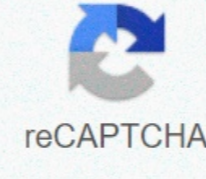




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18 lohan hands pdf

Part of a series on Chinese Martial Arts (Wushu) Style of Chinese Martial Arts List of Chinese Martial Arts Terms Chin Na Fa jin Kung fu (mount) Neigong Neijia Qi Qigong Shifu Yin and Yang Historical Sites Kunlun Mountains Mount Emei Mount Hua Shaolin Monastery W Wang Mountains Legendary Figures Guan Yu Bodhidharma Zhang Sanfeng Fong Sai-yuk Yim Wing-chun Li Ching-Yuen Eight Immortal Five Elders Historical Persons Emperor Taizu's song Yue Fei Hung Hei-gun Dong Haichuan Yang Luhan Chan Heung Wu Quanyou Wong Fei-hung Sun Lutang Li Shuwen Huo Yuanjia Wang Zi-Ping Chen Fake Ip Man Ten Tigers of Canton Modern celebrities Bruce Lee Bolo Yeung Sammo Hung Jackie Chan Jet Li Donnie Yen Vincent Zhao Zhang Jin Jin (actor) Dennis Related Hong Kong action film Kung fu film Vietnamese martial arts Wushu (sport) Wuxia vte Luohan quan (Chinese: 降魔杵 Luòhànquǎn) , which means Arhat punch, is a generic name for all forms of Chinese martial arts called after the Arhats, the sacred Buddhist forms. The Luohan style is the oldest and representative style of Shaolin Kung Fu. The original roots of the Luohan style date back to the early seasons of the Shaolin temple. In shaolin temple, there are various Luohan styles. In addition to Shaolin Luohan styles, there are many Luohan-related styles that have been developed in many other parts of China. Shaolin Luohan 18 hands and Luohan quan are always praised as the root style on which most of the shaolin kung fu style and many other non-Shaolin styles have been created. Luohan and Shaolin Enlightenment (Nirvana) is one of the earliest concepts of Buddhism. The name Luohan, the Chinese equivalent of the Sanskrit (Indian) word Arhat, refers to those who have achieved enlightenment. Therefore, the ultimate goal of the monks of shaolin temple, in particular, has always been to reach the level of becoming Luohans. Therefore, the Luohan(s) has always been a sacred icon(s) in the daily life and martial art of Shaolin temple monks. As far as the martial arts of shaolin temple are concerned, the names Luohan quan and Shaolin quan are often considered synonyms and therefore interchangeable. Luohan's 18 hands There are various styles of 18 hands by Luohan. These are the most important: The 18 hands of Shaolin Luohan A legend states that Bodhidharma, while visiting the Shaolin Temple, taught the monks a series of exercises. Whether this story is correct or wrong, based on Buddhist teachings, observing and mimicking the forms and expressions of Arhat statues in the temple, meditation and practice, the ancient exercises later evolved into a form of combat called the 18 hands of Luohan+ (luohan shi ba shou).[1][vol2,p2][2] which is the oldest documented, systematized style of Shaolin Mingah. [2] with the historical official text of the Shaolin temple, Shaolin kung fu manual (拳谱: shao lin quan pu), in Sui Sui (581-618 p.m.) The Shaolin monks had a selected set of 18 simple movements. by the time the Tang Dynasty (618-907 P.M.) the total had evolved into 18 war stops, which were combined into one form (1115-1368 P.M.) the number of stops increased to 36 until the early song dynasty (960 P.M.) and in the Jin-Yuan Dynasty (1115-1368 P.M.) developed into 173 movements; Finally, in the Ming dynasty Luohan's 18-hand system was completed in 18 forms, each form with 18 stops, making a total of 324 stops. [1] (vol2,p2) [3] (p1) In Shaolin, this style is called inborn Luohan's 18 hands .+[2] because it was the style in which Shaolin's kung fu was born. Monk Shi Deqian, in his efforts to document Shaolin martial arts collected 8 forms from the 18 hands of Luohan in Shaolin's Encyclopedia of Martial Arts. [1] (vol2,p2-36) Of these forms, most lineages of Shaolin monks have usually kept only one form, usually the first.[2] or eighth[4] form. Shaolin Luohan's 18 hand movements are simple and straight. Methods are mainly done by the palms of the hands. Punches, hook hands, and other hand gestures and kicks are less used. Luohan's 18 hands are considered the elementary figures in Shaolin's kung fu. Shaolin / Hua quan Luohan's 18 hands There is another luohan's 18-handed style that is different from the 18 hands of the original Shaolin Luohan, but is more famous. This 18-hand style of Luohan has 18 different methods, consisting of 6 different fist methods, 1 elbow method, 2 palm methods, 4 foot methods and 5 joint locking methods. [1] (vol2,p1038-61) [3] (p80-124) [5] Of these 18 methods, a form of 24 movements for attack and defense is developed, which can be performed as a solo form[1](vol2, p36-55)[6] or as a duet form. [1] (vol4,p106-35) [5] [7] This style is originally from the Quan Hua style of Shandong Province, was presented in the Louyang district of Henan Province (near Shaolin Temple) and was later adopted into the Shaolin curriculum, along with ba Bu Lian Huan Quan's sister ensemble. [8] Shaolin Guard the mountain of the child Luohan Gate of 18 hands Guard the mountain of the child Luohan gate of 18 hands (护子十十八手 