

## Authentic Shaolin Heritage Training Methods Of 72 Arts Of Shaolin

*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-unto-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.*

*The book "Training Methods of 72 Arts of Shaolin" by Jin Jing Zhong is devoted to the most enigmatic and little-known aspect of training of Shaolin monks. The book was written in 1934 with blessing and direct participation of the abbot of the Shaolin Monastery Reverend Miao Xing nicknamed "Golden Arhat", one of the best Shaolin fighters of all times. For the first time the book describes full training methods in all 72 Shaolin Arts. Being until recently for outsiders the most secret part of training of Shaolin monks, which made them invulnerable in fight, 72 Shaolin Arts at the present time become available to all who are ready to practice them persistently and with an open heart. Training methods described in the book allow to develop supernatural abilities, far beyond abilities of an ordinary man. The book has been translated from the Chinese language for the first time.*

*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.*

*Developed by Wang Lang over 300 years ago, Praying Mantis Kung Fu is the only martial art based on the fighting skills of an insect. This fascinating system utilizes swift, methodical movements for defense and offense, and is well respected as an art that helps practitioners develop great strength and perseverance. The Complete Guide to Northern Praying Mantis Kung Fu provides an in-depth look at the history and practice of this remarkable martial art. Author Stuart Alve Olson, a student of T. T. Liang, draws on the lineages of Masters Feng Huan-I and Wang Han-Fon, but includes detailed description of all major schools, styles, and lineages. The first half of the book focuses on tactics and theory; the second half contains step-by-step descriptions of the fundamental Praying Mantis stances, exercises, footwork, and kicks, clearly illustrated by more than 200 photographs. What sets this book apart from other works on Praying Mantis is its philosophical depth; author Olson gives a clear account of the development of the art and the Taoist principles from which it arose. This book provides the basis for not only mastering the martial art of Praying Mantis Kung Fu but also mastering oneself—the true goal of all martial arts.*

*A History of Shaolin*

*How To Fight Muay Thai*

*Inch Punch Power*

*A Historical Survey*

*The Way of Life*

*Power of Shaolin Kung Fu*

*Kung Fu Elements*

*This book demonstrates the basics of kung-fu from the beginning to the intermediate levels. A must have for all those interested in beginning the kung-fu journey.*

*IN THIS ISSUE:The War Of The Civilizations: Being The Record Of A Foreign Devil's Experiences With The Allies In China by George Lynch / On Active Service With The Chinese Regiment: A Record Of The Operations Of The First Chinese Regiment In North China From March To October 1900 by A. A. S. Barnes / With the Empress Dowager of China by Katherine A. Carl / Village Life In China: A Study In Sociology by Arthur H. Smith / Western China: A Journey To The Great Buddhist Centre Of Mount 00mei by Virgil C. Hart / The Study of Chinese Alchemy by Obed Simon Johnson / Fusang or the Discovery of America by Chinese Buddhist Priests in the Fifth Century by Charles Godfrey Leland / Life of Tai-Ping-Wang by J. Milton Mackie /History of the Pirates Who Infested the China Sea, From 1807 to 1810 by Charles Fried Neuman / Some Chinese Ghosts by Lafcadio Hearn / Strange Stories from a Chinese Studio by Pu Song-Ling / The Adventures Of Hsi Men Ching by Wang Feng-Chow and Chu Tsui-Jen.*

*For intermediate and advanced students, seizing techniques applied in real combat scenarios.*

*Authentic Shaolin HeritageTraining Methods of 72 Arts of ShaolinLulu.com*

*The Complete Guide to Northern Praying Mantis Kung Fu*

*Wushu Training and Martial Arts Application Manual*

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

*Revised Edition*

*Details and Training Methods*

*Your Step By Step Guide To Fighting Muay Thai*

*The Untold History of Tae Kwon Do, Updated and Revised*

**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.

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."

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.

This is a 200+ page book based upon Eight Drunken Immortals Gong Fu, and is a "must-read" for anyone interested in the rare Chinese system of Drunken Boxing/Drunken Fist. It specifically covers the internal aspects of drunken qi gong, nei gong (drunkard's yoga) and each immortal's respective archetypal energies (for both internal work and combat). The text describes theory, external training methods, internal cultivation practices, and is completed by explaining the combat methods and strategies of each of the Drunken Eight Immortals.

