

Kung Fu Del Templo Shaolin Dragon

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en la primera parte de este libro el sifu rubén chávez relata la historia del kung fu sus comienzos el templo de shaolin la creación del
estilo choy li fat y su llegada hasta nuestros días adicionalmente se describe la composición del estilo sus formas armas y genealogía
en la segunda parte el profesor jerónimo milo presenta un trabajo teórico sobre la mecánica del estilo choy li fat además se encuentran
los ejercicios de preparación física para mejorar la práctica así como también las acciones de defensa y ataque clásicas de este estilo
este manual sirve de guía y complemento para todos los practicantes de artes marciales y específicamente para aquellos que practican
kung fu estilo hung sing choy li fat además es una lectura amena para todo aquel que desee introducirse en el mundo de las artes
marciales chinas 360 paginas 313 fotos tecnicas 60 fotos historicas 40 graficos y dibujos

una satira literaria de las peliculas de artes marciales explora la relacion enfermiza entre el ultimo poder colonial y su mas disfuncional
colonia analiza la dialectica post 911 y la define los bandos en esta nueva guerra de los cien anos

la historia comienza cuando lisa una joven historiadora presencia el robo de un antiguo pergamino en una remota biblioteca del desierto de gobi este incidente la impulsa a buscar a su amigo el arqueólogo thomas dee quien se encuentra en sudamérica en busca de la mítica ciudad de akahim juntos emprenden la búsqueda del sutra robado al hacerlos serán perseguidos por los illuminatis esta sociedad secreta que quiere poner fin a la iglesia y al vaticano así comenzaran un viaje de aventuras que los llevara a recorrer por antiguos templos en china india camboya tailandia bután y el mismísimo tíbet así como por ciudades europeas como roma milán hungría bulgaria y rumania el fallecimiento del último dalai lama el secuestro del papa de roma es aparente comienzo del kali yuga según la cosmogonía hindú los que los llevara a aprender sobre calendarios antiguos y los 4 yugas e irán en busca de la mítica ciudad de shangri la simultáneamente en las profundidades de las tumbas reales de china la última emperatriz es despertada de su sueño eterno mediante un antiguo ritual extraído del legendario manuscrito verum rompiendo los hilos de la muerte y añadiendo una capa de misterio lisa y thomas se embarcan en un peligroso viaje para proteger el sutra y descifrar su verdadero significado sin embargo también se enteran de que su enemigo está a punto de desatar un cataclismo mundial usando inteligencia artificial con algoritmos que han roto las cadenas de bloques de los bitcoin y la computación cuántica los illuminatis amenazan con provocar una crisis económica global y desatar un apocalipsis nuclear al controlar el arsenal mundial se ven envueltos en una carrera contra el tiempo para evitar la destrucción del mundo y desvelar los secretos de la antigua reliquia su verdadera batalla no es solo contra los illuminatis sino también contra las fuerzas oscuras de los ishihara una sociedad ninya su brazo ejecutor con valentía y sabiduría logran unir a la antigua orden del dragón blanco como aliados para una confrontación final que determinará el destino de la humanidad y el equilibrio entre la luz y la oscuridad

el singular sistema de instrucción que surgió en el célebre templo de shaolin en china donde se combinaba el espíritu del budismo chan zen y del taoísmo junto con una disciplina física y marcial rigurosa y con ejercicios de respiración acabó por cambiar el modo de concebir la mente y el cuerpo en todo el mundo dado que las enseñanzas que habían surgido en el templo de shaolin ocultas durante mucho tiempo han evolucionado e incrementado su relación con la cultura y con la sociedad esta obra apasionante y muy personal interesará a todos los entusiastas de las artes marciales a los profesionales de las terapias curativas y a cualquier persona interesada en las relaciones entre el cuerpo y la mente contiene también instrucciones prácticas para los ejercicios siguientes la postura wuji el caminar taijiquan la meditación de pie yi quan la órbita microcósmica del taoísmo la meditación vipassana en este libro presento mis experiencias sobre el entrenamiento integral cuerpo mente que empezó a desarrollarse en el templo de shaolin y en otras partes de china hace bastante más de mil años me baso en unas tradiciones ya probadas y que han sido refinadas e integradas filosófica y

empíricamente durante muchos siglos el vasto legado del templo de shaolin es un modelo valioso para el desarrollo humano confío en que el relato de mi historia personal y mis reflexiones puedan contribuir a arrojar luz sobre este legado por su sabiduría intemporal estas tradiciones son extraordinarias espero que también lleguen a vibrar dentro de ti el autor andy james wu andao ha sido director de la federación chino canadiense de kuo shu artes marciales ha ejercido de entrenador árbitro y luchador a los máximos niveles en Canadá en los campeonatos mundiales de wu shu de 1995 fue director del instituto internacional de qigong médico y presidente de la asociación wudang de investigación de artes marciales interiores en Canadá se formó como profesor de meditación vipassana con el célebre maestro dhiravamsa y es autor de the conscious i clarity and direction through meditation y ageless wisdom spirituality investing in human evolution

la práctica de este antiguo arte marcial chino caracterizado por sus lentos y elegantes movimientos se está haciendo cada vez más popular debido a la tranquila atmósfera y la sensación de quietud que emanan de él en contraste con las frenéticas prisas que conlleva la vida cotidiana constituye una forma flexible y suave de autodefensa que fomenta el equilibrio la flexibilidad la armonía y la paz mental difiere del concepto occidental de ejercicio en que el cuerpo trabaja relajado y sin ejercer ningún tipo de fuerza en esta completa guía de enfoque sencillo y con ilustraciones paso a paso adecuada tanto para principiantes como para estudiantes avanzados se exploran las raíces históricas y filosóficas de esta disciplina y se resumen los beneficios físicos mentales y espirituales que conlleva

esta bella colección ilustrada agrupa las técnicas y métodos más populares y efectivos para todos aquellos lectores preocupados por la salud que desean mejorar tanto en su estado de ánimo como en su aspecto físico

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