

# **The Complete Book of Shaolin: Comprehensive Programme for Physical, Emotional, Mental and Spiritual Development**

*By Wong Kiew Kit*

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Shaolin Kungfu has been considered by many as the best martial art in the world. But kungfu is just one of the three treasures of Shaolin, the other two being chi kung and Zen.


For the first time ever, this inspiring book, written by an internationally acclaimed Shaolin Grandmaster, brings to you the crystallization of Shaolin wisdom and practice spanning many centuries. Its scope and depth is amazing, touching on, among many other things, poetry and enlightenment.

Yet it is written in a language easy to understand. Profound concepts and difficult techniques are explained systematically with many illustrations.

The book includes:

- The background and scope of kungfu.
- Form and combat applications.
- Principles and methods of force training.
- Energy training and mind training.
- Secrets of the masters.
- Traditional Chinese weapons.
- Maintaining one's health and vitality and the healing of so-called incurable diseases.
- Interesting stories and legends of Shaolin.
- Zen and spiritual development.

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### **Editorial Review**

#### **Review**

Yet, the best application of kungfu is not just to fight. The qualities of a good fighter that we develop in kungfu training - like courage, calmness, sound judgment, fluidity of movements and mental freshness - can be applied to make life more rewarding and meaningful for ourselves and for other people. --Chapter 5: Poetry of Strength and Courage (The Philosophy and Dimension of Shaolin Kungfu) - The Four Dimensions of Kungfu

Practising chi kung clears energy blockage, especially at the cellular and sub-atomic levels, with the beneficial effects gradually spreading to the levels of tissues, organs, and the whole body including the mind. When vital energy is increased and its flow harmonious, yin-yang balance is achieved. --Chapter 19: Curing Incurable Diseases (Shaolin Chi Kung and Chinese Medicine) - How Does Chi Kung Cure Illness

In theory, Zen is the easiest. If you are ready, and just do this correctly - sit comfortably in a lotus position, close your eyes and keep your mind blank - you will achieve enlightenment, i.e. the greatest achievement any being can achieve, in an instant! But in actual practice, this approach may be the most difficult. It may sound odd, but sitting comfortably itself may not be easy! Some people cannot even sit comfortably on a chair; they feel restless after only a few minutes. Sitting in a lotus position, even if they are prepared to put up with some discomfort, is difficult for most untrained adults. Keeping the mind blank is worse; some people have told me it was the most difficult thing they had ever attempted. --Chapter 26: The Beauty and Profundity of Zen (Some Philosophical Considerations for Zen Training) - The Easiest or the Most Difficult

#### **About the Author**

Wong Kiew Kit, popularly known as Sifu Wong, is the fourth generation successor of Venerable Jiang Nan from the famous Shaolin Monastery in China and Grandmaster of Shaolin Wahnam Institute of Kungfu and Chi Kung. He received the "Chi Kung Master of the Year" Award during the Second World Congress on Chi Kung held in San Francisco in 1997. He has practiced and taught the Shaolin arts for more than 3 decades and has more than 60,000 students all over the world.

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#### **From reader reviews:**

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**Jennifer Games:**

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**Caroline Edwards:**

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**Tyler Dean:**

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