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# The Shaolin Grandmasters Text History Philosophy A

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Classical Northern Wu Style Tai Ji Quan

WAH LUM KUNG FU of USA \* HISTORY of KUNG FU STYLES \* THEORY & PHILOSOPHY \* WEAPONS \* CHINESE MEDICINE

A Brief History of the Martial Arts

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The Fall of the Southern Shaolin Temple and Rise of the Ten Tigers of Canton

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The Shaolin Way

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The Complete Book of Tai Chi Chuan

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## STEWART BATES

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*Classical Northern Wu Style Tai Ji Quan* Independently Published

Qigong a regimen of body, breath, and mental training exercises was one of the most widespread cultural and religious movements of late-twentieth-century urban China. The practice was promoted by senior Communist Party leaders as a uniquely Chinese healing tradition and as a harbinger of a new scientific revolution, yet the movement's mass popularity and the almost religious devotion of its followers led to its ruthless suppression. In this absorbing and revealing book, David A. Palmer relies on a combination of historical, anthropological, and sociological perspectives to describe the spread of the qigong craze and its reflection of key trends that have shaped China since 1949, including the search for a national identity and an emphasis on the absolute authority of science. Qigong offered the promise of an all-powerful technology of the body rooted in the mysteries of Chinese culture. However, after 1995 the scientific underpinnings of qigong came under attack, its leaders were denounced as charlatans, and its networks of followers, notably Falungong, were suppressed as "evil cults." According to Palmer, the success of the movement proves that a hugely important religious dimension not only survived under the CCP but was actively fostered, if not created, by high-ranking party members. Tracing the complex relationships among the masters, officials, scientists, practitioners, and ideologues involved in qigong, Palmer opens a fascinating window on the transformation of Chinese tradition as it evolved along with the Chinese state. As he brilliantly demonstrates, the rise and collapse of the qigong movement is key to understanding the politics and culture of post-Mao society.

**WAH LUM KUNG FU of USA \* HISTORY of KUNG FU STYLES \* THEORY & PHILOSOPHY \* WEAPONS \* CHINESE MEDICINE** SUNY Press

This set comprises a comprehensive selection of colonial Western scholarly texts on Chinese secret societies from the early nineteenth century to the mid-twentieth century. It includes a selection of important papers on Chinese secret societies by a variety of scholars, missionaries, and colonial officials.

*A Brief History of the Martial Arts* Tuttle Publishing

This meticulously researched and eminently readable study considers the economic, political, and religious factors that led Shaolin monks to disregard the Buddhist prohibition against violence and instead create fighting techniques that by the 21st century have spread throughout the world.

*Wing-Chun Martial Arts* Hachette UK

*Hung Ga Story* is a memoir of Alberto Biraghi and his martial arts journey. Alberto studied the traditional Hung Ga Kyun in Hong Kong with the late Grand Master Chan Hon Chung, spending with him more than a month per year from 1977 until the closing of his historic gym at 729 of Nathan Road. Hung Ga Kyun (also spelled as Hung Gar Kuen) is one of the most famous schools of Chinese martial arts, originating from legendary Southern Shaolin. Hung Ga Kung Fu is know for its "Iron

Bridges, Firm Stances", powerful strikes and swift, invisible "No Shadow Kicks". Hung Ga is sometimes called "Tiger and Crane System"(Fu Hok Paai). However, the complete Hung Ga Kyun arsenal includes "Five Animals", "Five Elements" and "Twelve Bridges". Are you curious about traditional Kung Fu training in Hong Kong in 1970's and 1980's? Alberto's memoirs offer a unique insight into the world of the Southern Chinese Kung Fu, it's training principles, application and philosophy.

*The Shaolin Grandmasters' Text* Blue Vision, s.r.o.

This unique study of the genesis and development of the earliest form of Buddhist self-defense practiced by Chuan Fa monks and mystics shows both the philosophical and physical basis of the skills developed and passed on to subsequent generations. This book seeks to reunite these concepts. Its teaching draws equally on the practices of North Chinese Chuan Movement Meditation Traditions and on the South Chinese Esoteric (Mi Chiao) School--both secret traditions rarely revealed to the general public. The material is presented so readers can understand that what we think of as a competitive sport is really a meditation mandala in action. Extensive appendices list the main Chinese dynasties, a chronology of Buddhist Sutras, a chronological record of scriptures, teachers, events during 1000 years of Indian and Chinese Buddhism, and translations of Bodhidharma`s texts including The Six Gates, Entering the Buddha`s Path, and the treatise upon the Bloodline Teaching of True Dharma.

*Striking Beauty* AuthorHouse

Yip Chun is a Grandmaster of Wing Chun, and the eldest son of Yip Man - Bruce Lee's mentor. With the help of Danny Connor, Yip Chun explains the moves, the importance of the relationship between teacher and student, and the Confucian theory. Students will learn Chi Sau, Siu Lim Tao, Chum Kiu, and Biu Tze from the many illustrations that show the forms. 150 photographs.

