

## 72 Consummate Arts Secrets Of The Shaolin Temple Chinese

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72 Consummate Arts Secrets of the Shaolin Temple. This is taken from a section of the Shaolin Encyclopedia along with some material found in the same book on a section on Shaolin dim mak with herbal formulas. Excellent compilation of traditional trainings (although the translations are sometimes confusing) parts of which are commonly used in...

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72 Consummate Arts Secrets Of The Shaolin Temple by Wu Jiaming  
This book contains 72 of the most amazing descriptions of disciplines used to attain the most astounding martial skills. Once treasured secrets of the Shaolin monks, their Ed.

72 Consummate Arts Secrets of the Shaolin Temple: Book  
72 consummate arts secrets of the shaolin temple chinese kung fu series. At first those who practice the arts train the softness of their sinews and bones and try to make agile all their joints and articulations. W ith the use of the breath an effort is made and the effort must reach the eyes and vision.

72 Consummate Arts Secrets of the Shaolin Temple (Chinese ...  
72 Consummate Arts Secrets of the Shaolin Temple provides a brief look and exposition on each of the famous 72 gongs of Shaolin kung fu. This book explores various Iron Skills, Lightness Qi'gong, general strength exercises and much more.

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Everything is permeated with a single movement, the body moves like a dragon. 72 Consummate Arts Secrets Of The Shaolin Temple It is hard to believe for those who did not practice this method Trivia About 72 Consummate Art If you are not persistent in your heart, you will abandon your training half a way and loose what you have obtained during your practice.

'Training Methods of 72 Arts of Shaolin' (Tanjin, 1934 ...  
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Formats and Editions of 72 consummate arts secrets of the ...  
The 72 Consummate Secret Arts of the Shaolin Temple are still little known in the West. Internal Kung Fu, in general, similarly 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.

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72 Consummate Arts Secrets Of  
72 Consummate Arts Secrets of the Shaolin Temple (Chinese Kung-Fu Series) [Wu Jiaming, Yang Yinrong, Rou Gang] on Amazon.com. \*FREE\* shipping on qualifying offers. In this book, the compiler collected and collated the Seventy-two consumate arts with the explanations and key points.

Shaolin Kung Fu OnLine Library - 72 Secret Arts of Monks ...  
It is commonly said that there are 72 arts of Shaolin Kungfu. These 72 arts are sometimes divided into two groups, namely 36 external arts and 36 internal arts, or 36 "hard" arts and 36 "soft" arts. It should be noted that an external art is often but not necessarily "hard", and internal art is often but not necessarily "soft".

72 Consummate Arts Secrets of the Shaolin Temple – Wing ...  
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,

72 Consummate Arts Secrets of the... book by Wu Jiaming  
72 Consummate Arts Secrets of the Shaolin Temple (Chinese Kung-Fu Series)

72 consummate arts secrets of the shaolin temple  
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.

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