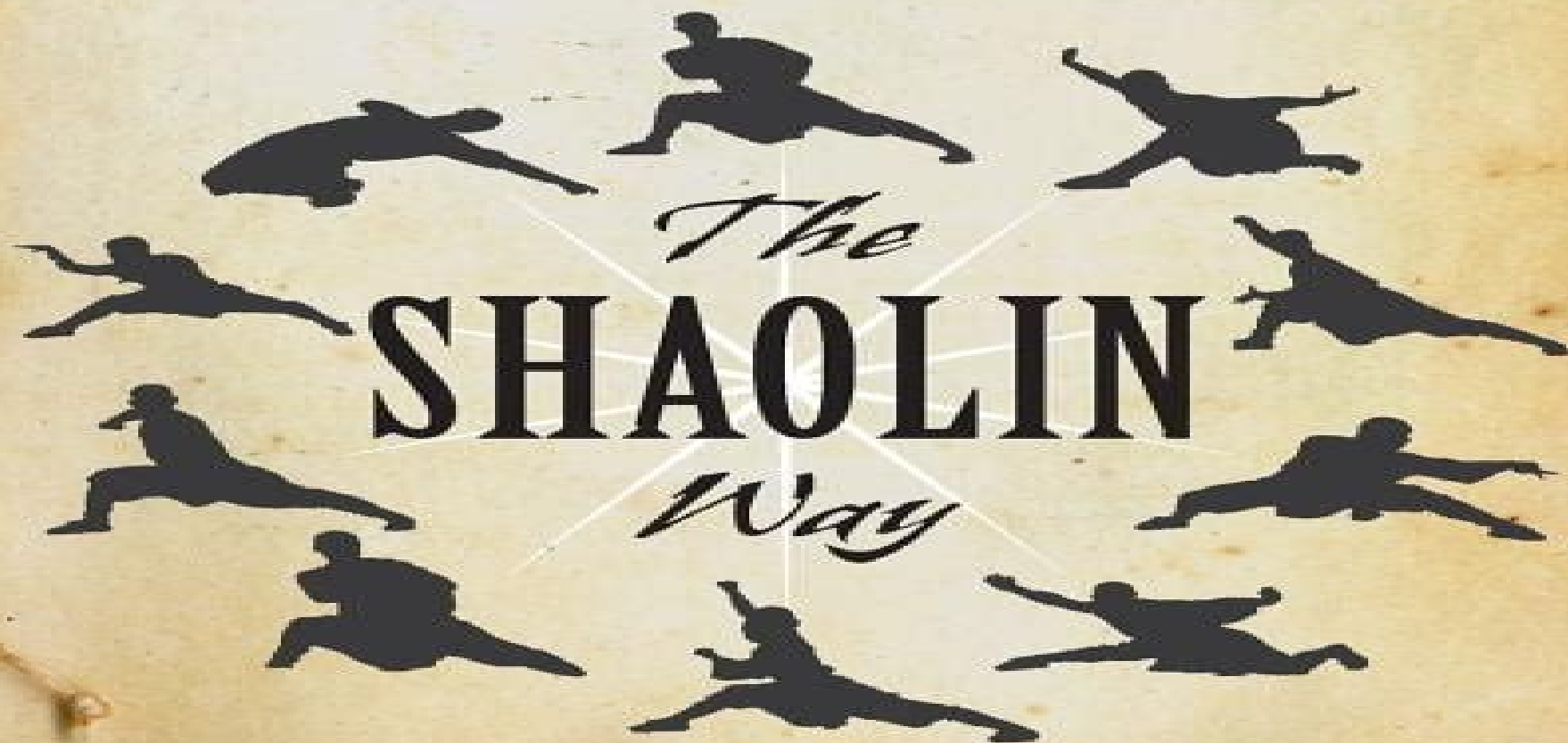




10 MODERN SECRETS OF SURVIVAL FROM
A SHAOLIN KUNG FU GRANDMASTER

Steve DeMasco

"A well-crafted perspective into how ancient teachings can be applied to modern problems."—*Publishers Weekly*

Shaolin Way 10 Modern Secrets Of Survival From A Shaolin Grandmaster

Yijin Wang



Shaolin Way 10 Modern Secrets Of Survival From A Shaolin Grandmaster:

