

[YGArF.ebook] The Eighteen Lohan Skills: Traditional Shaolin Temple Kung Fu Training Methods Pdf Free

Stuart Alve Olson

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Stuart Alve Olson : The Eighteen Lohan Skills: Traditional Shaolin Temple Kung Fu Training Methods before purchasing it in order to gage whether or not it would be worth my time, and all praised The Eighteen Lohan Skills: Traditional Shaolin Temple Kung Fu Training Methods:

4 of 4 people found the following review helpful. A valiant attempt to sort out a real mess.By R. JohnsonIt's really hard for me to rate this book. I should give Mr. Olson 5 stars for effort. This kind of source is a how-to manual written usually in some kind of semi-poetic verse. If you translate it as a how-to manual, it is a terrible read with all sorts of footnotes and comments explaining the text. If you translate it in a more readable, more poetic form, much of the how-to detail is lost. Mr. Olson opted for readability.Further problems with this book are that the two original texts appear to be copies of a third, earlier source, which may have been a copy. And, as Mr. Olson points out, there are inconsistencies between the two texts. The first text appears in a book published by Wong Honfan, who also performs the movements in photos and explains how-to do them. This is fully translated. Yet, it is painfully obvious from the photos that Wong does not know all the details of performing the movements correctly, or, at least, only performs beginner's positions. He violates quite a few of the principles my teacher taught me, and he often does not match a number of the illustrations in the original text. This erodes confidence in his how-to commentary.I have started translating the names of the movements to compared with the few names that I know. This has been enlightening. I have not yet translated the original very blurry text. I find it odd that the translation labeled Original Text is translated in 11 lines where the Chinese is five pages long. I realize that translations rarely match one-to-one, but this awfully efficient translation. The photos of the original text are too burry to make out with confidence, and, as already stated there are discrepancies between the first and second texts.Yet, with all the problems, it is nice to have an Eighteen Lohan Gong reference at hand.0 of 12 people found the following review helpful. Four StarsBy BoomsieExcellent exercises to improve longevity!3 of 6 people found the following review helpful. this book is the very best available in my opinionBy Christopher RussellIf you are interested in learning the Eighteen Lohan Skills, this book is the very best available in my opinion. Clear and informative with photos, descriptions and Chinese text. Well worth it.

This book belongs in every martial artist's library, as the Eighteen Lohan Skills are a foundational system for the development of kung fu—not only traditional Shaolin Temple Kung Fu, but for nearly all martial art systems created thereafter. This is true in the applications and functions of the exercises, and in posture names as well. No full

translation or serious presentation of these exercises exists in English—until now! In presenting these teachings, Stuart Alve Olson made exclusive use of the original Chinese text by Praying Mantis Kung Fu master Fan Xudong and the later publication Lohan Gong, detailing the exercises by Master Wong Honfan. Included are the original illustrations from Fan Xudong's work and the photographs of Master Wong Honfan performing the exercises. The second section shows the original Shaolin text of these exercises with illustrations. The third section of the book presents the actual eighteen Lohan figures for which the exercises are named, providing a deeper spiritual outlook on the practice of kung fu and meditation. Through its yoga-like stretching aspects, the Eighteen Lohan Skills are not only a qigong practice (combining breathing with body movements), they also train martial applications, and promote internal alchemy skills because they stimulate and develop the internal energies of jing (body/essence), qi (breath/vitality), and shen (mind/spirit). The Eighteen Lohan Skills, then, are a complete system for health, longevity, and spiritual development. This book is a necessity for martial artists, qigong practitioners, and even those who follow Buddhist meditation practices and philosophy.

About the Author Stuart Alve Olson, longtime protege of Master T.T. Liang (1900–2002), is a teacher, translator, and writer on Taoist philosophy, health, and internal arts. In 2006, he formed Valley Spirit Arts to present his books and DVDs, and is the head teacher at the Sanctuary of Tao in Phoenix, Arizona, where he focuses on translating various Taoist texts, conducting lectures, leading retreats, and teaching.

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