



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

R Barnett



Shaolin Do Student Manual:

Threefold Lotus Kwoon Student Manual Sylvain, Sifu Chamberland - Nyudo, 2008-12-06 Textbook of Vital Energy Training and Wushu at TLK Kwoon requirements testing and some instruction on particular techniques Also includes The Way for history and philosophy of the martial way for study **TLK - Coursework-Instruction Manual** Sifu Sylvain Chamberlain-Nyudo, 2010-02-23 TLK Coursework Threefold Lotus Kwoon Martial Training Arts 14 levels of instruction Exercises and drills Illustrations From Qigong and Taijiquan to White Crane GungFu and MMA This manual is meant to accompany in class training **Shaolin Kempo Unveiled** Master Marlon Wilson, Professor Tom Ingargiola, 2019-10-31 Shaolin Kempo is a dynamic martial art form that has wide spread branches throughout North America and Europe yet it has been largely misunderstood and misinterpreted for a variety of factors This book is a collaborative work on the part of two Shaolin Kempo Masters from two different countries and two divergent backgrounds The goal of Shaolin Kempo Unveiled is to demystify the art of Shaolin Kempo and assist its multitude practitioners to arrive at a better understanding of its foundation its core and its goals The authors will also introduce the master keys to unlock the tremendous power and effectiveness unexplored by many Shaolin Kempo students Follow the teachings in this book and not only will you grow as a martial artist the effectiveness of your self protection skills will increase exponentially This book is not intended to be an end product It is intended to be a starting platform to unite and promote a better understanding and practice of the venerable art of Shaolin Kempo *The Shaolin Monastery* Meir Shabar, 2008-01-10 Written in clear and lucid style and ambitious both in scope and methodology this book offers a fascinating window into Chinese culture religion and history Ranging from historical and ethnographic documents to a wide variety of literary sources it weaves them all into a compelling narrative In this fashion Shabar is uniquely able to bring together social historical and mythological elements providing a demythologized account of martial Chinese traditions such as Shaolin Boxing This is sinology at its best Bernard Faure Columbia University The book clearly belongs in a new group of books challenging conventional understandings of Buddhism and violence Meir Shabar documents with meticulous accuracy and mellifluous prose the fighting monks of Shaolin monastery in China who appear first in the Tang dynasty 618 907 and continue to the present Scholars of Buddhism and Chinese history will learn much from the author's scrupulous analysis of the historical record particularly the texts on stone steles at the monastery that documents the monastery's traditions of fighting Anyone interested in martial arts or Bruce Lee films will find it fascinating to learn about the actual history of the monastery's fighting techniques I found the book a powerful and compelling read Valerie Hansen Yale University Meir Shabar's book will assure that the martial arts of Shaolin take a prominent place in the history of Chinese Buddhism Shabar has mastered a prodigious amount of secondary scholarship pored over a wealth of primary documents and brought a critical rigor to the study of these materials that is unprecedented in any language Throughout his analysis is cogent and clear The result is a delightful tour of one of the most enigmatic and

compelling stories of Chinese religion the emergence and development of martial arts at Shaolin Si Entertaining as the book is it delivers as well a meditation on the sources of Chinese religion and how fiction and scripture myth and history combine to produce novel traditions The Shaolin Monastery will appeal not only to scholars of Chinese religion but to those interested in military history self cultivation martial arts and popular culture John Kieschnick University of Bristol The Shaolin Monastery charts for the first time in any language the history of the Shaolin Temple and the evolution of its world renowned martial arts In this meticulously researched and eminently readable study Meir Shahar considers the economic political and religious factors that led Shaolin monks to disregard the Buddhist prohibition against violence and instead create fighting techniques that by the twenty first century have spread throughout the world He examines the monks relations with successive Chinese regimes beginning with the assistance they lent to the seventh century Emperor Li Shimin and culminating more than a millennium later with their complex relations with Qing rulers who suspected them of rebellion He reveals the intimate connection between monastic violence and the veneration of the violent divinities of Buddhism and analyzes the Shaolin association of martial discipline and the search for spiritual enlightenment Shahar s exploration of the evolution of Shaolin fighting techniques serves as a prism through which to consider martial art history in general He correlates the emergence of the famous bare handed techniques of Taiji Quan Xingyi Quan and Shaolin Quan in the sixteenth and seventeenth centuries to the social political and religious trends of that age He then goes on to argue that these techniques were created not only for fighting but also for religious and therapeutic purposes Thus his work fills an important gap in the understanding of Chinese religion and medicine as well as the martial arts The Shaolin Monastery is the most exhaustive study to date on the topic and the most systematic introduction to the history and the religious context of the Chinese martial arts tradition It will engage those interested in Chinese religion and history and martial arts illuminating for specialists martial artists and general readers alike the history and nature of a martial tradition that continues to grow in popularity in its native land and abroad *Origins of Shaolin Kung Fu* Asiapac Editorial, In this book you will learn about the legends of Shaolin and unveil the mysteries surrounding the Shaolin warrior monks