*Wing Chun* Gom Publishing, LLC

Folk tales of the Shaolin Temple depict warrior monks with superhuman abilities. Today, dozens of East Asian fighting styles trace their roots back to the Buddhist brawlers of Shaolin, although any quest for the true story soon wanders into a labyrinth of forgeries, secret texts and modern retellings. This new study approaches the martial arts from their origins in military exercises and callisthenics. It examines a rich folklore from old wuxia tales of crime-fighting heroes to modern kung fu movies. Centre stage is given to the stories that martial artists tell themselves about themselves, with accounts (both factual and fictional) of famous practitioners including China's Yim Wing-chun, Wong Fei-hong, and Ip Man, as well as Japanese counterparts such as Kano Jigoro, Itosu Anko and So Doshin. The history of martial arts encompasses secret societies and religious rebels, with intimate glimpses of the histories of China, Korea and Japan, their conflicts and transformations. The book also charts the migration of martial arts to the United States and beyond. Special attention is paid to the turmoil of the twentieth century, the cross-cultural influence of Japanese colonies in Asia, and the post-war rise of martial arts in sport and entertainment - including the legacy of Bruce Lee, the dilemma of the ninja and the global audience for martial arts in fiction.

Qigong Fever University of Hawaii Press

The Shaolin Grandmasters' Text is a one-of-a-kind volume discussing the history, philosophy and Gung Fu of Shaolin Ch'an, one of the most misunderstood schools of Ch'an Buddhism. In this revised edition, the Order of Shaolin Ch'an has updated information on their martial and Buddhist legacies in an effort to further preserve the Order's heritage.

**Shaolin-do** Weiser Books

A fifth-century Indian Buddhist monk, Bodhidharma is credited with bringing Zen to China. Although the tradition that traces its ancestry back to him did not flourish until nearly two hundred years after his death, today millions of Zen Buddhists and students of kung fu claim him as their spiritual father. While others viewed Zen practice as a purification of the mind or a stage on the way to perfect enlightenment, Bodhidharma equated Zen with buddhahood and believed that it had a place in everyday life. Instead of telling his disciples to purify their minds, he pointed them to rock walls, to the movements of tigers and cranes, to a hollow reed floating across the Yangtze. This bilingual edition, the only volume of the great teacher's work currently available in English, presents four teachings in their entirety. "Outline of Practice" describes the four all-inclusive habits that lead to enlightenment, the "Bloodstream Sermon" exhorts students to seek the Buddha by seeing their own nature, the "Wake-up Sermon" defends his premise that the most essential method for reaching enlightenment is beholding the mind. The original Chinese text, presented on facing pages, is taken from a Ch'ing dynasty woodblock edition.

Внутренняя алхимия Independently Published

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.

Martial Apothegms of the Shaolin Monks Blue Snake Books

From the traditions, history, and evolution of kung fu to the subtleties of advanced Wing Chun techniques and tactics, *Mastering Kung Fu* has everything you need to develop your skill and take your training to the next level.

**The Monk from Brooklyn** Litres

This book is essentially a collection of a number traditional Chinese martial apothegms, precepts, maxims, and other such terse, briefly put martial wisdom based on the original martial practices of

the old Shaolin Buddhist monks in Henan. Ostensibly, it is a work attributed to a scholar working in the library of the Shaolin Temple in the early 18th century. The original text has long been lost to study, but a competent scribe's copy from the 19th century, now held in the National Library of China, was translated into German by Friedrich W. Weisman, a scholar of Oriental Literature at the University of Berlin. This book was subsequently privately printed in 1912. The English edition as published here, working solely from this earlier German edition, has here been provided to help make the work better known to a wider audience. As far as possible under difficult circumstances, this book is a faithful translation of Weisman's, and one that hopefully also does homage to the original Chinese text.

Warrior Origins Cedar Fort

A "Wing Chun - Structure and Internal Power" is an insightful, very practical, and also sometimes quite provocative book that takes unique approach in explaining the very foundation of Wing Chun style. The author is describing the history of some popularly used terminus in Martial arts supported by science and not mythology. Same approach is used in explaining the true nature of "internal" powers and body structure. Separating myths, religion and esotery from real facts, author gives clear and easy to understand explanations of internal practice in Wing Chun through the prism of medical science, biology and physics. This a book that every serious Wing Chun practitioner must have in his library.

Mastering Kung Fu Order of Shaolin Ch'an

"These original documents are crucial for understanding East Asian Buddhist development. Professor Broughton's analysis of the material provides a new and refreshing look at the tradition which was focused on meditation and the ancient lineage of Bodhidharma. . . . We can be grateful that the translations are accompanied by a detailed study that gives the reader access to the social and cultural events of the time."—Lewis Lancaster, University of California, Berkeley

**Journal of Asian Martial Arts** North Point Press

The Shaolin Grandmasters' Text is a one-of-a-kind volume discussing the history, philosophy and Gung Fu of Shaolin Ch'an, one of the most misunderstood schools of Ch'an Buddhism. In this revised edition, the Order of Shaolin Ch'an have updated information on their martial and Buddhist legacies in an effort to further preserve the Order's heritage. Beginning in 1901, the most senior priests of the Shaolin Order fled a war-ravaged China. Over a period of several years they gathered in New York City's Chinatown. For the last 100 years, the Order of Shaolin Ch'an has worked quietly to preserve the traditions, philosophy, and arts of the Order in the United States. Since the 70's, when Shaolin and its martial arts increasingly became a focal point of popular culture, misinformation and disinformation have anchored it in a growing notoriety. In contrast, this volume strives to accurately share what is spiritually meaningful and martially significant about Shaolin.