**The Original Training Techniques of the Shaolin Lohan Masters**

### Instant Health

**72 Consummate Arts Secrets of the Shaolin Temple**

**Shaolin Lohan Kung-Fu**

**History, Religion, and the Chinese Martial Arts**

**Monkey Movement**

**White Eyebrow Kung fu (Bak Mei)** is a close quarter method of Chinese boxing. Known for it's explosive power and effective techniques It is one of the treasured kung fu systems of Southern China.

If you want to learn how to fight muay thai, then get "How To Fight Muay Thai" written by a real life muay thai instructor. This “How To Fight Muay Thai” guide will give you all the history, traditions, customs, and basic techniques you need to know to begin Muay Thai. If you’ve always wanted to start Muay Thai, but weren’t sure what the techniques are and how to perform them, “How To Fight Muay Thai” will illustrate and explain basic techniques that you can learn quickly. You can then build on those basic techniques. This step by step guide will help you begin your Muay Thai journey the right way. Whether you want to improve your current Muay Thai, or start from the beginning, this step-by-step guide will show you basic techniques that you can develop and easily practice on your own. In this book, your questions will be answered as to why certain techniques are performed and why they should be executed correctly to get the most power. - Improve your stance to ensure better footwork skills. - Learn to carry out basic Muay Thai moves the right way. - Get a better workout by practicing correctly and efficiently. - Learn the proper way to wrap your hands. - What should you expect in your first Muay Thai class? - Learn to become more powerful by using the tips and tricks in this step by step guide. - If you enjoy Muay Thai, then this is the perfect opportunity to live your dream of becoming better at Muay Thai. - Advance your conditioning and stamina with the drills in this guide. - Discover what you’ve been missing in your punches or kicks with the detailed instruction and pictures. - Gain speed and accuracy by following the numerous tips and illustrations. The ancient art of Muay Thai is more than just fighting, this Step by Step Guide will be invaluable to you, whether you need to refer back for a question on tradition or need an illustration on how to do a certain technique. Questions on traditions and background, as well as fighting rules and customs will be answered in this step by step guide. - Lean what the wai khru and ram muay are. - Find out what the traditional headwear and charms mean. - Learn how women participating in Muay Thai are perceived in Thailand. - Muay Thai is beneficial for all ages, from children to adults About the Expert Jane Mosley is an instructor and co-owner at the Ohio Muay Thai Academy – West Side. With over 20 years of Muay Thai experience, Jane and her husband Tony, were given the title of Kru and honor by their trainer, Master Lek, to open their own school. Kru Jane is an instructor, sparring partner, and trainer to national and international fighters. She and her husband represented the USA with a fighter in the International Tournament in Bangkok, Thailand in 2001. She has judged Muay Thai fights at several national promotions and tournaments, including the Arnold Classic in Columbus, Ohio. Jane is the promoter for all Ohio Muay Thai fights. She is responsible for organizing and coordinating fighters, as well as the sponsors and venues. Jane and Tony spend much of their time with special appearances. They have demonstrated Muay Thai on news shows and at school programs and festivals. They conduct self defense classes for schools, Girl Scouts, and other kids' programs. Jane and her husband Tony have become involved in promoting youth physical fitness and have developed their own curriculum through the schools. They teach Muay Thai and strength and conditioning to high school students. By participating in their Muay Thai class as part of their summer phys ed program, they earn phys ed credits. This program has become one of the most popular classes taught during the summer. HowExpert publishes quick 'how to' guides on all topics from A to Z by everyday experts.

150 fast and effective joint locks and cavity strikes. Includes fundamental training.

