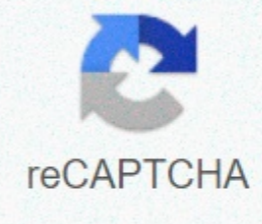




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Training methods of 72 arts of shaolin

Jin Jing Zhong. Authentic Shaolin Heritage: Training Methods 72 Arts of Shaolin/Original edition: Tanjin, China, 1934. Translated to China 2003 - 2004 / the book was written in 1934 with the blessing and direct participation of abbot shaolin monastery reverend Miao Xing nicknamed golden arhat Shaolin Kung Fu OnLine Library: Chinese Martial Arts - Theory & Practice / Old Chinese Books, Treatises, Manuscripts / Tanjin, 1934 / Many hundreds of monks gained outstanding results and brought fame in the Martial Arts shaolin forever. All of them achieved such unusual abilities thanks to special secret practices traditionally called the 72 Arts of Shaolin. They are the foundation and nature of Shaolincombat training... Shaolin Martial Art has absorbed many schools and styles. 72 Arts is the top true mastering. / Shaolin Tutor Ru Jing / 72 Arts are perfect exercises. First, it is necessary to assimilate the horn book mastership. Apt moment, apt time, apt mystery ... Strictly follow the instructions, and you will be able to get as perfect as dragon. / Shaolin Tutor Chun Jin / Shaolin Kung Fu OnLine Library: Chinese Martial Arts - Theory & Practice / Old & Rare Chinese Books, Treats, Manuscripts About The Author of Book Achievements Monks-Warriors Jin Jing Zhong (aka En Zhong) was born in 1904, had the unofficial name Zhe Chen and the nickname Fen Kedian (Mad). Engaged in the traditional styles of Kung Fu from his childhood. Studied the style of Tan Tui (Kicking Feet) captain Zhu Guan Peng, Shaolin-style Liu He (Six Harmonies) from Captain Yang De Shan, in the style of Xing Gong Quan (Fist subconscious Mastership) from Captain Yin De When, then was a disciple miao Xing, an abbot of shaolin Monastery who taught him the style of Luohan Quan (Arhat's Fist), 72 Shaolin Arts and the ancient Shaolin treatises on Pupil Arts. Later trained military police. Founded in 1933 by the Society for studies of Fighting Techniques and was head of the Weekly Magazine of the National Arts. First time in English! Jin Jing Zhong. /Tanjin, 1934/ Jin Jing Zhong's book Shaolin Arts Training Methods is dedicated to the most enigmatic and un well-known aspect of the training of Shaolin monks. The book was written in 1934 with the blessing and direct participation of the Abbot Shaolin Monastery reverend Miao Xing nicknamed Golden Arhat, one of the best Shaolin fighters of all time. The training methods described in the book allow the development of supernatural abilities far beyond the abilities of an ordinary person. For many centuries the methods were the base and core of Shaolin combat training, the most secret part carefully hidden from strangers. However, after the great fire of 1928, which burned down shaolin and most of its records the situation changed. acute problem of preserving Shaolin's heritage for future generations. It was probably the main reason that led Miao Xing to reveal one of Shaolin's main secrets to the public... The book presents a full description of the exercises and requirements for their execution, as well as the basics of training theory of 72 Shaolin Arts. The book has been translated from Chinese for the first time. Hundreds of monks got outstanding results and brought fame to Shaolin martial arts forever. All of them achieved such unusual abilities thanks to special secret practices traditionally called the 72 Arts of Shaolin. They are the foundation and nature of Shaolincombat training... To learn more about 72 Shaolin Arts chronicles of the Shaolin Monastery (Shaolin Si Zhi) preserved us many names of monks-warriors from Shaolin, who achieved mystical heights of mastery and gained superhuman abilities thanks to tireless training and diligent following true methods. For example, the monk Hong Wen, who lived in the XIII century, sat on the stance of the MA, put a stone on a plate weighing 50 kilograms in his head, stood with a man on each knee and remained so until a large incense heel, as tall as a man, half burned down. His disciple Jue Yuan could dodge several spears thrown at him, broke stone slabs with his fist, knocked a hollow wall with his finger, ground pebbles into the powder of his palms, handled all sorts of Shaolin weapons skills. Monk Zhi Yin, who lived in the XV century came to Shaolin at the age of sixteen. He got such mastery that he could easily move a stone weighing 500 kg with a push on his leg, break a tree kick, drive stilts into the ground with his heel, knock several people at a time to kick. Monk Shu Ran, who lived in the XVII century, fully mastered the art of Light Body QING GONG, jumped from one hole to another, could jump up a wall or high pole, and it was nicknamed the Genuine Master of Gong Fu. His modern monk Shu Qing learned the art of Diamond Finger perfection, with his finger he could crush the wooden board because it was a straw mat and crushed rocks of sand blowing on his elbows. In the 19th century, many true masters knew. Monk Ji Hui got outstanding success in exercises with hardness YING GONG. He smashed large rocks with his elbow like a diamond pest and broke thick wooden beams with a hand. Besides, he possessed the art of the Golden Watch, the blows of the great iron hammer didn't hurt him at all. Monk Hai Fa beat off the arrows shot at him, managed to dodging spears aimed at him on a few sides. Besides, he learned the method of leg weighing 1000 Jins, he could crush a stone by trampling a blow and kill a man with Iron Fist. Monk Zhen Yue ran up thin wall three high and learned the art of Light Steps. His disciple Ru Bi achieved some success with Hard Art YING GONG and in addition he perceived Luohan's Art LUOHAN GONG and could fight

