



NEW ORLEANS SHAOLIN-DO

Student Training Manual

Introduction

Welcome to New Orleans Shaolin. Enclosed in this document are some materials to assist you in your introduction to the *kwoon*, or school. You will find the school rules, training tips, information on rank advancement, tournaments, and information on all of the school programs. We hope you will refer to the manual often and we encourage you to keep a journal for yourself wherein you can keep notes on your training, your forms, and to set and track your goals.

At New Orleans Shaolin, we teach an art called Shaolin-Do, or "the way of Shaolin". Shaolin-Do is more than a martial art. It is a path. It follows a 1500 year old trail all the way back to the original Shaolin temples of China. The monks at these temples learned to incorporate martial arts into their spiritual training only so they could maintain their way of life uninhibited by violent outsiders. It is not merely a way of fighting but a path to the mastery of life. Tournaments and ranking are not emphasized in this style, though both exist within it. Our founder Grandmaster Sin Kwang The' teaches health, longevity and appreciation of life. As we like to say, being an excellent fighter and being capable of defending your family and loved ones is just one of the benefits. **The practice is the goal.**

Mission

To preserve and embody the mental and physical practices of the Shaolin temples.

A Brief History of Shaolin-Do

Shaolin-Do is the original blend of hard and soft fighting arts. It doesn't rely only on body rigidity to develop power like Karate, but instead generates force from natural body mechanics and circular movements. Shaolin-Do, however, is more than just a fighting art; it is a way of perfecting oneself. By attempting to master these ancient styles of fighting, we actually come closer to mastering ourselves. This happens as you are learning to make your body perform tasks and postures that it has never attempted before, your mind begins to realize that you can do anything and this wonderful idea pervades every aspect of your life! This is not to imply that after you have trained with Shaolin-Do for a time that you will be able to do anything! The key is

Shaolin Do Student Manual

Marcel A. Müller



Shaolin Do Student Manual:

This book delves into Shaolin Do Student Manual. Shaolin Do Student Manual is a vital topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Shaolin Do Student Manual, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Shaolin Do Student Manual
 - Chapter 2: Essential Elements of Shaolin Do Student Manual
 - Chapter 3: Shaolin Do Student Manual in Everyday Life
 - Chapter 4: Shaolin Do Student Manual in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, the author will provide an overview of Shaolin Do Student Manual. This chapter will explore what Shaolin Do Student Manual is, why Shaolin Do Student Manual is vital, and how to effectively learn about Shaolin Do Student Manual.
3. In chapter 2, this book will delve into the foundational concepts of Shaolin Do Student Manual. This chapter will elucidate the essential principles that need to be understood to grasp Shaolin Do Student Manual in its entirety.
4. In chapter 3, this book will examine the practical applications of Shaolin Do Student Manual in daily life. The third chapter will showcase real-world examples of how Shaolin Do Student Manual can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Shaolin Do Student Manual in specific contexts. The fourth chapter will explore how Shaolin Do Student Manual is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Shaolin Do Student Manual. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Shaolin Do Student Manual.

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