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Training Methods of 72 Arts of Shaolin Tanjin, 1934 Editor: Andrew Timofeevich Translation: Wang Keze

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'Training Methods of 72 Arts of Shaolin' (Tanjin, 1934

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Shaolin Kung-fu proliferated over the centuries, reaching every province of China, developing styles suited to the typical physique, terrain and climate characteristics of each region.

Evolution of Asian Martial Arts

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