**Hung Ga Story** Order of Shaolin Ch'an

The reawakening of Asian martial arts is a distinct example of cultural hybridity in a global setting. This book deals with history of Asian martial arts in the contexts of tradition, religion, philosophy, politics and culture. It attempts to deepen the study of martial arts studies in their transformation from traditional to modern sports. It is also important that this book explores how Asian martial arts, including Shaolin martial arts and Taekwondo, have worked as tools for national advocate of

identities among Asians in order to overcome various national hardships and to promote nationalism in the modern eras. The Asian martial arts certainly have been transformed in both nature and content into unique modern sports and they have contributed to establishing cultural homogeneity in Asia. This phenomenon can be applied to the global community. The chapters in this book were originally published as a special issue in the International Journal of the History of Sport.

A History of Shaolin Routledge

Looks at southern Chinese martial arts traditions and how they have become important to local identity and narratives of resistance. This book explores the social history of southern Chinese martial arts and their contemporary importance to local identity and narratives of resistance. Hong Kong's Bruce Lee ushered the Chinese martial arts onto an international stage in the 1970s. Lee's teacher, Ip Man, master of Wing Chun Kung Fu, has recently emerged as a highly visible symbol of southern Chinese identity and pride. Benjamin N. Judkins and Jon Nielson examine the emergence of Wing Chun to reveal how this body of social practices developed and why individuals continue to turn to the martial arts as they navigate the challenges of a rapidly evolving environment. After surveying the development of hand combat traditions in Guangdong Province from roughly the start of the nineteenth century until 1949, the authors turn to Wing Chun, noting its development, the changing social attitudes towards this practice over time, and its ultimate emergence as a global art form.

**The Shaolin Temple Story** Tuttle Publishing

With detailed photographs and clear instruction for practice, this is the first book comprehensively to cover the history, development and training methods of this rarely taught esoteric internal martial art. The deceptively simple postures and movements of Yiquan are highly effective for achieving results for both health and combat, making it very appealing to martial artists, and Master Tang here reveals the secrets of a martial art still surrounded in mystery. He also provides a history of the origins and lineage of the Yiquan tradition, as well as detailed information on the stances and movements, weapons, and programs, grading and teaching. This complete guide to Yiquan will be essential for anyone interested in Yiquan or oriental martial and internal arts more generally.

Martial Virtues Harper Collins

A written and visual exploration of the History, Culture, Kung Fu, and Chán Traditions of the original Shaolin Temple and Monastery in Dengfeng, Zhengzhou, Henan, China, as recalled by the current Abbot of the Monastery. Abbot Shi Yongxin documents in words and pictures how Chán (Zen) Buddhism and Kung Fu developed over fifteen hundred years at Shaolin Temple. During the last forty years, he has worked to preserve Shaolin Temple and Monastery's history, culture, and traditions. He examines Shaolin's cultural role in China and worldwide. In addition to the history of the temple and monastery, Abbot Shi Yongxin looks at how Chinese Zen or Chán Buddhism developed at Shaolin over the last fifteen hundred years. Shaolin has faced ups and downs in the country as empires evolved over time. The book contains both archival photographs and drawings and current views of the temple and area.

The Bodhisattva Warriors Columbia University Press

This martial arts book explores the role of martial philosophy and history in personal character development. Martial Virtues explores the role of martial arts in character development. It focuses on the spiritual aspects of martial arts training, attempting to answer the question of what it means to be a good warrior. In this ground-breaking analysis, Charles Hackney draws from the psychological literature on the development of positive character traits, and from the lives and experiences of admirable warriors of fact and fiction. He analyzes how the virtues of ancient and modern warriors can be developed by practicing the martial arts. Using examples from the ancient Greeks to the samurai practitioners of bushido, from Confucius to Bruce Lee, Martial Virtues explores such qualities as courage, wisdom, justice and benevolence in turn, employing the lessons of modern psychology to understand how these virtues can be cultivated within ourselves and others. You will learn what Bruce Lee and Sun Tzu have to say about wisdom, what Miyamoto Musashi has to say about audacity and courage, and what Yagyu Munenori has to say about justice. You will also learn the stories of many of history and literature's greatest warriors including: Aeneas and Hector of Troy; William the Marshal, called the greatest knight who ever lived; Kuo Chieh, the Chinese Robin Hood; the famous Shaolin master Tid Kiu Sam; the 300 Spartans that turned aside a Persian Army at Thermopylae; the 47 Ronin of Japan who revenged the unjust punishment of their master; Korean General Kim Yu-shin, and Toshitsugu Takamatsu, 33rd Grandmaster of Togakure Ryu Ninjutsu.