroes of Shaolin.

Wing Chun Kung-Fu

In his loft in New York City's Greenwich Village, Sifu Shi Yan Ming trains men and women of all ages, body types and backgrounds in the fundamentals of kung fu. A 34th generation Shaolin Warrior monk from China's Shaolin Temple—the birthplace of Chan Buddhism and the mecca of all martial arts—Yan Ming teaches the students at his USA Shaolin Temple that there is no better workout program than his brand of kung fu for getting the body and mind into warrior condition. Lavishly illustrated with hundreds of four-color photographs, the warrior workout, distills a lifetime of Shaolin training and wisdom into a 28-day workout. The Shaolin Workout is a complete-onto-itself program of both fitness and spiritual lessons can be applied to every aspect of one's life: work, relationships, family. Kung fu gives a superb aerobic workout at the same time that it dramatically increases flexibility, power, and speed. The ultimate promise of the book is this: stick to the plan for 28 days—for as little as 15 minutes a day—to be transformed inside and out. And the enormous sense of accomplishment that results will radiate through your life, allowing you to tackle the world with a warrior's confidence, calm, and poise.

Basic Wing Chun Training

Offers an introduction to the Wu-Tang Clan, revealing the web of personalities and alter egos, warrior codes, numerological systems, and Eastern spiritual and philosophical concepts that define their world.

The Wu-Tang Manual

Shaolin Temple T'ai Chi Manual Description. Table of Contents Summary. Description of T'ai Chi and Benefits of training. T'ai Chi history, timeline and influences of its originators including, Bodhidharma and Chang San-Feng. The Six Paramitas - The Five Perfections. Historical Map. The influence of the Original Five Animal Methods of the Shaolin T'ai Chi Tradition. Learning methods and goals. Training methods of T'ai Chi and T'ai Chi/Chi Kung (energization methods): breath work; crane breath and cobra breath, stretching; training preparation, Tan Tien expansion sequence, meditation, mudra Classic empty handed forms: Shaolin 108 (the original T'ai Chi long form, which includes the mudra), Wu Tai Hsing (The Form of the Five Elements), San Zan Chuan (The Ancient Wisdom of the Three Battles), Pai She Chuan (Form of the Ancient Wisdom of the White Snake), Pai Hi Chuan (Form of the ancient Wisdom of the White Crane), Ba-Shi Ba (The 88), sol form and partner form Classic weapon forms: T'ai Chi Kon Hsing (staff form), T'ai Dao Hsing (saber form), T'ai Chi Jian 54 Hsing (double edged sword form) The Mystical Meaning of the Movement, Mudra and Names of the Movements within the T'ai Chi Forms: Shaolin 108,

San Zan, and Pai She Chuan. Symbolism and use of each of the most common Shaolin Mudra used in T'ai Chi. Training methods for T'ai Chi martial ability, self defense strategies. Shaolin T'ai Chi teacher certification requirements and grading methods. Glossary of terms and concepts. OVERVIEW The modern view of T'ai Chi is based on a Taoist format. This Taoist format has eliminated its original Shaolin influences and origins. These missing Shaolin influences include: Some self defense methods and strategies, some of the physical health training and maintenance methods, and the majority of the spiritual awareness development concepts and training methods. This book breaks the norm of modern T'ai Chi manuals in that it present and explains these missing Shaolin influences on T'ai Chi. Pages 180 8.5 x 11 Illustrations 41 Maps 1 Charts 1 DVDs are available from the publisher.

Authentic Shaolin Heritage

Shaolin Temple Kung-Fu Overview Shaolin Kung-Fu was created by combining Buddhist, Yogic and Taoist influences originally established within the Shaolin Tradition at the Shaolin Temple in Honan, by Bodhidharma in 500 A.D.. Original Shaolin Kung-Fu evolved and was perpetuated until now, in secrecy by the priest and monks at the several main Shaolin Temples that had been established through the centuries. The only times the Shaolin martial arts were taught outside the temple was when the rulers of China became ruthless in their treatment of the Chinese people. These teachings were pretty much

limited to what the people needed to successfully revolt. A large amount of the original Shaolin teachings, influences and origins were never presented to anyone but the monks. These missing Shaolin influences include some self defense methods and strategies, much of the physical health training methods and almost none of the spiritual Yogic and Buddhist influences. These missing influences have been made available to us from the existing original Shaolin who are in exile in Taiwan, from the violent communist takeover of the Chinese mainland in 1949. Also from Shaolin who were operating in Tibet prior to the violent invasion and takeover by the communist Chinese of Tibet in 1950. Since World War II the communist Chinese have effectively eliminated the ancient Taoist, Buddhist and Shaolin knowledge and spiritual belief systems on the mainland, due to their commitment to obtaining a modern industrial atheist society. This communist influence has been responsible for considerable additional loss of the Shaolin influence on Chinese kung-fu. Chinese kung-fu is now called Wu-Shu and has become acrobatic as it lost its efficient martial influences. Another unacceptable exception was made at the Shaolin Temple at Honan, where, due to the income from tourism, they have allowed some modern Buddhism to be presented for the tourists as Shaolin. This book breaks the norm of modern kung-fu manuals in that it presents and explains these missing Shaolin influences.

