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The 72 Consummate Secret Arts of the Shaolin Temple are still little known in the West. Internal Kung Fu, in general, similarly

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neglected, is rated superior overall in China, Kung Fu's birth-place and the Far East. However, it is when Yin and Yang are in balance that optimum health and Kung Fu progress may be achieved.

Yin/Yang Aspects of the Shaolin Temple's 72 Consummate and ...

The 72 Shaolin Secret Arts are methods of preparing the body and the mind for action under extreme conditions (first of all, in conditions of real-life hand-to-hand combat). If you train only hand-to-hand techniques and do not pay attention to special training, you will never achieve the highest mastery and your movements will lack the real force.

Shaolin Kung Fu OnLine Library - 72 Secret Arts of Monks ...

1.2 Effect of 72 Shaolin Arts on Breath QI and Blood XUE. 28 1.3

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Training Methods of 72 Arts. 38 1.8 Base Exercises which Form
the Ground for Improvement in 72 ...

Training Methods of 72 Arts of Shaolin (Tanjin, 1934)

72 Arts of Shaolin practiced in Shaolin Wahnam. In a thread in Shaolin Wahnam Discussion Forum, 72 Arts of Shaolin Kungfu started by Ray in 2005, and revived by Sifu Markus Kahila in 2015, our family members mentioned more than 72 arts practiced in our school. David Langford gave an impressive list of 72 arts, with an extra art, "Art of Being a ...

72 Arts of Shaolin

1. 72 Consummate Arts Secrets of the Shaolin Temple: 1. 72 Consummate Arts Secrets of the Shaolin Temple. by Rou Gang.;

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Wu Jiaming.; Print book: English. 1996. Di 1 ban : Fuzhou : Fujian Science and Technology Publishing House 2. 72 consummate arts secrets of the shaolin temple: 2.

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Excellent compilation of traditional trainings (although the translations are sometimes confusing) parts of which are commonly used in various martial arts and others that seem more fitting for old...

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72 Consummate Arts Secrets of the Shaolin Temple is the classic book showing all the OTHER things the Shaolin Monks do that is not the actual fighting, such as jumping, leaping, Follow via Facebook Follow via Twitter Follow via Google Follow via RSS

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Title:72 Consummate Arts Secrets of the Shaolin Temple
Author:Compiled by Wu Jiaming Translated by Rou Gang revised by Yang Yinrong Publisher:Fujian Science and Technology Publishing House, first edition 1992 Form:paperback, 5.5 x 8 in, 285 pages. Product Code: KF106

72 CONSUMMATE ARTS SECRETS OF SHAOLIN TEMPLE - Monabooks.uk

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.

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*Excerpt from the book: Jin Jing Zhong. Authentic Shaolin Heritage: Training Methods of 72 Arts of Shaolin. ISBN: 978-1440474170 . The method of drawing in YIN is the “soft” Shaolin GONG FU, it deals with the “internal” training and belongs to the YIN category.

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