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History and philosophy aspects of kung fu are presented with a serious and careful way. That 's not easy as kung fu's philosophy is difficult to be understood by the westerners. Moreover, some techniques are presented as examples to give an idea of kung fu, mainly photos about chi na moves and chi kung training.

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For Example, the Theory goes

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that Metal as it cools, forms moisture on its surface, (Water), which when applied to the ground causes things to grow, (Wood), which can be burned to form ash or (Earth), from which one gets minerals, (Metal). One will note that in making the cycle throughout these phases one arrives at the beginning point again.

### *Philosophy of Kung Fu - Authentic Kung Fu*

The History and Philosophy of Kung Fu An Introduction by Danil Mikhailov. October has seen the publication of "The History and Philosophy of Kung Fu: An Introduction", the first



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book by Danil Mikhailov,  
instructor of the FWC  
Muswell Hill Club. This book  
is the result of 15 years of  
research that Danil  
undertook first as part of  
his studies at the School of  
Oriental & African Studies,  
and then during his time as  
editor of the Wushu Scholar  
Magazine.

*The History and Philosophy  
of Kung Fu: An Introduction*

...

Kung fu aims to keep us in  
harmony and balance. Lao-Tzu  
developed the concept of Yin  
and Yang to explain that all  
things have two aspects.  
Both are necessary and  
harmony can only be achieved

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through seeking a balance of Yin and Yang energies.

Examples of Yin and Yang are hot and cold, bright and dark, male and female.

### *Philosophy Behind Chinese Kung fu - A Path to True Happiness*

Kung Fu is grounded in the philosophy of Taoism (pronounced as 'Daoism'). Taoism, pre-dates even Buddhism which has played a significant role given kung fu was first practised by Chinese Monks who later established the Shaolin Temple.

### *Kung Fu Philosophy and The Tao at Golden Lion*

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Among all the numerous styles of kung fu developed throughout 4,000 years of Chinese history, few are more fabled than Shaolin Kung Fu. Most would associate Buddhist monks as peaceful and pacifistic, spending most of their time meditating, studying ancient texts, and chanting sutras. The only difference with the monks of Shaolin is that they apply meditation into physical movements, particularly in training their kung fu. Overview of Shaolin

*Shaolin Kung Fu – History,  
Philosophy, Training, and*

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The history of the Fukienese (aka Fujian) White Crane Kung Fu has been passed down from master to student (father to son) for five generations. Although various accounts do exist, they all tell a similar tale. The history of White Crane Kung Fu as passed down within the Lee family and given to Shifu Bernard is presented below. \*1

*History & Philosophy – White Crane Kung Fu Academies*  
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*Kung Fu: History, Philosophy  
and Technique by David Chow*

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This section is devoted to information about Kung Fu. The theories and ideas expressed here are available in many books and in many versions and translations. These are how I relate to them. The first section outlines the ideas behind Zhen Xun Kung Fu as it is taught. Next is a brief outline of the history of a few of the arts taught.

*Philosophy « KungFu*

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The fact of the matter is that Kung Fu is prehistoric: it was simply an inevitable manifestation of early human society. Human nature and necessity during ancient times ensured the development of the Martial Arts. Consider: The ability to hunt, attack, and defend one's self has always been a necessity.

## *The History of Kung Fu - Golden Dragon Martial Arts Club*

The History of Kung Fu The start of martial arts in China came about for the same reasons it did in every other culture: In order to aid in hunting endeavors and

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to protect against enemies. Along with this, evidence of martial techniques, including those tied to weapons and soldiers go back thousands of years in the history of the area.

### *A Brief Guide to the History and Styles of Kung Fu*

Taoism Philosophy in Chinese Kung Fu. interactchina162 / June 28, 2017. Many people have a misconception that Chinese Kung Fu are about fighting and killing. It is actually based on Chinese philosophy and about improving wisdom and intelligence. Taoist philosophy is deeply rooted in and had a profound

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influence on the culture of  
China martial arts.

*Taoism Philosophy in Chinese  
Kung Fu | Interact Kungfu  
History, Philosophy and  
Technique.* by. David Chow,  
Richard Spangler. 3.68 ·  
Rating details · 76 ratings  
· 8 reviews. Revealed for  
the first time in English  
are some of kung-fu's most  
outstanding secrets -- the  
reality behind some of the  
enigmas. From original  
sources in China, Chow and  
Spangler describe feats  
which most Westerners  
consider impossible,  
including: how to walk up  
the side of the wall; how to  
beat an enemy with the flick



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of a finger, and the delayed death-producing "Red Sand.

*History, Philosophy and Technique by David Chow*  
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The history of Southern Dragon style has historically been transmitted orally rather than by text, so its origins will probably never be known in their entirety. Modern Southern Dragon style's history can be reliably traced back to the monk Daai Yuk Sim Si who was the abbot of Wa Sau Toi (White Hair) temple on Mount Luofu.

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