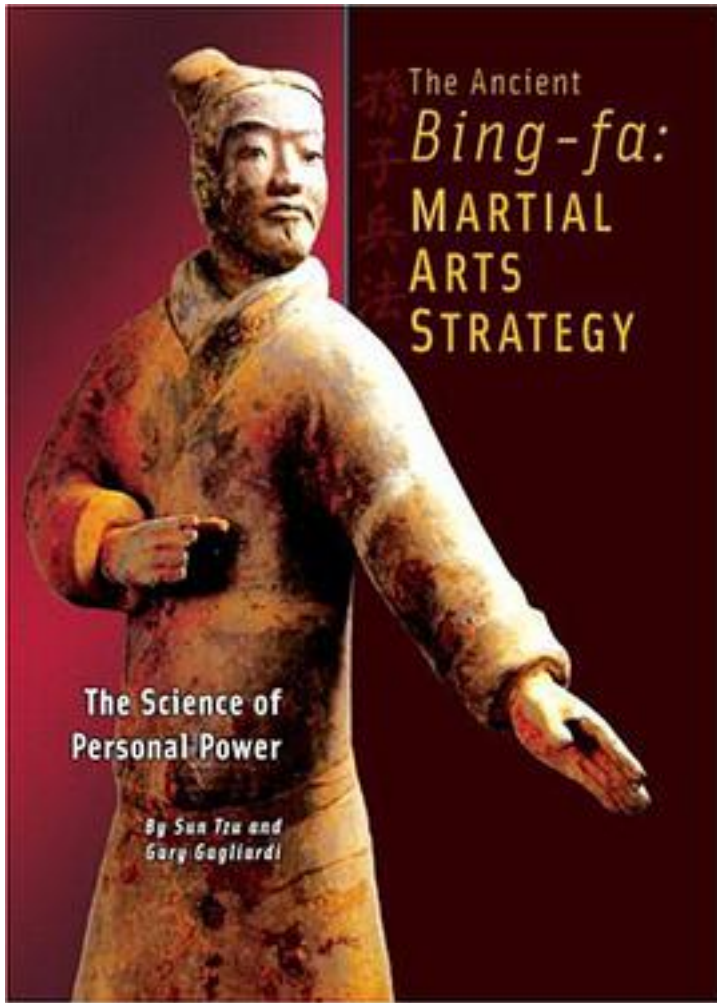


# The Ancient Bing-Fa



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As the book explains, the philosophical basis for all Asian martial arts was originally the

Sunzi Bing-fa, known in English as Sun Tzu's The Art of War. If you practice or even teach any of the martial arts, this book is will give you a unique and valuable insight to the true founding spirit of your training. Originally, martial arts practice was designed to train the mind, body, and spirit. However, the intellectual basis of martial arts practice was lost because its source, the Bing-fa, was suppressed by China's rulers and intentionally replaced with the spiritual teachings of first Taoism and later Buddhism. The book start with the complete history of martial arts in China, showing how the whole concept of martial training began with Sun Tzu's work and how and why the practice of martial arts was disconnected from the teaching of strategy.

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