Learn how to target the weaknesses of an attacker and effectively exploit them in order to defend yourself. The 36 Deadly Bubishi Points gives detailed explanations on how the pressure points of traditional Chinese medicine found in the Bubishi, the venerable "Bible of Karate," are used in attacking an opponent and how to defend yourself against such attacks. This book closely examines these vital points and the science behind them. While much has been written about the vital points and their medicinal importance, thanks to the popularity of practices such as acupuncture, martial research on the subject has been lacking. Cardwell discusses the vital points from the perspective of an experienced martial artist—including how the body's vital points are related to the 8 extraordinary vessels and 12 meridians which circulate energy throughout the body. Through detailed step-by-step instructions and over 96 photographs and illustrations, The 36 Deadly Bubishi Points shows how this knowledge can be employed in self-defense. Respond to an attacker by employing these ancient methods in modern, violent situations.

**Kung-fu**

**The Science and Technique of Pressure Point Fighting - Defend Yourself Against Pressure Point Attacks!**

**Flying Kicks, Buddhist Monks, and the Legend of Iron Crotch: An Odyssey in theNe w China**

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

**Unknown China**

**Black Dragon Kung Fu**

**Chinese Martial Arts Training Manuals**

A comprehensive guide to Shaolin Lohan Kung Fu from both ancient and contemporary masters. With a new foreword 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. Authors Donn F. Draeger and P'ng Chye Khim, both master martial artists and Shaolin experts, focus on the Lohan technique—believed to have developed from a form devised at the legendary Shaolin Temple some 1,500 years ago. This comprehensive book offers a practical introduction, including: The history and fundamentals of Shaolin Kung Fu The fundamentals of Shaolin A complete description of the Lohan technique and how to master it Detailed Shaolin training methods, including the use of weapons Weapons used in Shaolin This book is intended as a supplement to a dedicated training program and includes detailed instructions explaining both the solo and partner practice forms. Accompanied by over 400 photos and sketches, this excellent introduction to the Lohan form is a must-have for every serious student of Shaolin and Kung Fu. Shaolin Kung Fu was intended to provide Buddhist monks in ancient China with an art that would not only act as an intense conditioning tool, but also arm them with a formidable system of self defense. Though the context for these skills has changed, modern readers can benefit from this method in much the same way as its original students.

For the past 1500 years, the Qigong workout for longevity has been secretly passed from generation to generation at the Shaolin Temple of Zen in Henan Province, China. Now, for the first time, a 34th-generation fighting disciple from the temple shows how to optimize energy, alleviate stress, boost the immune system, and achieve optimum health. The complete workout is shown with easy-to-follow instructions and images, covering everything from stretches and stances to the Instant Health self-massage. This comprehensive guide provides detailed advice on adapting Shaolin Qigong to suit any life stage, and includes training tips, Zen wisdom, and a personalized mind-body workout created especially for the busy Western lifestyle.

This new volume, already called by some "The Bible of Chinese Martial Arts", is Sifu David A Ross' newest examination of traditional Chinese martial arts in the context of the modern world. Combining more than 40 years training with many top instructors with more than 30 years teaching and running a school, this is a practical examination of how traditional Kung Fu really works and how to train it correctly. For years, instructors refused to share this knowledge, but here it is. Each and every technique you have the original Chinese characters, and the integration of the entire system is explained. Kicks, punches, palm strikes, elbows, knees, grappling, joint locks, chokes, takedowns and throws are all here. Also, the training necessary to have skill in all these techniques is presented here.

Devoted to the most enigmatic and little-known aspect of training of Shaolin monks. Training methods allow supernatural abilites 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.

The Complete Book of Combat Systema

The martial arts manifesto on finding the warrior within you

Instant Fitness: The Shaolin Kung Fu Workout

Toshikai-Conryaku: Tactics for the Expression of the Fighting Spirit

Shaolin Invincible

Harness the Speed and Devastating Force of Southern Shaolin Jow Ga Kung Fu [Downloadable Material Included]

Traditional Shaolin Temple Kung Fu Training Methods

**Master the ancient Chinese art of Tai Chi Chuan with this informative guide. One of the most popular Chinese martial arts, Tai Chi Chuan is also one of the most effective stress relievers available. In China it is also used extensively for the prevention and treatment of illnesses, and its beneficial effects for health and fitness are now widely recognized in the West. The Complete Book of Tai Chi Chuan is a comprehensive and fascinating guide to the practical application and potential benefits of Tai Chi Chuan. Packed with step-by-step illustrations for practice at home, this tai chi guide covers everything you would want to know about this ancient art, including its benefits for**

