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- 1 - Jin Jing Zhong **Training Methods of 72 Arts of Shaolin** Tanjin, 1934 Editor:  
Andrew Timofeevich Translation: Wang Keze Oleg Korshunov Ekaterina Rycheva

[Jin Jing Zhong. Authentic Shaolin Heritage: Training ...](#)

[www.kungfulibrary.com/about-72-shaolin-arts.htm](http://www.kungfulibrary.com/about-72-shaolin-arts.htm)

For the first time in English! Jin Jing Zhong. Authentic **Shaolin** Heritage: **Training Methods of 72 Arts of Shaolin**

[Shaolin Kung Fu OnLine Library - 72 Secret Arts of Monks ...](#)

[www.kungfulibrary.com/shaolin-kung-fu-4.htm](http://www.kungfulibrary.com/shaolin-kung-fu-4.htm)

**72 Secret Arts** of Monks from the **Shaolin** Monastery: **Shaolin** Kung Fu: The **72 Shaolin Secret Arts** are **methods** of preparing the body and the mind for action under ...

[Ancient Shaolin Training Methods | eHow - eHow | How to ...](#)

[www.ehow.com](http://www.ehow.com) > Sports & Fitness > Fitness > Sports Conditioning

Ancient **Shaolin Training Methods**. If you are interested in researching or practicing ancient techniques utilized by **Shaolin** Kung Fu masters, there are several ...

[Shaolin Kung Fu - Wikipedia, the free encyclopedia](#)

[en.wikipedia.org/wiki/ShaoLin\\_Kung\\_Fu](http://en.wikipedia.org/wiki/ShaoLin_Kung_Fu)

The attribution of **Shaolin's** martial **arts** to Bodhidharma has been discounted by several 20th century martial **arts** historians, first by Tang Hao on the grounds that ...

[Shaolin 72 Fist Kung Fu On-line instruction](#)

[www.shaolin.com.au/KF-72Fists.html](http://www.shaolin.com.au/KF-72Fists.html)

Synopsis. On this page you will find the preliminary information to learn, train and pass the 5, post Red Sash levels of **Shaolin** Academy **72** Fist Kung Fu.

[China Shaolin Encyclopedia, Shao Lin Martial Arts Kung Fu ...](#)

[www.shaolins.com/encyclopedia](http://www.shaolins.com/encyclopedia)

**Shao Lin** Marital **Arts** Kung Fu Encyclopedia by Shi de qian, famous northern China **Shaolin** Protection Monk, previous Fang Zhang of Song San Mountain **Shaolin** 少林寺

[Tulsa Martial Arts - Shaolin Kung Fu training with Tulsa ...](#)

[tulsakungfu.com](http://tulsakungfu.com)

Teaching **Shaolin** Hung Gar Kung Fu, Tai Chi Chuan, and San Shou full contact fighting. History of styles, class schedule, **training methods**, Lion Dance and gallery ...

[A History and Style Guide of Shaolin Kung Fu - Martial Arts](#)

[martialarts.about.com/od/styles/a/A-History-And-Style-Guide-Of...](http://martialarts.about.com/od/styles/a/A-History-And-Style-Guide-Of...)

Before we begin talking about the history of **Shaolin** Kung Fu, we should note what the term kung fu means in China. You see, despite popular opinion, it's really a ...

[Chinese martial arts - Wikipedia, the free encyclopedia](#)

[en.wikipedia.org/wiki/Chinese\\_martial\\_arts](http://en.wikipedia.org/wiki/Chinese_martial_arts)

The **Shaolin** style of wushu is regarded as amongst the first institutionalized Chinese martial **arts**. The oldest evidence of **Shaolin** participation in combat is a stele ...

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