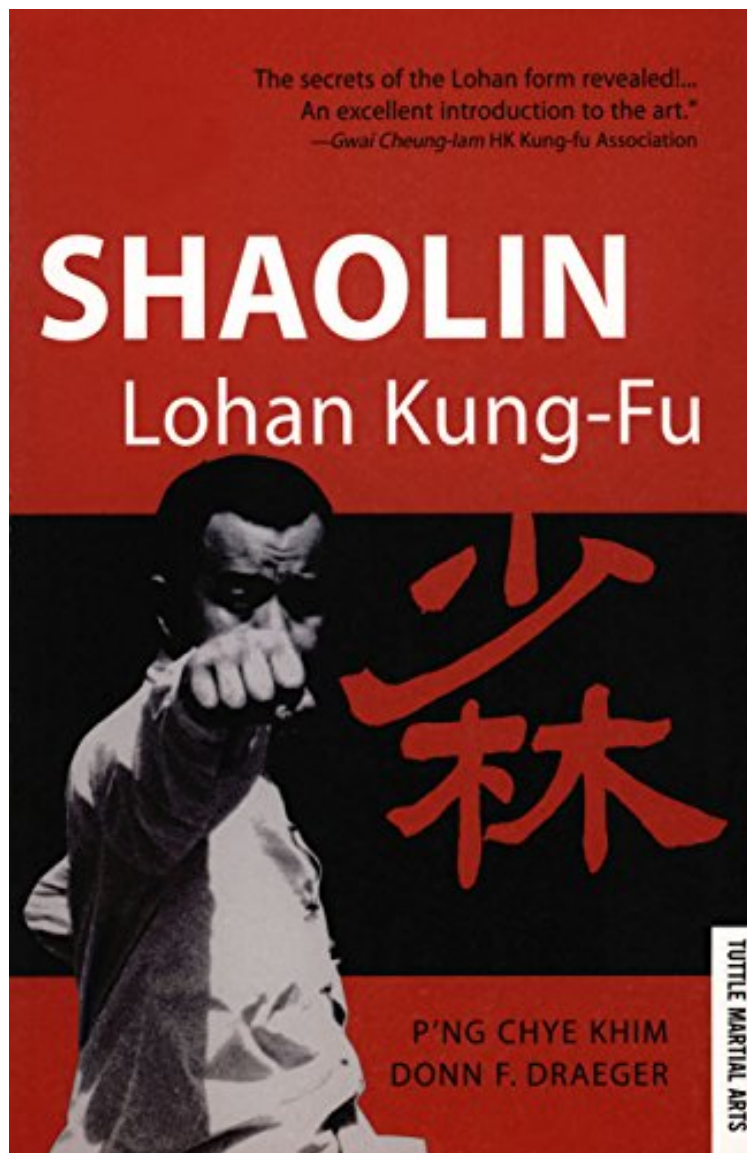


(Free and download) Shaolin Lohan Kung-Fu

## Shaolin Lohan Kung-Fu

Von P'ng Chye Khim, Donn F. Draeger  
ebooks | Download PDF | \*ePub | DOC | audiobook



DOWNLOAD



+

READ ONLINE

Produktinformation -Verkaufsrank: #691089 in eBooksVerffentlicht am: 2011-12-20Erscheinungsdatum:  
2011-12-20File Name: B006TKID1S | File size: 77.Mb

**Von P'ng Chye Khim, Donn F. Draeger : Shaolin Lohan Kung-Fu** before purchasing it in order to gage whether or not it would be worth my time, and all praised Shaolin Lohan Kung-Fu:

KundenrezensionenHilfreichste Kundenrezensionen3 von 3 Kunden fanden die folgende Rezension hilfreich.  
Klassisches BuchVon FabriceNormal strukturiertes Buch, zuerst wird die Form gezeigt, danach die Anwendungen,  
nichts besonderes ausser einer kurzen Geschichte ber die Entstehung des Stiles und einige bungen (viel Spa beim  
Ziegel durchschlagen).Persnlich hatte ich mir mehr vom Shaolin Lohan Kung Fu und von diesem Buch erwartet, zu

wenige Informationen sind in diesem Buch so dass man oft ber die Glaubwrdigkeit der Techniken zweifelt.2 von 2 Kunden fanden die folgende Rezension hilfreich. A good book about Southern LohanVon J. MattheisThis is a good book, for people who want to learn more about Southern Lohan. It has many training methods, and many techniques. It also contains one form of the style. It is informative in everyway, but not a great deal of detail on the style itself

KurzbeschreibungMaster the ancient Chinese martial art of Shaolin Kung Fu with this illustrated martial arts guide. The style of marital arts described in this book is believed to have developed from a form devised at the Shaolin Temple by the Indian monk Bodhidharma. Called Shih-pa lohan shou (Eighteen Arhat Hands), it was the original Lohan form. Its purpose was to provide monks with exercises that would not only strengthen their bodies and minds, but also arm them with a formidable system of self-defense. The authors present the Lohan techniques of south China (as taught by the Hood Khar Pai) in both soloand partner practice forms.Intended as a supplement to actual training, Shaolin Lohan Kung-Fu gives the history of the Shaolin arts and then continues with a detailed explanation of the Lohan form. Accompanied by almost 30 sketches and over 400 black-and-white photographs, this straightforward introduction to the Lohan system is a must for any serious student of Shaolin techniques. Chapters include: Background of Shaolin Kung Fu; Fundamentals of Shaolin; The Lohan Pattern; Shaolin Training Methods; and more!

KurzbeschreibungMaster the ancient Chinese martial art of Shaolin Kung Fu with this illustrated martial arts guide. The style of marital arts described in this book is believed to have developed from a form devised at the Shaolin Temple by the Indian monk Bodhidharma. Called Shih-pa lohan shou (Eighteen Arhat Hands), it was the original Lohan form. Its purpose was to provide monks with exercises that would not only strengthen their bodies and minds, but also arm them with a formidable system of self-defense. The authors present the Lohan techniques of south China (as taught by the Hood Khar Pai) in both soloand partner practice forms.Intended as a supplement to actual training, Shaolin Lohan Kung-Fu gives the history of the Shaolin arts and then continues with a detailed explanation of the Lohan form. Accompanied by almost 30 sketches and over 400 black-and-white photographs, this straightforward introduction to the Lohan system is a must for any serious student of Shaolin techniques. Chapters include: Background of Shaolin Kung Fu; Fundamentals of Shaolin; The Lohan Pattern; Shaolin Training Methods; and more!

Synopsis Lohan kung-fu is believed to have developed at the Shaolin temple as devised by the Indian monk Bodhidharma. A history of the Shaolin arts and an explanation of the Lohan form is given.