The Masters Manual -- Chuan Fa Kenpo Close Combat

Heroes of Shaolin

The book "CHIN NA FA" was written by Liu Jin Sheng in collaboration with Zhao Jiang. The first edition of the book was issued in July of 1936 as a manual for the Police Academy of Zhejiang province. The book was printed by the publishing house Shan Wu in Shanghai. "If you are in command of this technique, you can sway the destiny of the enemy. You can kill your enemy, cause unbearable pain, tear his muscles and sinews, break his bones or make him unconscious for some time and completely disable him to resist. Even a woman or a physically weak man who mastered this technique can curb a strong enemy. This technique demands deftness and skill, not brute force. It is necessary to train oneself daily to make the body flexible and nimble, but "hardness" must be hidden inside this "softness." /Author Liu Jin Sheng. The Police Academy of Zhejiang province. 1-st of May of the 24-th year of the Chinese Republic (1935)/

The Xingyi Boxing Manual, Revised and Expanded Edition

Famed for promoting health and longevity, as well as for its effectiveness as a fighting art, Xingyi is practiced by enthusiasts in China and in the West. Designed as a primer or introductory reader and filled with photos, illustrations, and descriptive text, this authentic manual introduces the Five Elements of Xingyi—Splitting Fist, Drilling Fist, Smashing Fist, Pounding Fist, and Crossing Fist—outlining the basic

theory and history of the art. Coming directly from an eighth-generation practitioner of a famous lineage, The Xingyi Boxing Manual is a distillation of the knowledge and experience of many of the major figures in the history of Xingyi boxing. Translator John Groschwitz includes previously unavailable materials from the complete original book making this revised and expanded edition an essential guide for today's practitioner of this traditional martial art. From the Trade Paperback edition.

An Expose on Wing Chun Kung Fu

"Iron Palm is a set of martial art conditioning skills dating back to the Shaolin Temple of fifth-century China. Its purpose is to strengthen the hand while empowering the fighter to strike with force and precision. Skilled practitioners are known for their ability to split a stack of concrete slabs without incurring injury. Training in this traditional method can take years; it is focused and incremental, requiring the guidance of an experienced master. In this book, author, instructor, and five-time U.S. National Chinese Martial Arts Champion Phillip Starr provides the definitive guide to Iron Palm. He meticulously outlines the three sequential steps of training: hardening limbs, developing technique, and engaging Qigong for coordinating breath and mind. The end result is a more powerful and precise strike that can impact the target's internal body (with no trace on the outer body). Lavishly illustrated with over 200 images, this book is ideal for experienced practitioners of gong-fu, karate, and taekwondo"--

Analysis of Shaolin Chin Na

This book is a comprehensive study guide to the fundamental and intermediate levels of Shaolin long fist kung-fu. In terms of showing and preserving knowledge for the students and instructors of long fist, this volume provides an invaluable aid for teaching sequences and explaining other aspects of the style. This book lays a foundation for beginning and advanced stages of long fist in terms of giving the student of kung-fu a grounding in fundamental and intermediate knowledge and skill.

The Shaolin Monastery

Traces the history of Shaolin and kung fu, while following the trials of Flint, Bussie and Tobie as they learn the skills they need both in their fight against evil and to become real Heroes of Shaolin.

The Shaolin Workout

For instructors of non-sport martial training, this Master's Manual details 340 duan chuan fa or "Short Fist" extremely aggressive and terminal close range fighting techniques, maneuvers and strategies against specific aggressions. As this is oriented toward seasoned instructors, no photos are included, nor are they necessary with the detailed written directions. This is not "self defense" material: that is not its genesis and it is patently inappropriate for those who do not train seriously. The techniques present combinations of throws, locks, breaks, holds,

chops, kicks, punches and other strikes arranged in 11 levels of belt ranks up to 5th Black, as presently used in the Chuan Fa Kenpo system. Each technique will easily suggest 10 optional and equally effective maneuvers, i.e. these are "seeds" for dynamic, adaptive responses. There has been a deliberate attempt in the Manual's layout to allow room for you to leave tracks as you modify these seminal maneuvers.

