



Wong Kiew Kit

Tim Johnson, Wong Kit



Wong Kiew Kit:

The Art of Chi Kung: Making the Most of Your Vital Energy Kiew Kit, Wong, Widely recognized as an effective means of stress management and healing chi kung is also an extraordinary technique for developing a general fitness of the mind and body In The Art of Chi Kung fourth generation Grandmaster Wong Kiew Kit explores the principles and philosophy of chi kung explaining its beneficial effects and then guides you through a series of chi kung exercises which you can learn from and practice at home It includes Chi Kung for health and longevity Stress management Vitality for sex and youthfulness Training of the mind for focus and creativity This is the most comprehensive study of chi kung available and will prove invaluable whether you are a beginner or already have some understanding of this ancient art *The Complete Book of Zen* Kiew Kit Wong,1998 Traces the historical development of Zen from its beginnings in India to full blossoming in China and demonstrates how zen practice can enhance concentration reduce states of chronic disease and lead to spiritual fulfillment

Complete Book of Tai Chi Chuan Wong Kiew Kit,2022-07-19 Master the ancient Chinese art of Tai Chi Chuan with this informative guide One of the most popular Chinese martial arts Tai Chi Chuan is also one of the most effective stress relievers available In China it is also used extensively for the prevention and treatment of illnesses and its beneficial effects on health and fitness are now widely recognized in the West The Complete Book of Tai Chi Chuan is a comprehensive and fascinating guide to the practical application and potential benefits of Tai Chi Chuan This tai chi guide is packed with step by step illustrations for practice at home and covers everything you would want to know about this ancient art including its benefits for mental spiritual and emotional development It is both an ideal introductory guide and an invaluable reminder for those who have already taken classes Topics in The Complete Book of Tai Chi Chuan include Tai Chi Chuan as a Martial Art The Concept of Yin Yang and Tai Chi Chuan The Historical Development of the Various Styles Advice from the Great Masters Techniques and Skills of Pushing Hands Specific Techniques for Combat Situations Taoism and Spiritual Development in Tai Chi Chuan And much more *The Way of the Master (Special and Limited Edition)* Kiew Kit Wong,2015-05 This is the real life story of a boy who has become a world legend The book which is being divided into three parts records in detail the life of Grandmaster Wong Kiew Kit who is an expert in the Shaolin arts The Formative Years Traces the early age of Grandmaster Wong and how he learned Shaolin Kungfu Taijiquan Zen chi kung and Chinese medicine from patriarchs of the arts Building the Foundation Describes how Grandmaster Wong founded Shaolin Wahnam and started to teach the Shaolin arts to the public Spreading Health and Happiness Records the travel of Grandmaster Wong to numerous countries to teach the Shaolin arts to more than 60 000 students in over 35 countries helping people suffering from so called incurable diseases to regain their good health and giving vitality longevity mental clarity peak performance and spiritual joy to people who are already healthy irrespective of race culture and religion Grandmaster Wong is also an international best selling author His writing is clear and a pleasure to read Even if you may not be interested in the subjects he writes about you will still enjoy reading his

autobiography which is full of fun and humour and benefit much from the real life stories which illustrate many invaluable lessons to enrich our daily life The Special and Limited Edition comes with a DVD which consists of 70 videos that record the kungfu sets mentioned in the book *Introduction to Shaolin Kungfu* Kiew Kit, Wong,1976 This is the first kungfu book by a Shaolin Grandmaster Sifu Wong Kiew Kit who has become a legend It gives a comprehensive introduction to Shaolin Kungfu including The philosophy and history of Shaolin Kungfu A basic Shaolin Kungfu set with many secrets revealed Combat application Internal force training Kungfu weapons General principles of kungfu It is a book that any Shaolin Kungfu practitioner should have *Chi Kung for Health and Vitality (Revised Edition)* Kiew Kit, Wong, This clear easy to follow guide by the internationally acknowledged Grandmaster Wong Kiew Kit shows how we can all benefit from chi kung s energy cultivating techniques The book encourages you to plan your own fitness programme around the unique exercise sequence which will Enhance mind and body fitness Develop vitality for a healthy sex life Decrease stress Prevent and combat illness This is a fun and fulfilling form of exercise that is equally enjoyable for beginners and practitioners alike *Chi Kung for Health and Vitality* Wong Kiew Kit,2007-09 This clear easy to follow guide by the internationally acknowledged Grandmaster Wong Kiew Kit shows how we can all benefit from chi kung s energy cultivating techniques The book encourages you to plan your ownfitness program around the unique exercise sequence which will Enhance Mind and Body Fitness Develop Vitality for a Healthy Sex Life Decrease Stress Prevent and Combat IllnessThis is a fun and fulfilling form of exercise that is equally enjoyable for beginners and practitioners alike *The Shaolin Arts* Kiew Kit Wong,2002-05 The Shaolin Arts Master Answers Series is a selection of answers to questions written by various people all over the world to Sifu Wong who is a celebrated Shaolin Grandmaster The publication of these questions and answers will prove invaluable to everyone who is interested in the Shaolin arts This book introduces Shaolin Kungfu Taijiquan Qigong and Zen Buddhism and the various styles in these respective arts and training methods The book includes The legends history and personalities who were behind development of these arts An in depth study of these arts including form and internal force training energy management and healing weapons strategies tactics spiritual joy and meditation to achieve Enlightenment which is the ultimate prize Case studies to prove that practitioners of these arts especially qigong can successfully overcome so called incurable diseases maintain their health and manage stress effectively Stories on Satori or Awakening experienced by Sifu Wong s students and disciples *The Greatness of Kung Fu* Tim Johnson,Wong Kit,2012-09-27 Grandmaster Wong is a 4th generation successor of the renowned Southern Shaolin monastery in Putian China Living in Malaysia he travels the world spreading the greatness of kung fu throughout the world through the Shaolin Wahnam institute Learn about the masters Sifu Wong studied under and hear stories of how he trained and how he has been working to improve Kung Fu teaching methods to share his art with the world In this book we talk about how Qi Gong can help to heal today s modern society and how good health is natural as well as how Kung Fu training has evolved in recent times and will continue to evolve in the future Why do