Foundations of Korean Martial Arts: Masters, Manuals and Combative Techniques Michael DeMarco, M.A., et al., 2017-01-29 Most of what are referred to as Korean martial art styles are actually derived from Japanese Okinawan karate systems or find their roots in Chinese boxing The Korean peninsula has existed as a fragile territory between China and Japan and thus shared many cultural elements from their neighbors To what degree has the Japanese and Chinese arts influenced those practiced in Korea over the centuries Can we distinguish any original Korean martial art style Chapters in this anthology are derived from the Journal of Asian Martial Arts specifically in response to such questions as asked above The authors provide great detail on the military martial manuals that recorded both battlefield arts and personal combative arts and use these sources to give a picture of the martial traditions practiced in Korea for hundreds of years In chapter one Stanley Henning provides an

excellent overview of martial arts in Korea since the earliest dynasties These include bare hand arts as well as those with weaponry His overview illuminates the time and place of highly influential military manuals as discussed in the chapter by Manuel Adrogu John Della Pia s two chapters focus on a particular manual the Muye Dobo Tongji 1790 providing details of open hand and weapons training in particular with the unique Korean native sword Two chapters provide the theory and practice of qigong methods for health and martial effectiveness Dr Patrick Massey et al offer results on the use of breathing methods affecting lung capacity Sean Bradley s chapter goes deeply into the medical theories that parallel the practice of Sinmoo Hapkido s qigong methods The final two chapters focus on practical fighting applications from Hapkido Marc Tedeschi s chapter provides sound advice for self defense against multiple opponents In addition to detailing principles that give any defender a helpful advantage Tedeschi shows nineteen examples of techniques against two three and four opponents that include pressure point striking throws arm bars locks and a variety of kicks In the closing chapter Sean Bradley discusses a few of his favorite techniques where he learned them and why they are memorable Rich in historical details and practical advice this anthology will prove to be a prized reference work to all interested in the Korean martial traditions

My Feng Shui Magda Palmer,2023-10-22 My Feng Shui carefully guides the reader through a realm of ancient Chinese wisdom where a feather can be as powerful as a white tiger and where dragons bells and crystals reside with the turtle Featured are Feng Shui aromatherapy garden layouts dowsing with a pendulum and the placement of natural crystals The art of Feng Shui is deeply rooted in the findings of a collective intelligence of sages through the centuries Its core is harmony and balance using the art of placement and positive energy flows to promote happiness good health abundance and a passion for living The prosperity of Hong Kong Taiwan Malaysia and Singapore has been based on and nurtured by the practice of Feng Shui so any doubt regarding the validity of this ancient craft must cease to exist Then compare the close knit unity of Eastern families against their fragmented Western counterparts leaving no doubt that we should activate this ancient wisdom to attract enrichment needed for a pleasant and fruitful life s journey Yin and Yang are the dualism in everything from the protons and electrons forming an atom to our sun s creative and receptive ability to develop atomic fuel to stoke its furnace Yin Yang represents the balancing forces of the universe that see saw eternally The marriage of Yin and Yang symbolised by an equally divided ever turning circle shows that each half contains a seed from its other indicating change through the constant interaction of energies that manifest all things life and actions

Masters Manual of Hsing-I Kung Fu John Price,2007-09-03 This was the first book published about the internal art of Hsing I Kung Fu in English It contains the Seven words 6 Harmonies descriptions of the 5 Elements and much much more In the second edition we have added more commentary and herbal recipes