*mental, spiritual and emotional development. This tai chi book is both an ideal introductory guide and an invaluable reminder for those who have already taken classes. Topics in The Complete Book of Tai Chi Chuan include: Tai Chi Chuan as a Martial ArtThe Concept of Yin-Yang and Tai Chi ChuanThe Historical Development of the Various StylesAdvice from the Great MastersTechniques and Skills of Pushing HandsSpecific Techniques for Combat SituationsTaoism and Spiritual Development in Tai Chi ChuanAnd many more*

*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)/*

*Inch Punch Power covers the details and training methods of this unique aspect of Kung Fu, including the famous one-inch punch. This book presents the...• Details of cultivating kinetic Martial power, • The 4 energies or “Sei Ging”, • The 12 Body zones which generate power, • Inch power exercises from Wing Chun, White Eyebrow, Southern Mantis, Southern Crane and Six Elbows Kung Fu, • The 36 Classical Martial tactics, • 187 Martial Maxims, device training, specialized striking fists and much much more.*

*This book belongs in every martial artist's library, as the Eighteen Lohan Skills are a foundational system for the development of kung fu—not only traditional Shaolin Temple Kung Fu, but for nearly all martial art systems created thereafter. This is true in the applications and functions of the exercises, and in posture names as well. No full translation or serious presentation of these exercises exists in English—until now! In presenting these teachings, Stuart Alve Olson made exclusive use of the original Chinese text by Praying Mantis Kung Fu master Fan Xudong and the later publicationLohan Gong, detailing the exercises by Master Wong Honfan. Included are the original illustrations from Fan Xudong's work and the photographs of Master Wong Honfan performing the exercises. The second section shows the original Shaolin text of these exercises with illustrations. The third section of the book presents the actual eighteen Lohan figures for which the exercises are named, providing a deeper spiritual outlook on the practice of kung fu and meditation. Through its yoga-like stretching aspects, the Eighteen Lohan Skills are not only a qigong practice (combining breathing with body movements), they also train martial applications, and promote internal alchemy skills because they stimulate and develop the internal energies of jing (body/essence), qi (breath/vitality), and shen (mind/spirit). The Eighteen Lohan Skills, then, are a complete system for health, longevity, and spiritual development. This book is a necessity for martial artists, qigong practitioners, and even those who follow Buddhist meditation practices and philosophy.*

*Dim-mak*

*Authentic Shaolin Heritage*

*Analysis of Shaolin Chin Na*

*The Path of Drunken Boxing*

*The 36 Deadly Bubishi Points*

*The Ultimate Guide for Monkey Kung Fu Movements, Techniques, and Acting*

*White Eyebrow Bak Mei Pai Kung Fu Applications and Training Details*

Bill Bryson meets Bruce Lee in this raucously funny story of one scrawny American’s quest to become a kung fu master at China’s legendary Shaolin Temple. Growing up a ninety-pound weakling tormented by bullies in the schoolyards of Kansas, young Matthew Polly dreamed of one day journeying to the Shaolin Temple in China to become the toughest fighter in the world, like Caine in his favorite 1970s TV series, Kung Fu. While in college, Matthew decided the time had come to pursue this quixotic dream before it was too late. Much to the dismay of his parents, he dropped out of Princeton to spend two years training with the legendary sect of monks who invented kung fu and Zen Buddhism. Expecting to find an isolated citadel populated by supernatural ascetics that he’d seen in countless badly dubbed chop-socky flicks, Matthew instead discovered a tacky tourist trap run by Communist party hacks. But the dedicated monks still trained in the rigorous age-old fighting forms—some even practicing the “iron kung fu” discipline, in which intensive training can make various body parts virtually indestructible (even the crotch). As Matthew grew in his knowledge of China and kung fu skill, he would come to represent the Temple in challenge matches and international competitions, and ultimately the monks would accept their new American initiate as close to one of their own as any Westerner had ever become. Laced with humor and illuminated by cultural insight, American Shaolin is an unforgettable coming-of-age tale of one young man’s journey into the ancient art of kung fu—and a funny and poignant portrait of a rapidly changing China.