The Shaolin Way Steve DeMasco,Alli Joseph,2005-08-02 A child abuse survivor recounts how he turned his life around by embracing the philosophies of the Shaolin Fighting Monks in a collection of inspirational stories that illustrates ten principles of individual growth

The Shaolin Way Steve DeMasco,Alli Joseph,2006-08-01 Born in the projects of Spanish Harlem to a disabled mother and an abusive father Steve DeMasco spent most of his childhood lost and angry Drifting from one job to another he stalked the streets as a troubled youth barely surviving while all of his peers were either dead or in jail until he found himself on the steps of the Shaolin Temple Originating more than 1 500 years ago in ancient China the Shaolin monks were simple farmers and worshippers of Buddhism who learned to protect themselves from the constant danger of bandits and overlords with a kind of meditation in motion a nonlethal form of self defense that didn t violate their vows of peace As their legend grew they became known as the Shaolin Fighting Monks revered across the land for their spiritual dedication enlightened message and amazing fighting skills DeMasco entered the Shaolin Temple to battle the demons of his past But he got more than he bargained for Besides learning how to wield weapons and take on multiple attackers at once he discovered an ancient philosophy that helped melt away preconceived notions of the world and gave him a powerful platform on which to live and grow In The Shaolin Way he adapts these teachings for the modern world singling out ten secrets of survival that can help anyone live a more fulfilled life

Chinese Gong Fu R.F. Gonzalez,2019-10-04 Gong fu the indigenous martial art of China was exported into American popular culture through numerous kung fu movies in the 20th century Perhaps the most renowned of the martial arts in the U S gong fu remains often misunderstood perhaps because of its esoteric practices that include aspects of Daoism Confucianism Buddhism and other syncretic elements Using the science of embodiment the study of the interaction between body mind cognition behavior and environment this book explores the relationships among practitioner praxis spirituality philosophy and the body in gong fu Drawing on familiar routines films artifacts and art the author connects the reader to ancient Chinese culture philosophy myth shamanism and ritual

Book Review Index ,2006 Every 3rd issue is a quarterly cumulation

Art of Shaolin Kung Fu Wong Kiew Kit,2022-07-19 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 Staffs 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

The Art of Shaolin Kung Fu Wong Kiew Kit, 2002-11-15 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

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 Shaolin Way to Enlightenment Attaining a Focused Mind Meditation to Train Awareness Shaolin Kung Fu for Spiritual
 Development **Shaolin-do** James R. Halladay, Sin Thé, 1995 **The Shaolin Grandmasters' Text**, 2004 For the last 100
 years the Order of Shaolin Chan has worked quietly to preserve the traditions philosophy and arts of the Order in the
 United States of America since 1970 Shaolin and its martial arts have increasingly become a focal point of popular culture
 Misinformation and disinformation have anchored this growing notoriety In contrast this volume strives to accurately share
 what is spiritually meaningful and martially significant about Shaolin The living authors are Shaolin monks who wish to
 remain anonymous but who put the book together largely from written records and orally transmitted teachings from three
 Shaolin priests all of whom passed away in the 1970 s They were Li En Huo Hua Ling Po and Ben Chi Lo **The Complete
 Book of Shaolin** Kiew Kit, Wong, Shaolin Kungfu has been considered by many as the best martial art in the world But
 kungfu is just one of the three treasures of Shaolin the other two being chi kung and Zen For the first time ever this inspiring
 book written by an internationally acclaimed Shaolin Grandmaster brings to you the crystallization of Shaolin wisdom and
 practice spanning many centuries Its scope and depth is amazing touching on among many other things poetry and
 enlightenment Yet it is written in a language easy to understand Profound concepts and difficult techniques are explained
 systematically with many illustrations The book includes The background and scope of kungfu Form and combat applications
 Principles and methods of force training Energy training and mind training Secrets of the masters Traditional Chinese
 weapons Maintaining one's health and vitality and the healing of so called incurable diseases Interesting stories and legends
 of Shaolin Zen and spiritual development **The Secrets of Kung-fu** George R. Parulski, 1984-01-01 Discusses the history
 and philosophy of kung fu demonstrates punches kicks and stances and provides advice on conditioning

Shaolin Way 10 Modern Secrets Of Survival From A Shaolin Grandmaster Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Shaolin Way 10 Modern Secrets Of Survival From A Shaolin Grandmaster**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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