Black Belt ,1988-11 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75

martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world Taijiquan Master Reference, Volume 3 ,2025-09-11 Researchers can benefit from this handy anthology particularly for the information and analyses presented including the rich bibliographic listings Taiji practitioners will also gain insights to benefit their own practice be it for health and or self defense Included here are sixty four articles In addition to 735 illustrations there are glossaries maps charts and bibliographies The variety of material in this anthology reflects in depth scholarly research and the experience of master practitioners It will be a valuable source taijiquan enthusiasts for futures decades VOLUME 3 pages 605 thru 937 of the print edition **Black Belt** ,1982-03 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world **If You Like Quentin Tarantino...** Katherine Rife,2012-10-01 If You Like If You Like Quentin Tarantino draws on over 60 years of cinema history to crack the Tarantino code and teach readers to be confidently conversant in the language of the grindhouse and the drive in What fans love about director Quentin Tarantino is the infectious enthusiasm that s infused into every frame of his films And Tarantino films lend themselves exceptionally well to reference and recommendation because each itself is a dense collage of references and recommendations Spaghetti westerns blaxploitation revenge sagas car chase epics samurai cinema film noir kung fu slasher flicks war movies and today s neo exploitation explosion There s an incredible range of vibrant and singularly stylish films to discover If You Like Quentin Tarantino is an invitation to connect with a cinematic community dedicated to all things exciting outrageous and unapologetically badass *Shaolin Temple Kung Fu Manual* Thomas Smith,1996-09-03 Shaolin Temple Kung Fu Overview Shaolin Kung Fu was created by combining Buddhist Yogic and Taoist influences originally established within the Shaolin Tradition at the Shaolin Temple in Honan by Bodhidharma in 500 A D Original Shaolin Kung Fu evolved and was perpetuated until now in secrecy by the priest and monks at the several main Shaolin Temples that had been established through the centuries The only times the Shaolin martial arts were taught outside the temple was when the rulers of China became ruthless in their treatment of the Chinese people These teachings were pretty much limited to what the people needed to successfully revolt A large amount of the original Shaolin teachings influences and origins were never presented to anyone but the monks These missing Shaolin influences include some self defense methods and strategies much of the physical health training methods and almost none of the spiritual Yogic and Buddhist influences These missing influences have been made available to us from the existing original Shaolin who are in exile in Taiwan from the violent communist takeover of the Chinese mainland in 1949 Also from Shaolin who were operating in Tibet prior to the violent invasion and takeover by the communist Chinese of Tibet in 1950 Since World War II the communist Chinese have effectively eliminated the ancient Taoist

Buddhist and Shaolin knowledge and spiritual belief systems on the mainland due to their commitment to obtaining a modern industrial atheist society This communist influence has been responsible for considerable additional loss of the Shaolin influence on Chinese kung fu Chinese kung fu is now called Wu Shu and has become acrobatic as it lost its efficient martial influences Another unacceptable exception was made at the Shaolin Temple at Honan where due to the income from tourism they have allowed some modern Buddhism to be presented for the tourists as Shaolin This book breaks the norm of modern kung fu manuals in that it presents and explains these missing Shaolin influences **Bubishi** ,2016-05-31 Treasured for centuries by karate s top masters the Bubishi is a classic Chinese work on philosophy strategy medicine and technique as they relate to the martial arts Referred to as the bible of karate by famous master Chojun Miyagi for hundreds of years the Bubishi was a secret text passed from master to student in China and later in Okinawa All of karate s legendary masters have studied it applied its teachings or copied passages from it No other classic work has had as dramatic an impact on the shaping and development of karate as the Bubishi Karate historian and authority Patrick McCarthy spent over ten years researching and studying the Bubishi and the arts associated with it The first English translation of this remarkable martial arts manual includes numerous explanations and notes McCarthy s work also includes groundbreaking research on Okinawan and Chinese history as well as the fighting and healing traditions that developed in those countries making it a gold mine for researchers and practitioners alike For the final word on the true origins and spirit of classic Okinawan martial arts one need look no further This karate book is one of the best karate training supplements available Black Belt ,1980-08 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world **Black Belt** ,2000-11 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world *Black Belt* ,1979-09 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world *Black Belt* ,1980-06 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces

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