



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

Thomas Smith

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Shaolin Do Student Manual:

Shaolin Do Student Manual Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Shaolin Do Student Manual**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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