people get sick It is because the energy that helps the natural processes to maintain good health is blocked from doing its work Grandmaster Wong Kiew Kit We are serious about wanting to preserve the greatness of Kung Fu To do so we have to share those secrets that make Kung Fu great Grandmaster Wong Kiew Kit Good health is natural Today so many people are sick and weak They mistakenly think that being sick and being weak is natural That s not true Being healthy is natural Grandmaster Wong Kiew Kit *Art of Shaolin Kung Fu* Wong Kiew Kit,2022-07-19 The Art of Shaolin Kung Fu is the ultimate guide to Kung Fu from theory to practical application This unique martial arts book by a renowned Grandmaster is a complete and comprehensive introduction to Kung Fu and all other aspects of ancient Shaolin wisdom You will learn the ancient art of the Shaolin monks from the famous Shaolin monastery It will prove invaluable to everyone interested in martial arts chi kung and meditation showing how Kung Fu and other Shaolin arts can bring you health vitality mental focus and spiritual joy Chapters include What is Kung Fu Four Aspects of Kung Fu The Importance of Force Training Application for Combat and Daily Living Kung Fu Philosophy for Deeper Understanding The Benefits of Kung Fu The Historical Development of Chinese Martial Arts Kung Fu in Prehistoric and Ancient Times The Glorious Han and Tang The Modern Period From Shaolin to Taijiquan Shaolin Kung Fu The Various Styles of Taijiquan Soft and Hard Internal and External A Comparative Study of Kung Fu Contrasting Shaolin and Wudang Kung Fu Xingyi Kung Fu and Taoist Concepts Tanglangquan or Praying Mantis Kung Fu The Spread of Southern Kung Fu Defining Aims and Objectives Setting Aims for Kung Fu Training Personal Objectives Course Objectives The Foundation of Shaolin Kung Fu Inheritance from Past Masters Various Shaolin Hand Forms Basic Shaolin Patterns From Form to Combat Application The Four Directions of Attack The Principles of Effective Combat Specific Techniques Against Kicks Combat Sequences and Set Practice Relieving Injuries Sustained in Sparring Composing Your Own Kung Fu Sets Shaolin Five Animals Understanding Characteristics and Essence The Five Animal Set The Names of the Five Animal Patterns Five Animal Combination Set How to Improve Combat Efficiency Spacing and Timing in Combat The Internal Force of Shaolin Kung Fu The Relationship Between Technique and Force The Compassionate Art of Qin Na The Internal Force of Tiger Claw Tactics and Strategies Using Continuous Attack Effectively A Tactic to Distract Your Opponent Selecting Strategies to Suit Particular Situations Classical Kung Fu Weapons Staffs Whips Knives and Other Weapons Light and Heavy Weapons Understanding and Developing Chi The Various Genres of Chi Kung Lohan Embracing Buddha Abdominal Breathing Shaolin Kung Fu and Zen Cultivating Heart Nourishing Nature Bodhidharma and Taoism in Zen The Shaolin Way to Enlightenment Attaining a Focused Mind Meditation to Train Awareness Shaolin Kung Fu for Spiritual Development [Sukhavati - Western Paradise](#) Kiew Kit Wong,2002 Sakyamuni Buddha taught the Amitabha Sutra over 2000 years ago It is one of the most important Sutras in Mahayana Buddhism It teaches how a person can be reborn in Sukhavati also known as the Western Paradise of Eternal Bliss In Sukhavati Grandmaster Wong Kiew Kit explains the principles and practice of Pure Land Buddhism He introduces and comments on the various Sutras and Mantras that are

