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## Shaolin Legends of Zen and Kung Fu

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By Kah Joon Liow

SilkRoad Networks Inc. Hardcover. Book Condition: New. Hardcover. 32 pages. Dimensions: 10.6in. x 8.4in. x 0.3in. Shaolin takes kids and grownups alike on a fun and exciting discovery of Shaolin Kung Fu. A popular Chinese saying goes, All the kung fu in the world arise from Shaolin. Shaolin is a 1,500-year-old Zen Buddhist temple in China that is famous worldwide for its peaceful-looking monks who perform incredible kung fu stunts. How are these monks able to achieve such amazing feats? Why do Buddhist monks learn martial arts? And what do the Star Wars and The Matrix films have anything to do with Shaolin Kung Fu? The answers to these questions and more are revealed through age-old Shaolin stories and an original 3D-animated film on DVD, Enter the Zen. Enter the Zen is a story about a courageous boy who wanders far and wide in search of the ultimate kung fu. At last he finds it, but it is not what he thinks! Shaolin carries a message of compassion for others, the heart of the wisdom of Shaolin Kung Fu. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Hardcover.



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