several armed enemies pitch in the darkness. Shaolin Kung Fu OnLine Library: Chinese Martial Arts - Theory and Practice / Old and Rare Chinese Books, Treats, Manuscripts Order Now! Available in Paperback and book Jin Jing Zhong Authentic Shaolin Heritage: Training Methods 72 Arts of Shaolin Original edition: Tanjin, 1934; translated from Chinese 2004 Book Details Paperback: 278 pages, 9 x 6 x 0.7 inch FREE VERSION View first 40 Pages (free download); Fragments from the book (pdf / zip file, 4.87 mb, 40 pp.) E-book: 278 pages, 8.30 MB Publisher: Kungfulibrary.com (e-book pdf, 2004) Publisher: CreateSpace (Paperback, 2008) Language: English ISBN-10: 1440474176 ISBN-13: 978-1440474170 Subscribe paperback: 278 pages, 9x6 inch List Price: \$36.95 Price: \$18.47 Save: \$18.48 (50%) Shipping Options Within the United States: Standard Ground (3-5 business days); Accelerated 3-day (3 working days); Accelerated 2-day (2 working days). To view the shipping cost, add the item to your shopping cart, and then select the shipping option (you can always remove it later). More details... Typically, ships within the 1 working cart are powered by 2Checkout.com, Inc. You will be 2Checkout.com to a security server to complete your subscription. Customer support for free: 1-877-294-0273 Shipping Options outside the United States: First Class International, Priority Mail International, Express Mail International. More details... 2Checkout Support: USA and Canada: 1.877.294.0273 | United Kingdom: +44 (0) 808 234 0487 | International: 1.614.921.2450 Payment methods: credit card (Visa, MasterCard, American Express, Discover, Diner's Club, JCB); Pay Buddy. Your payments are processed in full by the Secure Online Transaction System managed by 2Checkout, Inc. All data entered on protected pages is encrypted using Secure Socket Layer. 2Checkout servers support SSL version 3 and 168-bit In Triple DES encryption. RSA module and SSL sessions feature 1024-bit encryption. Your personal data is processed in our cutting-edge e-commerce system, so you can shop with confidence and peace of mind. Subscribe to the book: instant download pdf / zip file: 8.3 MB, 278 pp. List Price: \$24.95 Price: \$12.47 You Save: \$12.48 (50%) The electronic edition (ebook) is an exact copy of the printed version. You will get instant access to download the electronic edition immediately after purchase. CD on Demand In addition to the instant download version, you can order a CD copy of this e-book (additional charge of \$9.95 + \$3.00 shipping). To do this, select the CD on request when filling in the online order form. More details... Instant The shopping cart is powered by Digital River GmbH (Share-it) You will be directed Secure.Shareit.com fill your checkout. Customer Service USA (language: English) Phone: +1 952 646-5747 (calls from outside the US) or +1 800 903 4152 (for calls from the US) Customer service in Europe (Languages: German/English/French/Italian/Spanish/Portuguese) Phone: +49 221 31088-20 payment methods: credit cards, Pay Pal, Bank / Bank Transfer, Cash, Check. ShareIt is owned by Digital River, Inc. (NASDAQ:DRIV), the world's foremost e-commerce expert, providing companies with technologies and services that have been proven to grow online sales and reduce costs - all outsourcing solutions. We do not share your credit card details with anyone, not even the supplier of the product we buy. Your personal data is processed in our cutting-edge e-commerce system, so you can shop with confidence and peace of mind. WinZip is needed to disconnect our e-books from the open eBook file, you must have zip software installed on your computer. You can download here (trial version available for free): www.winzip.com Adobe Acrobat Reader is needed to view or print our e-books the latest version is available for free download: View first 40 Pages (free download); Fragments from the book (pdf / zip file, 4.87 mb, 40 pages.) Shaolin Kung Fu OnLine Library: Chinese Martial Arts - Theory & Practice / Old and Rare Chinese Books, Treatises, Manuscripts Shaolin Kung Fu OnLine Library/Receiving Department 807 Airport Access Road - Unit DTraverse City MI 49686 US SHAOLIN KUNG FU ONLINE LIBRARY Copyright © 2001-2020 Kungfulibrary.com All materials published on the website Kungfulibrary.com and all translations of books are protected by copyright and other intellectual property laws. Laws.

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