

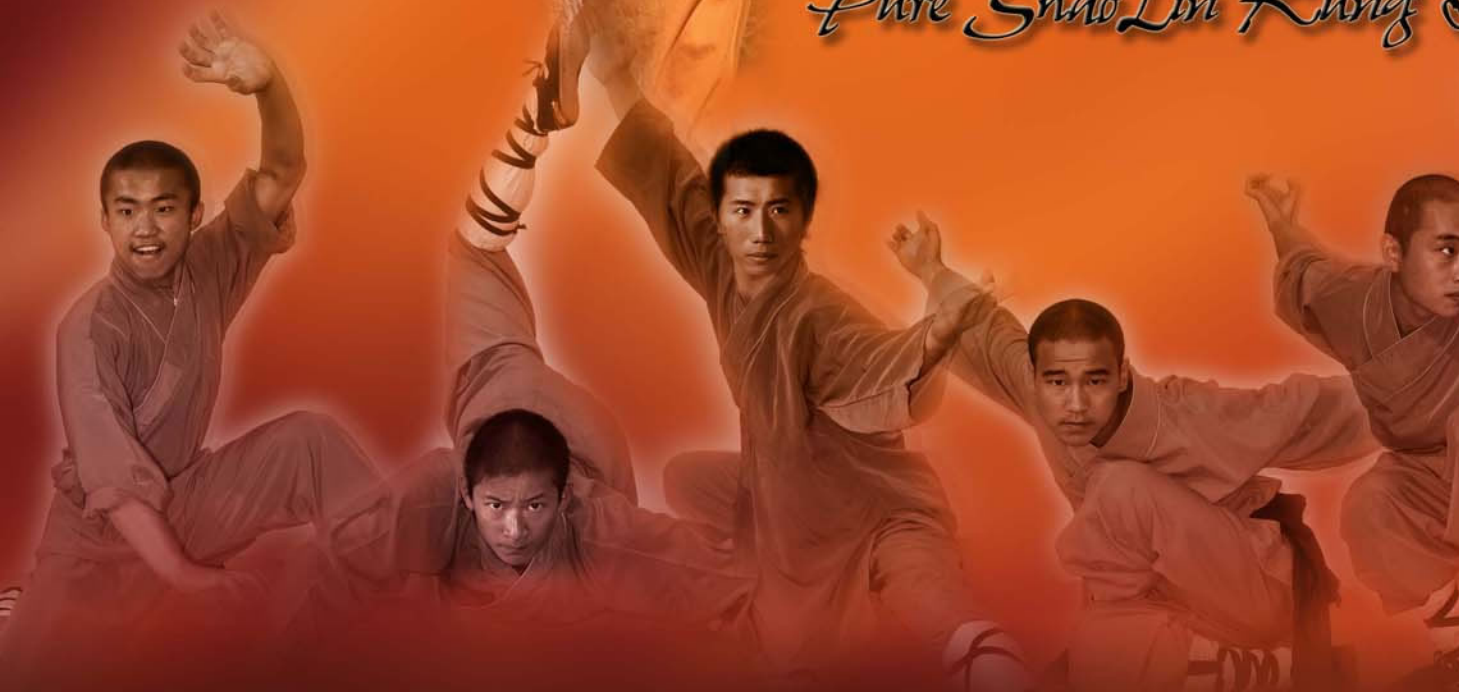
少林真功

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 合城中白日忙無煩身道士不憂
 自有延年術



Sifu Fei

Pure Shaolin Kung Fu



Sifu Ming

Sifu Brian

Sifu Le

Sifu Qiang

Sifu Song

Sifu Zhen

Contemporary Training at the Shaolin Temple

While most warrior monks tend to be focused on performance geared toward the touring troupes, a smaller cadre of Shaolin warrior monks seek the traditional route that focuses somewhat more on self-defense and authenticity of techniques. In many ways, the contemporary performing warrior monks are comparable to contemporary wushu artists who focus on beautiful, elaborately dazzling form rather than original martial application and fighting prowess. The 72 Shaolin Arts are more indicative of the older, original Shaolin temple fighting system and theory. Also, performing monks are not pressured to practice or study Zen, while inside the temple, at least a show of deference for the Shaolin customs is expected by the masters of their chosen warrior monk disciples.

Benefits of Practicing Chinese Martial Arts:

- > Sense of accomplishment and personal fulfillment
- > Practical means of self defense
- > Improved health and vitality
- > Cultivation of physical strength and internal power
- > Mental discipline and spiritual attainment

Shaolin Education

With an extremely clever combination of animal styles and secondary shadow animal styles, this Shaolin combination of all/most of the styles in existence at the time, was systemised into a logical matrix of 4, (Tiger, Panther, Crane & Snake). This saw the birth of the pan-ultimate of Shaolin 5 Animal Kung Fu style. In this, the Dragon, the animal that is not, was used as a symbol for Mastery of the four basic styles.

With the 5 Animal style (one style not 5), the Shaolin defined a system that is still in use today and finds application in Personality Typing, Problem Solving, Strategy, training Styles and Conflict Management.

Belt level by color

White	Pure
Yellow	Confidence
Yellow Black	Interim
Green	Growth
Green Black	Interim
Purple	Mature
Purple Black	Interim
Blue	Depth
Blue Black	Interim
Brown	Transition
Brown Black	Interim
Orange	Wisdom
Orange Black	Interim
Red	Passionate
Red Black	Interim
Black	Perfection



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