



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

By Wong Kiew Kit

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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
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- **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
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- **Shaolin Kung Fu and Zen**—Cultivating Heart, Nourishing Nature; Bodhidharma and Taoism in Zen
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Editorial Review

About the Author

Wong 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.

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