

chinese martial arts wikipedia - *the shaolin style of kung fu is regarded as one of the first institutionalized chinese martial arts the oldest evidence of shaolin participation in combat is a stele from 728 ce that attests to two occasions a defense of the shaolin monastery from bandits around 610 ce and their subsequent role in the defeat of wang shichong at the battle of hulao in 621 ce*, **how to learn kung fu at home livestrong com** - *chinese martial arts have been placed under the umbrella term kung fu therefore there isn't just one kung fu there are many different disciplines you might have seen high flying kung fu moves in movies or heard about the self defense benefits from learning the techniques and strategies in kung fu*

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