Chinese Martial Arts Training Manuals

The Complete Martial Arts Training Manual is a complete guide for anyone who has an interest in the martial arts. Having a broad knowledge of the various techniques of the martial arts gives a martial artist an expanded ability to counteract a variety of attacks and overwhelm an opponent's defenses. Author Ashley Martin shares with the reader his years of experience as a practitioner and teacher. He provides a catalog of the various martial arts being taught worldwide and their strengths and weaknesses. He then covers the basics of hand-to-hand techniques within each of those disciplines, from strikes to ground fighting. Finally, he offers information on the overall health and well being of the martial artist, including important nutritional information and stretching techniques. The Complete Martial Arts Training Manual is a solid foundation of martial arts for beginners and a key supplement for the veteran martial artist.

Shaolin Lohan Kung-Fu

Pak Mei, or White Eyebrow Kung Fu, is a comprehensive classical Chinese martial art masterfully developed by modern-day founder Cheung Lai Chuen during the early part of the 20th Century. Known as an efficient and effective fighting system, Pak Mei Kung Fu is based upon integrated body methods and unified martial movements. In close range combat, these elements were essential to one's survival and continue to be the foundation of a successful self-defense structure. While the concepts, principles, and training methods detailed in this work are unique to Pak Mei Kung Fu, their skills and goals are common across all quality martial arts. Williy Pang has over 30 years of interest and experience in Chinese martial arts with nearly 20 years dedicated to the art of Pak Mei Kung Fu. He has authored numerous articles on this sophisticated self-defense system in addition to his other work, Pak Mei Kung Fu: Southern Style Staff.

Pak Mei Kung Fu

This book explores Shaolin Chin Na by presenting 150 techniques with detailed instructions for teaching yourself.

Ultimate Guide To Tai Chi

A step-by-step guide to mastering the fighting secrets of Southern China's most powerful style of kung-fu. Illustrated with hundreds of photos, this book will teach you all you need to know about this dynamic art.

The Art of Shaolin Kung Fu

Secret training manuals, magic swords, and flying kung fu masters—these are staples of Chinese martial arts movies and novels, but only secret manuals have a basis in reality. Chinese martial arts masters of the past did indeed write such works, along with manuals for the general public. This collection introduces Western readers to the rich and diverse tradition of these influential texts, rarely available to the English-speaking reader. Authors Brian Kennedy and Elizabeth Guo, who coauthor a regular column for Classical Fighting Arts magazine, showcase illustrated manuals from the Ming Dynasty, the Qing Dynasty, and the Republican period. Aimed at fans, students, and practitioners, the book explains the principles, techniques, and forms of each system while also placing them in the wider cultural context of Chinese martial arts. Individual chapters cover the history of the manuals, Taiwanese martial arts, the lives and livelihoods of the masters, the Imperial military exams, the significance of the Shaolin Temple, and more. Featuring a wealth of rare photographs of great masters as well as original drawings depicting the intended forms of each discipline, this book offers a multifaceted portrait of Chinese martial arts and their place in Chinese culture.

Lian Gong Mi Jue: Secret Methods of Acquiring External and Internal Mastery

The Shaolin Butterfly

Covers the history, traditions, philosophies, and techniques of the Chinese martial art

Secrets of Shaolin Temple Boxing

An Expose' on Wing Chun Kung Fu delves into the mysteries of this beautiful but deadly Chinese system. It gives an in-depth explanation on the concepts, principles and theories behind the intricate art of Wing Chun Kung Fu. The training methods behind the Sil Lim Tao form are revealed. The book also covers a variety of diverse and complex training methods unique to the Wing Chun system, with photos showing the exact training sequences. An exciting book for any martial artist who would like to understand the science behind the Art of Wing Chun more deeply.

Iron Thread. Southern Shaolin Hung Gar Kung Fu Classics Series

Priceless Heritage of Southern Shaolin Inherited from the Past and Handed Down by Venerable Grandmaster Lam Sai Wing. Provides a detailed description of the old Southern Shaolin method of "Internal Training". A master of the Iron Thread can withstand, with no consequences, the strongest of blows, including ones with heavy objects or cold steel arms, bend thick iron rods with his hands, and his "rooting power" is so strong that he cannot be displaced by a group of strong people. In addition, this wonderful method strengthens all internal organs, bones, muscles and sinews. The entire body thrives and rejuvenate.

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