

【少林传统功夫系列丛书】

Shaolin Traditional Kungfu Series Books

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Seven-star Mantis Boxing (White Ape Offering Book)

耿军 著

Written by Geng Jun

人民体育出版社

PEOPLE'S SPORTS PUBLISHING HOUSE



# Preface

Chinese Wushu is originated from ancient time and has a long history, it has various styles.

Shaolin Wushu named from the Shaolin Temple of Songshan Mountain, it is one of the famous styles in the Chinese boxing genre. Shaolin temple has more than 1500 years of history since its establishment in the 19th year of North Wei Taihe Dynasty. No one genre of Shaolin Wushu is created solely by any person or monk, but completed gradually by Buddhist monks and common people from generation to generation through long-lasting living course according to the requirements of life. As recording of Record of Shaolin Temple, many Shaolin Buddhist monks had already got a mastery of Wushu before they became a Buddhist monk, they came to Shaolin for tonsure to be a Buddhist monk due to many reasons such as admiring for the name of Shaolin, or by force of life or seeing through the vanity

of life. The Shaolin Temple always promotes Wushu and frequently appoints Wushu Buddhist monks to go down the mountain to roam around for searching masters and learning Wushu from them. It also invites Wushu experts to come to the temple, such as Buddhist monk Fujun of Song Dynasty, it once invited Wushu famous exports of 18 schools to come to the temple to make skill interchange, which promoted the development of Shaolin Wushu and made it absorb advantages of all other schools.

The author learned from many famous exports such as Suxi, Sufa and Li Zhanyuan of Mantis Boxing, he studied Chinese boxing eagerly in Shaolin Temple, and got lots of awards both at home and abroad, he also set up the Mengzhou Shaolin Wushu Institute, which is one of the most famous Wushu institutes around China. He makes demonstration and

teaching in the 36 volumes teaching VCD of Shaolin Traditional Wushu, which have been published by Peoples sports Audio Visual publishing house.

There are more than 30 traditional Shaolin routines and practical techniques in this series of books, which are the main content of Shaolin Wushu, and part of which is the original things learned by the author, it is worthy of reading. The series books adopt Chinese and English versions, make foreign fans have no language barrier, and make contribution to Shaolin Wushu going to the world, which is delighting and congratulating thing.

**Titled by Zhang Yaoting**

Wushu institutes around China. He makes demonstration and

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