



# 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.

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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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