

THE SECRETS OF

NORTHERN SHAOLIN KUNG-FU

The History, Form, and Function of
PEK SIL LUM

Lai Hung and
Brian Klingborg



TUTTLE MARTIAL ARTS

Secrets Of Northern Shaolin Kung Fu

Tao Wei



Secrets Of Northern Shaolin Kung Fu:

Secrets of Northern Shaolin Kung-fu Brian Klingborg, Lai Hung, 1998-11-15 Master the northern style of Chinese Shaolin Kung Fu with this illustrated martial arts guide The Secrets of Northern Shaolin Kung Fu Pek Sil Lum is a comprehensive guide to the theory and practice of the traditional Chinese art known to the West as Northern Shaolin Kung Fu It includes a historical overview basic positions and authentic forms and techniques Pek Sil Lum is especially renowned for its repertoire of kicking techniques ranging from simple front kicks to jumping twirling crescent kicks to the dreaded tornado kick and includes open and closed hand strikes and a number of weapons forms 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 **50 Martial Arts Myths** Sulaiman Sharif, 2009-11-25 Presents and refutes various myths about the martial arts and gives detailed information about the various

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Table of Contents Secrets Of Northern Shaolin Kung Fu

1. Understanding the eBook Secrets Of Northern Shaolin Kung Fu
 - The Rise of Digital Reading Secrets Of Northern Shaolin Kung Fu
 - Advantages of eBooks Over Traditional Books
2. Identifying Secrets Of Northern Shaolin Kung Fu
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Secrets Of Northern Shaolin Kung Fu
 - User-Friendly Interface
4. Exploring eBook Recommendations from Secrets Of Northern Shaolin Kung Fu
 - Personalized Recommendations
 - Secrets Of Northern Shaolin Kung Fu User Reviews and Ratings
 - Secrets Of Northern Shaolin Kung Fu and Bestseller Lists

5. Accessing Secrets Of Northern Shaolin Kung Fu Free and Paid eBooks
 - Secrets Of Northern Shaolin Kung Fu Public Domain eBooks
 - Secrets Of Northern Shaolin Kung Fu eBook Subscription Services
 - Secrets Of Northern Shaolin Kung Fu Budget-Friendly Options
6. Navigating Secrets Of Northern Shaolin Kung Fu eBook Formats
 - ePub, PDF, MOBI, and More
 - Secrets Of Northern Shaolin Kung Fu Compatibility with Devices
 - Secrets Of Northern Shaolin Kung Fu Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Secrets Of Northern Shaolin Kung Fu
 - Highlighting and Note-Taking Secrets Of Northern Shaolin Kung Fu
 - Interactive Elements Secrets Of Northern Shaolin Kung Fu
8. Staying Engaged with Secrets Of Northern Shaolin Kung Fu
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Secrets Of Northern Shaolin Kung Fu
9. Balancing eBooks and Physical Books Secrets Of Northern Shaolin Kung Fu
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Secrets Of Northern Shaolin Kung Fu
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Secrets Of Northern Shaolin Kung Fu
 - Setting Reading Goals Secrets Of Northern Shaolin Kung Fu
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Secrets Of Northern Shaolin Kung Fu
 - Fact-Checking eBook Content of Secrets Of Northern Shaolin Kung Fu
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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