

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





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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
17th century
- Chén 陈式太极拳
- Yáng 杨样式太极



武德



• Wǔdé

- 自強 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