This is a unique compilation of all the knowledge acquired over the many years of training and experimentation for practical application. The purpose of use is specifically for those serious about self-preservation and martial skill. However, those who are open-minded and in possession of tough skin will also find the contents within beneficial as well.

Toshikai is the Drakotoba word meaning “expression of the fighting spirit.” And it is also the physical manifestation of the complete martial branch of Bakudai (belief in belief) known as Tekio Shinka. Within this very book are the key disciplines of Toshikai, structured and designed to act like a training manual. Within this book you will learn:
□ The basic fundamentals of combat
□ Balancing yourself completely as a whole living being
□ The in and outs of both Timing and Rhythm
□ Developing the body specifically for combat
□ The purpose and use of the “kiaï”
□ Tactics specifically catered to Offense, Defense and even Grappling and much more

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

Shaolin Invincible is volume one of a holistic series that is a curation of “nine gates,” which are the most common factors of the greatest and most successful martial artists in history. The information within is distilled from studying legends like zen patriarch Bodhidharma, samurai warrior Miyamoto Musashi, and action superstar Bruce Lee. Also included are my own experiences from the past 20+ years in training martial arts & fitness, fighting competitions, meditation, and overall knowledge of health and wellness. The goal is to help readers connect the mind-body-spirit in harmony with these nine characteristics to achieve the ultimate success in life, invincibility. Shaolin Invincible is the ultimate success handbook for martial artists. The book is a guide that incorporates martial arts philosophies and a holistic spiritual approach to cultivate power in the body that helps you fulfill your major purpose in life. The first three gates in this book are designed to help you find the warrior within you.

The Complete Guide to Kung Fu Fighting Styles

The Complete Book of Tai Chi Chuan

Death Point Striking

Instructor's Manual for All Martial Styles

Comprehensive Applications of Shaolin Chin Na

28 Days to Transforming Your Body and Soul the Warrior's Way

Training Methods of 72 Arts of Shaolin

A comprehensive guide to Iron Palm--an advanced training course for developing a strong striking hand and delivering powerful blows Iron Palm is a set of martial art conditioning skills--dating back to the Shaolin Temple of fifth-century China--whose purpose is to strengthen the hand while empowering the fighter to strike with force and precision. Training is focused on the hands of an experienced master. In Authentic Iron Palm, author, instructor, and five-time US 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 hand (with no trace on the outer body). Lavishly illustrated with more than 200 images, this book is ideal for experienced practitioners of gong-fu, karate, and taekwondo.

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 Chinese martial arts to a 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 historical context. 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. Revealed in this book for the first time are the long-held secrets of dim-mak: a system of deadly strikes to vital acupuncture points at the root of t'ai chi ch'uan. Learn the martial and healing applications of the most dangerous points, plus set-up points, multiple point strikes and neurological shutdown points. For information purposes only.

In 1998 while changing after a kali training session, a friend approached Kevin Secours with a videocassette and asked, “You ever seen the Russian martial arts?” Looking at the Cyrillic label on the video, Secours asked, “Any good?” “It’s interesting,” the friend replied. “Weird as hell but interesting.” Little did Secours know that tape would be his introduction to a 16-century-old Russian martial arts, including years of high-level training under top Russian masters. On the video Secours saw mobility exercises unlike anything he had ever experienced. As he was to learn, the uniqueness of the Russian martial arts stemmed from the uniqueness of the country itself. The Cold War in the 1950s, during which the superpowers battled for supremacy, led to martial arts into what they are today. In anticipation of global warfare, the Soviet government commissioned combat researchers to travel throughout the world to study different approaches. They tested these methods and integrated the best concepts with their own native traditions. This period of development led to the creation of distinct Soviet martial arts, including Systema, which was modified and became known simply as Systema (literally “the System”). Approaching Systema from a decidedly Western perspective, Secours pressure-tested the strengths and benefits of every concept and technique, and ultimately took only what served him. He built his Combat Systema curriculum on a scientific approach to bio-mechanics, breath training, and combat. Now he keeps things practical, provable, and profitable for you to incorporate what works into your self-defense training.

