

《十分钟学会中国武术》

图书基本信息

书名：《十分钟学会中国武术》

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内容概要

《10-Minute Primer CHINESE WUSHU(十分钟学会中国武术)》内容简介：The book traces the origin and the evolution of wushu, introduces its various schools and movement routines, and elaborates on the wushu culture. Its practitioners can build a basic wushu foundation by learning the simplified Five-stance quan.

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书籍目录

What Is Chinese Wushu?What Else besides Bruce Lee Should You Know?Wushu: From Stone-Age Battles to Modern FantasiesKey Words--To Open the Door to WushuThe Family Tree of WushuChinese Wushu and HealthBeginning to Become Bruce Lee

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章节摘录

插图：Whether in Chinese Buddhism or Daoism, or thesecret religions that existed among people throughChinese history, all are closely related with wushu. Shaolinwushu and VVudang wushu are undoubtedly the most in-fluential among Chinese religious wushu schools.Shaolin Temple wushu cultureShaolin Temple is the ancestral temple of the Chan (orZen) Sect of Chinese Buddhism. It is located on MountSongshan in Denfeng County, Henan Province.The Shaolin Temple gradually developed its own exten-sive cultural system with distinctive features. The systemembraces Chan (sitting in meditation) , wushu, medicine,ancient architecture, historical literature and books, as wellas food and drink and daily life. The most salient featuresof Shaolin culture are: integration of Chan meditation andwushu, with wushu as the embodiment of Chan, medicineas supporting wings of wushu, and the collection of thebest from all other schools.There are two prevalent beliefsregarding the origins of Shaolin gongfu: one, it was createdby Dharma; and two, it was created by Huiguang and ZengChou, disciples of Batuo, the founder of the ShaolinTemple.

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编辑推荐

《10-Minute Pimer CHINESE WUSHU(十分钟学会中国武术)》是由外文出版社出版的。

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精彩短评

1、书买了送给外国朋友的，印刷和纸质都很精美，翻译也通顺，是让老外们了解中国文化的一套好书！

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