shan zi men luo han shi ba shou)[1](vol2, p55-61)[3](p67-79)[9] is a lesser known 18-hand style of Luohan. This style has 32 moves, which in total make 18 stops. [1] (vol2,p.55-61) [3] (p67-79) [9] The 18 hands of Shaolin Luohan of the Dengfeng region There is another lesser known 18-hand Luohan style that has passed under Li Gensheng (李), a famous gentleman from Dengfeng County near Shaolin. [10] (p256) The 18 movements[10](p256-271) of this style are similar to the first version of a Shaolin 18 Luohan quan version. These kinds of movements are also used in the Tong Bi quan style of the western courtyard of Shaolin Temple. There are various Luohan quan quan These are the most important: Shaolin Luohan quan Luohan quan is considered a completely pure Buddhist Shaolin style. It is the most famous, and one of the most important styles of Shaolin kung fu. Shaolin monks developed Luohan quan as an advanced style based on Luohan's 18 hands. [1] (vol2,p188) Luohan quan was created in the early ages of the Shaolin temple, but was first officially documented by Shaolin monks in the Shaolin Kung Fu Manual in the early years of the Song dynasty in the 1960s AD[1](vol2,p188) This style has two forms called small (? xiao) and large (: [2] [11] [12] [13] The small quan Luohan[13] has 27 stops[14]36 movements[11][12] and the large quan Luohan[15][16] has about 36 stops/54 movements. Big Luohan quan is traditionally called golden child little Luohan quan (蓝拳: jin tong xiao luo han quan). [17] Shaolin small and large Luohan quans are also practiced by the people of the Dengfeng region around Shaolin in a less Luohan-imitative version.[1](vol2,pp188,194)[18] falling out or simplifying luohan-mimicking attitudes of the original Sha Luolohan quan. They have expanded the large Luohan quan with an additional part[17] to make it 3 parts. [1] (vol2) Shi Deyang. 31st generation Shaolin monk speaks of 6 forms of the great Luohan quan,[11], but most people know only these 3 parts. Shaolin Luohan quan moves, though simple, are extremely advanced and misleading. Attack and defense are covered by Luohan Buddhist attitudes and come out from unlikely angles. Shaolin 18 Luohan quan Over the centuries, Luohan quan developed. An important contribution was from monk Jue Yuan and two others named Li Sou and Bai Yufeng. Finally, as a result of developments from the Jin and Yuan dynasties to the middle and late Ming dynasty, a Luohan quan system of 18 forms was created,[19] a form for each of the famous Luohans, which at that time had grown in number to 18 in Chan Buddhism. [20] In this style, each form of Luohan is divided into 3 sections, so it has 54 sections in total. [10] (p296) [21] (p105) This style is less mimetic than the small&big Luohan quan style and has abandoned or, at the very least, transformed many of luohan's famous-mimicking attitudes. 18 Luohan quan, although very famous, is rarely known. [19] Even in Shaolin, only a few people in each generation inherit this style completely. [19] There are different versions of the 18 Luohan quan. One version[19] has 18 formats for the 18 Luohans, while there are other versions with 9 large formats representing a total of 18 Luohan characters. As an appreciation of diversity, just notice that Shaolin monk Shi Degen (1914-1970) taught 3 seemingly different versions in 3 of them Liu Zhenhai.[10](p296-345)[22] Shi Yongwen.[21](p104-236) and Zhu Tianxi. [23] Shaolin Luohan Luohan's 108 methods Fight Arhat's 108 combat methods are a set of 108 methods of fighting hitting and fighting (throwing, locking, and take-downs), which have been created and developed by Shaolin monks of various generations. [1] (vol4,p2-78) [24] There are also some smaller and a larger such set of 360 Arhat combat methods in Shaolin. [2] [13] Other forms of Luohan There is a famous saying, All martial arts under the sky came from Shaolin, and all forms in Shaolin came from Luohan 18 hands and Luohan quan. Due to the historical and technical impact of shaolin temple on other forms, Luohan Shaolin forms are the roots of many many other forms. [8] There are many forms with the name Luohan quan created and developed outside the Shaolin Temple:[20] in henan province where shaolin temple is located, there are several Luohan quans. In the nearby provinces of Hebei and Shandong, in the southern provinces of Zhejiang and Fujian, and the southwestern province of Sichuan, where Mount Emei is located, and also in the southern maritime region of China there are many different forms of Luohan. For example, in Fujian there are more than 5 different Luohan quans recognized. [20] Luohan Hua quan's 18 hand style from Shandong Province is also very famous, so that it is practiced even by a few lineages of Shaolin monks. Some of these Luohan styles have over exaggerated Luohan flavors to mimic, while some don't have any luohan-looking features. References ^ a b c d e f g h i j k l m Shi Deqian (1995). 少林寺 J (Encyclopedia of martial arts Shaolin) - 4 volumes. ISBN 9787806000991. ^ a b c d e f Shi Deyang (2005). 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