

shaolin chin na pdf

"The beginnings of the Shaolin art CHIN NA trace back to many centuries. In most GONG FU of secret methods of CHIN NA is passed down from one generation to another to attain the highest perfection in the martial art.

Liu Jin Sheng. Shaolin Chin Na Fa: Art of Seizing and

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Chin Na - Wikipedia

Geographical classifications. The traditional dividing line between the northern and southern Chinese martial arts is the Yangtze River. A well-known adage concerning Chinese martial arts is the term "Southern fists and Northern kicks" (南拳北腿).

Styles of Chinese martial arts - Wikipedia

Jin Jing Zhong. Authentic Shaolin Heritage: Training Methods of 72 Arts of Shaolin: For the first time the book describes full training methods in all 72 Shaolin Arts.

Authentic Shaolin Book - Shaolin Kung Fu OnLine Library

Lokalizacja geograficzna. Klasztor jest usytuowany w górskiej strefie rozcięcia... gaj...cej si... pomi...dzy Zhengzhou na wschodzie (stolica prowincji Henan) a Luoyang na zachodzie (historyczna stolica wielu dynastii), w odległości ok. 13 km na północny zachód od miasteczka Dengfeng. Odległość od Zhengzhou wynosi 72,5 km (ok. dwie godziny drogi autobusem turystycznym).

Klasztor Szaolin – Wikipedia, wolna encyklopedia

Wushu: współczesne, zachodnie rozumienie sztuk walki. Określenie wushu (w-ju) oznacza sztuki walki w ogóle, dopiero Zhongguo wushu (chiński, -a) oznacza "chińskie sztuki walki". Jednak z uwagi na to, że Chiny posiadają... bardzo długą... historię rozwoju własnych sztuk walki, stanowi...cych w...ciwie dziedzictwo kulturowe tego kraju, na Zachodzie samo określenie wushu jest ...

Wushu – Wikipedia, wolna encyklopedia

Kung-fu est en Occident le nom généralement donné aux arts martiaux chinois externes comme internes, bien que l'on utilise rarement ce terme pour désigner le tai-chi-chuan.. Ce terme, transcription de «gungfu» (gungfu en juytping cantonais, gongfu en mandarin %outer) a été introduit en Europe dans les années 1970 pour désigner les films chinois d'arts martiaux.

Arts martiaux chinois – Wikipedia

Kung fu • Fei hok phai • Baguazhang • Hsing-i chuan • Tai chi chuan • Wing chun • I-chuan • Shaolin quan • Bajiquan • Shuai jiao • Chin-na • Kenpo • Sanshou

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