

Kungfu Basics Tuttle Martial Arts Basics

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Chinese martial arts Wikipedia

January 11th, 2019 - The Shaolin style of kung fu is regarded as one of the first institutionalized Chinese martial arts The oldest evidence of Shaolin participation in combat is a stele from 728 CE that attests to two occasions a defense of the Shaolin Monastery from bandits around 610 CE and their subsequent role in the defeat of Wang Shichong at the Battle of Hulao in 621 CE

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Karate Wikipedia

January 10th, 2019 - Karate began as a common fighting system known as te Okinawan ti among the Pechin class of the Ryukyans After trade relationships were established with the Ming dynasty of China in 1372 by King Satto of ChÅ«zan some forms of Chinese martial arts were introduced to the Ryukyu Islands by the visitors from China particularly Fujian Province A large group of Chinese families moved to

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