

# Kung Fu and Chinese Martial Arts

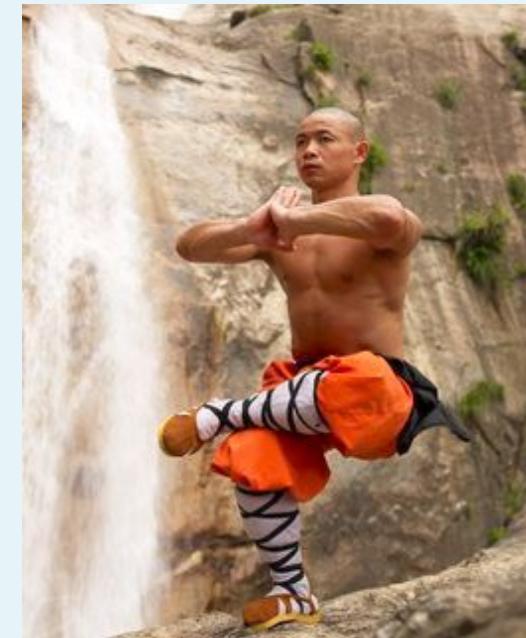
功夫和中国武术



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# Chinese Martial Arts

- “Kung Fu” gōngfu 功夫
- Wǔshù 武术
  - Guóshù 国术



# Origins of Kung Fu

- Early martial arts of China
  - Emperor Huángdì 皇帝
- Shaolin Temple
  - Shàolín Sì 少林寺
  - 495 AD
  - Bhodidharma/  
Dámó 达摩
  - Chán/ “Zen” 禅



# Shaolin Monks

- Shàolín Héshàng 少林和尚
- Defense of emperor Tàizōng 太宗 621 AD
- Defeat of pirates, wōkòu 倭寇 1555 AD
- Proliferation of styles





# Kung Fu Styles

- Northern style Chángquán 长拳
- Southern style Nánquán 南拳
- “Wing Chun” Yǒngchūnquán 咏春拳
- Animal styles
- Drunken style Zuìquán 醉拳

# Weapons

- **Qìxiè 器械**
- **Long weapons**
- **Short weapons**
- **Soft weapons**





# Internal Martial Arts

- Nèijiāquán 内家拳
  - Nèigōng 内功
- Wǔdāngquán 武当拳
  - Zhāngsānfēng 张三丰
  - Bāguàzhǎng 八卦掌
  - Tàijíquán 太极拳



# Tai Chi

- **Tàijíquán 太极拳**

- Chénjiāgòu 陈家  
17<sup>th</sup> century
- Chén 陈式太极拳
- Yáng 杨样式太极拳



# 武德



- Wǔdé

- 自强 Zìqiáng

- 自信 Zìxìn

- 自律 Zìlǜ

# Modern Wushu

- **Tàolù 套路**
  - 1958 All-China Wushu Federation
- **Sǎndǎ 散打**
  - Sǎnshǒu 散手



# Kung Fu Movie Stars

- **Bruce Lee**
  - 李小龙 Lǐ Xiǎo Lóng
- **Jackie Chan**
  - 成龙 Chéng Lóng
- **Jet Li**
  - 李连杰 Lǐ Lián Jié
- **Donnie Yen**
  - 甄子丹 Zhēn Zǐ Dān

