

【少林传统功夫系列丛书】
Shaolin Traditional Kungfu Series Books

七星

Seven-star Mantis Boxing (White Ape Offering Book)

白猿献果螳螂拳

耿军 著

Written by Geng Jun

人民体育出版社
PEOPLE'S SPORTS PUBLISHING HOUSE



中叶武王遷延流毒門家難為

少林龍虎派 嵩山少林書院 圖書印

是日我國軍隊中甚為寂靜誰之？少壯者

自此新志中此事史無以據，已有千石

萬壽無疆。長子林武正。次子景卿一人。

第一條 宣統元年

學海堂先生禮 張^張氏 謹啟

當日之憂何憾。惟少時寺志。三化齋計多少。壯

書之在正界二書之體國或主或泰少殊

之在否也，我出于生計，則望之彼家，亦未可也。

為學(法)而生為靈 投奈少殊。少枝高。而小。

武進徐彥派武堂下此之始。可與吾將比也。

已清武林曹學州志。沈家莊。福隆。碑。

宣統元年十一月

惟恐其不稱職工役遂。便由社議求召。諸儒之

予知所新也 知司武 仲 遂 意 家 一 書 諸 所

禮部尚書在文為信疏

蘇州林氏司理黃，字子明，號子明。

中國實業公司總經理 啟

[illegible]

林 公 子 二 德 堂 記

廿五日 晴 三十一日 晴

此乃一書之序也

南越王趙建德所立之南越王趙建德

通志卷之四 藝文志四 詩餘

此乃本武藝之回世者。此乃武藝之回世者。

[illegible]

張耀庭 甲申初月

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

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