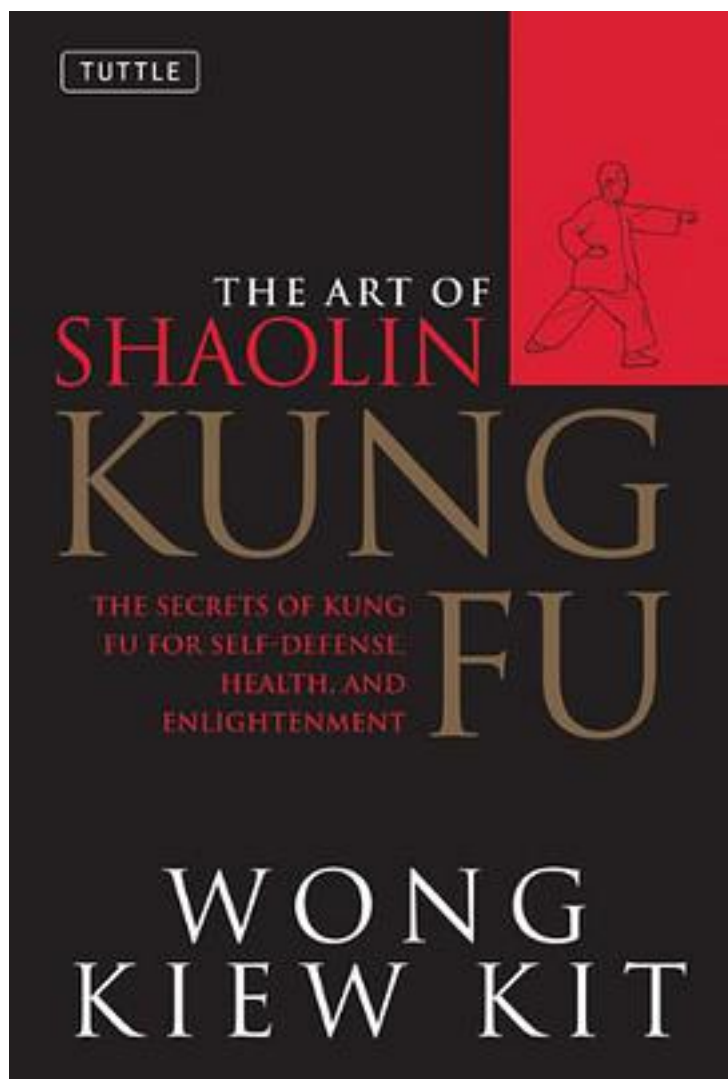


Art of Shaolin Kung Fu



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This complete and comprehensive introduction to kung fu -- and other aspects of ancient Shaolin wisdom -- will prove invaluable to everyone interested in the martial arts, chi kung, or meditation. It shows how kung fu, as well as other Shaolin practices, can bring you health, vitality, mental focus, and spiritual joy. It includes a history of the various forms of kung fu, an in-depth study of kung fu patterns and sets, and an introduction to kung fu weaponry, along with many stories of Shaolin wisdom and healing.

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