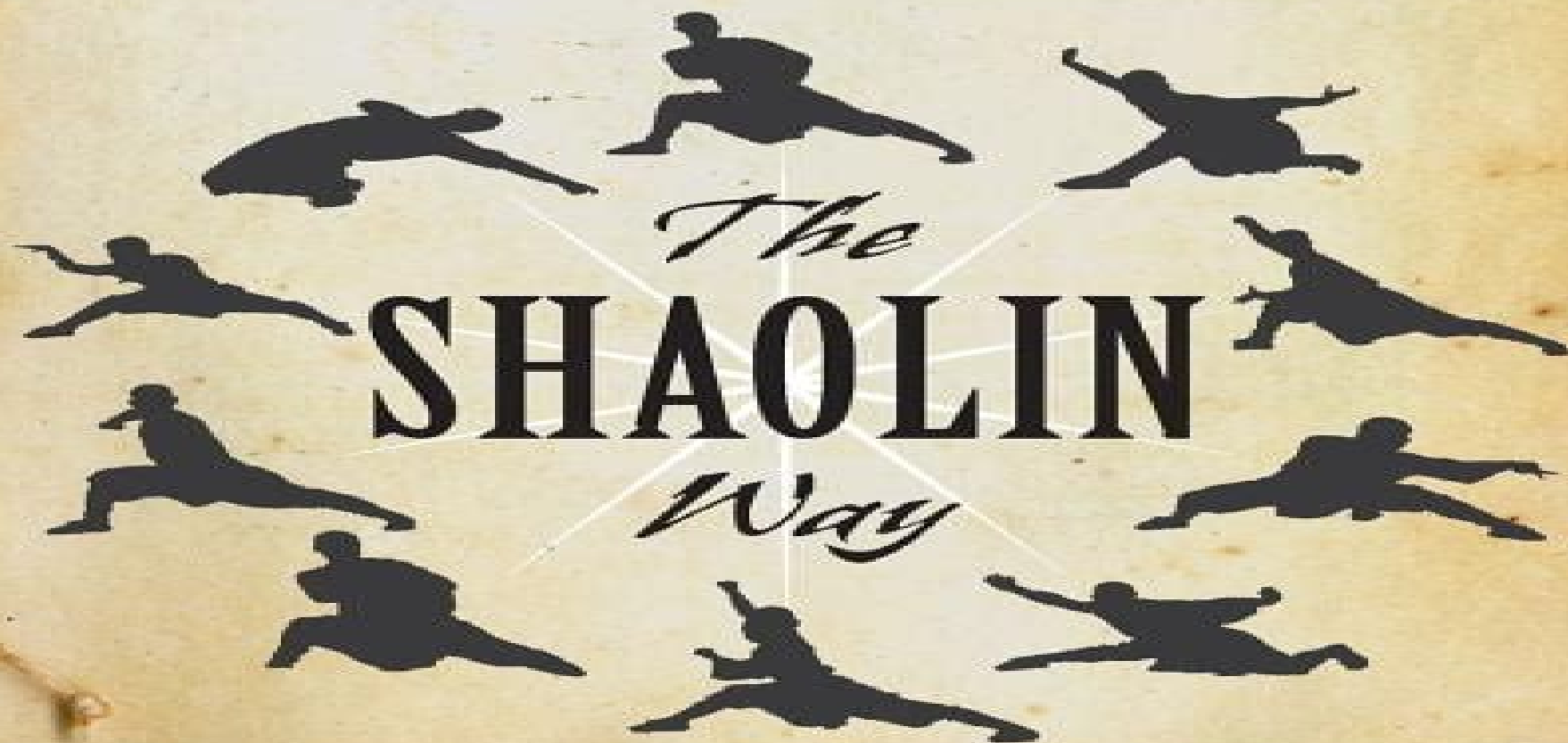




10 MODERN SECRETS OF SURVIVAL FROM
A SHAOLIN KUNG FU GRANDMASTER

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

Nick Hurst



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

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

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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 **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 1970s They were Li En Huo Hua Ling Po and Ben Chi Lo From Shaolin to Wushu Barrett Williams, ChatGPT, 2025-08-17 Unlock the Secrets of Ancient Martial Arts in From Shaolin to Wushu Embark on a captivating journey through centuries of martial arts tradition with From Shaolin to Wushu This enlightening eBook delves deep into the origins and evolution of two of China's most iconic martial arts offering readers an immersive experience into their philosophical and cultural significance Begin your exploration with the roots of Shaolin martial arts where monastic practices intertwined with Zen Buddhism to birth the legendary Shaolin Kung Fu Discover the profound influence of Bodhidharma and the spiritual mindset that continues to shape Shaolin philosophy today Move through the pages to uncover the meticulous training routines that have sculpted warriors for generations With a focus on endurance conditioning and the seamless integration of mind and body these techniques highlight the essence of martial discipline As you progress delve into the historical development of Wushu examining its transformation amid China's Cultural Revolution and its evolution into a modern professional sport celebrated worldwide Explore the spiritual dimension

of Wu De emphasizing discipline respect and the enduring warrior s code Rich with stories of notable figures and their monumental impact on martial arts history this book also captures the art form s cultural significance across Chinese folklore cinema and global festivals Uncover how these arts foster health mindfulness and inner peace presenting martial arts not just as a practice but a holistic lifestyle Addressing contemporary challenges From Shaolin to Wushu explores the tensions between tradition and modernity the risks of commercialization and the necessity of preserving the spiritual core of martial arts This comprehensive guide serves as both a historical account and a practical manual providing insights for beginners and seasoned practitioners alike Journey through a world where ancient wisdom meets modern insight and discover how martial arts continue to inspire and transform lives across the globe This is more than a book it s an invitation to explore the timeless spirit of China s martial arts legacy *Sugong: The Life of a Shaolin Grandmaster* Nick Hurst,2009-09-10

Unveiling the Power of Verbal Artistry: An Mental Sojourn through **Shaolin Way 10 Modern Secrets Of Survival From A Shaolin Grandmaster**

In a global inundated with screens and the cacophony of immediate communication, the profound power and emotional resonance of verbal artistry frequently disappear into obscurity, eclipsed by the continuous onslaught of sound and distractions. Yet, situated within the musical pages of **Shaolin Way 10 Modern Secrets Of Survival From A Shaolin Grandmaster**, a charming work of fictional brilliance that impulses with natural emotions, lies an remarkable trip waiting to be embarked upon. Composed by a virtuoso wordsmith, this magical opus manuals viewers on an emotional odyssey, delicately exposing the latent possible and profound impact embedded within the intricate internet of language. Within the heart-wrenching expanse with this evocative analysis, we shall embark upon an introspective exploration of the book is central subjects, dissect their charming publishing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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