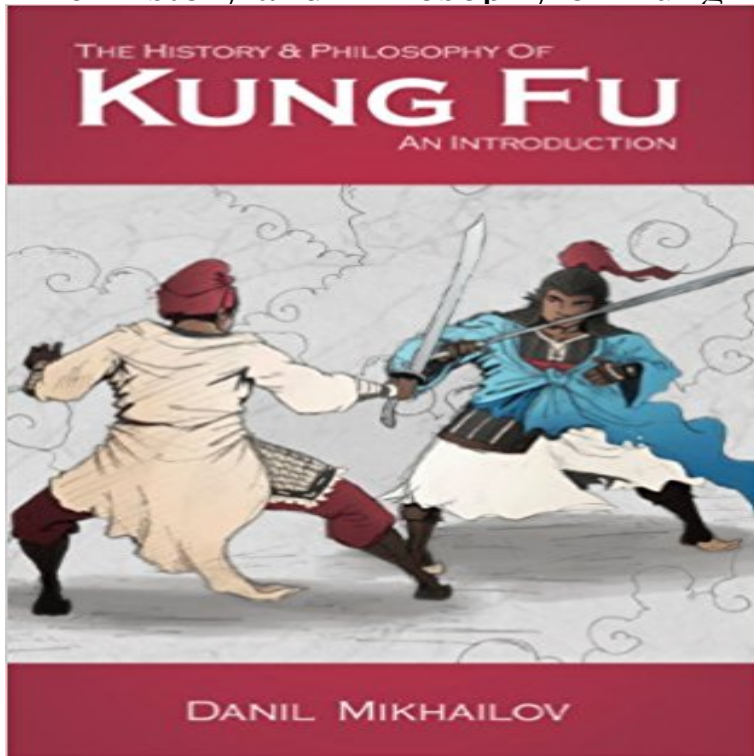


The History and Philosophy of Kung Fu: an Introduction



Kung fu is an ancient Chinese martial art that incorporates internal cultivation practices of breathing exercises, meditation and gymnastics into an even older indigenous system of fighting skills. This book traces the evidence of its origins all the way back to the Warring States and early Han Dynasty period, covering the 4th to 2nd centuries BC. It then tells the story of kung fu's development through each successive dynasty all the way to the 20th century, and lastly considers the philosophical side of kung fu, looking at how it has been influenced by the three great religions of China: Daoism, Confucianism and Buddhism.

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