The Shaolin Monastery

Lion's Roar New Method

Buddhism, Kung Fu and Identity

The Complete Training Manual

Iron Thread. Southern Shaolin Hung Gar Kung Fu Classics Series

The Shaolin Workout

A Killing Art

The eagerly anticipated updated return of a bestselling martial arts classic The leaders of Tae Kwon Do, an Olympic sport and one of the world’s most popular martial arts, are fond of saying that their art is ancient and filled with old dynasties and superhuman feats. In fact, Tae Kwon Do is as full of lies as it is powerful techniques. Since its rough beginnings in the Korean military 60 years ago, the art empowered individuals and nations, but its leaders too often hid the painful truths that led to that empowerment . . . the gangsters, secret-service agents, and dictators who encouraged cheating, corruption, and murder. A Killing Art: The Untold History of Tae Kwon Do takes you into the cults, geisha houses, and crime syndicates that made Tae Kwon Do. It shows how, in the end, a few key leaders kept the art clean and turned it into an empowering art for tens of millions of people in more than 150 countries. A Killing Art is part history and part biography . . . and a wild ride to enlightenment. This new and revised edition of the bestselling book contains previously unnamed sources and updated chapters.

These techniques will elevate you to a new status as a martial artist. Everything from "iron palm" to "iron body" is covered including: secret breathing methods, ch'i kung and how to use, increase and exercise control over your ch'i force, Black Dragon Kung Fu will provides you with a rich detailed history of many martial arts styles and the amazing history and unique origins. Make your own "Dit ja Jow", increase your training and fighting speed to the point where you are seen moving only as a blur. Train your reflexes, condition your body, learn the most effective target areas to defeat any enemy!

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.

Kung fu, China’s martial arts legacy, stretches from the distant past of the Shaolin Temple to the new millennium. Within these pages you will discover the history and development of kung fu in China and its spread into the United States and around the world. Illustrated with over 100 rare and inspiring photographs, this book presents these dynamic fighting arts in terms of regional styles, offering an overview of nearly two dozen arts in all. The historical photographs alone make this book worthwhile, but when you factor in the encyclopedic nature of the text and its historical presentation, this is a book all Chinese martial arts practitioners must have.

Shaolin Kung Fu

Authentic Iron Palm

The Eighteen Lohan Skills

The Shaolin Qigong Workout for Longevity

The Practical Defense of Chinese Seizing Arts for All Styles

American Shaolin

Advanced Training

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!

The Power of Shaolin Kung Fu offers readers a comprehensive course in the fundamental movements that have been practiced and perfected by warrior monks for centuries. It includes instruction in the powerful striking techniques that so often lead to decisive victory in today's mixed martial arts bouts. The book includes 300 color photographs along with detailed textual instructions and training tips. Shaolin Kung Fu is an indispensable part of every martial artist's repertoire—a vital means to improve your movement, motion, and balance skills and the best way for a mixed martial arts fighter to improve and perfect striking skills. This informative kung fu book also shares the moral and ethical philosophies that underlie the Jow Ga system. Shaolin Jow Ga Kung Fu is a combination of southern and northern Shaolin techniques—making it by far the most effective in terms of combining blinding speed with devastatingly powerful strikes.

Monkey kung fu is one of the most signature styles with its unique acting movements, dynamic gymnastic techniques, and unorthodox striking, kicking, and sweeping techniques. From high flying leaping to ground techniques, monkey kung fu is always impressive as it requires top athleticism and coordination to perform the physically demanding movements. The monkey form in the Choy Li Fut system of Kung Fu is full of unique acting, acrobatics, and applicable combinations which makes it a perfect study for any martial arts enthusiast.This book provides each movement with a full description, step-by-step instruction complete with illustrations, and common mistakes to help provide a well-rounded approach to learning the fascinating style of monkey kung fu. A must-have for the serious Choy Li Fut practitioner, Monkey Movement is also an essential reference guide for martial arts tricking and other kung fu athletes looking to improve their athleticism through movement training.