important to Pure Land practitioners The book includes Amitabha Buddha and the description of Sukhavati Majestic grandeur of Buddhism Other Buddhas and Bodhisattvas in every direction Heaven and enlightenment Methods to win rebirth in Sukhavati Settling doubts Commentaries from the classics **The Complete Book of Shaolin** Kiew Kit, Wong, Shaolin Kungfu has been considered by many as the best martial art in the world But kungfu is just one of the three treasures of Shaolin the other two being chi kung and Zen For the first time ever this inspiring book written by an internationally acclaimed Shaolin Grandmaster brings to you the crystallization of Shaolin wisdom and practice spanning many centuries Its scope and depth is amazing touching on among many other things poetry and enlightenment Yet it is written in a language easy to understand Profound concepts and difficult techniques are explained systematically with many illustrations The book includes The background and scope of kungfu Form and combat applications Principles and methods of force training Energy training and mind training Secrets of the masters Traditional Chinese weapons Maintaining one s health and vitality and the healing of so called incurable diseases Interesting stories and legends of Shaolin Zen and spiritual development The Art of Shaolin Kung Fu Wong Kiew Kit,2002-11-15 The Art of Shaolin Kung Fu is the ultimate guide to Kung Fu from theory to practical application This unique martial arts book by a renowned Grandmaster is a complete and comprehensive introduction to Kung Fu and all other aspects of ancient Shaolin wisdom You will learn the ancient art of the Shaolin monks from the famous Shaolin monastery It will prove invaluable to everyone interested in martial arts chi kung and meditation showing how Kung Fu and other Shaolin arts can bring you health vitality mental focus and spiritual joy Chapters include What is Kung Fu Four Aspects of Kung Fu The Importance of Force Training Application for Combat and Daily Living Kung Fu Philosophy for Deeper Understanding The Benefits of Kung Fu The Historical Development of Chinese Martial Arts Kung Fu in Prehistoric and Ancient Times The Glorious Han and Tang The Modern Period From Shaolin to Taijiquan Shaolin Kung Fu The Various Styles of Taijiquan Soft and Hard Internal and External A Comparative Study of Kung Fu Contrasting Shaolin and Wudang Kung Fu Xingyi Kung Fu and Taoist Concepts Tanglangquan or Praying Mantis Kung Fu The Spread of Southern Kung Fu Defining Aims and Objectives Setting Aims for Kung Fu Training Personal Objectives Course Objectives The Foundation of Shaolin Kung Fu Inheritance from Past Masters Various Shaolin Hand Forms Basic Shaolin Patterns From Form to Combat Application The Four Directions of Attack The Principles of Effective Combat Specific Techniques Against Kicks Combat Sequences and Set Practice Relieving Injuries Sustained in Sparring Composing Your Own Kung Fu Sets Shaolin Five Animals Understanding Characteristics and Essence The Five Animal Set The Names of the Five Animal Patterns Five Animal Combination Set How to Improve Combat Efficiency Spacing and Timing in Combat The Internal Force of Shaolin Kung Fu The Relationship Between Technique and Force The Compassionate Art of Qin Na The Internal Force of Tiger Claw Tactics and Strategies Using Continuous Attack Effectively A Tactic to Distract Your Opponent Selecting Strategies to Suit Particular Situations Classical Kung Fu Weapons Staffs Whips Knives and Other Weapons Light and Heavy

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The Fall of the Southern Shaolin Temple and Rise of the Ten Tigers of Canton Paul Burkinshaw, 2019-03-15 The Fall of the Southern Shaolin Temple and the Rise of the Ten Tigers of Canton tells the legendary story of the Southern Shaolin Temples in Fukien Province China and of the renowned Shaolin Kung Fu masters who trained there Events and betrayals led to the destruction of these Southern Shaolin Temples The survivors fled from the Ching Qing army and dispersed around Kwangtung Guangdong Province Many of these eventually settled in or around the provincial capital city of Canton They in turn taught their kung fu among the general population which led to the rise of several eminent kung fu masters The ten best were chosen and from then on would be known as the Ten Tigers of Canton **A History of Shaolin** Lu

Zhouxiang, 2019-03-18 Shaolin Monastery at Mount Song is considered the epicentre of the Chan school of Buddhism It is also well known for its martial arts tradition and has long been regarded as a special cultural heritage site and an important symbol of the Chinese nation This book is the first scholarly work in English to comprehensively examine the full history of Shaolin Monastery from 496 to 2016 More importantly it offers a clear grasp of the origins and development of Chan Buddhism through an examination of Shaolin and highlights the role of Shaolin and Shaolin kung fu in the construction of a national identity among the Chinese people in the past two centuries **Politics and Identity in Chinese Martial Arts** Lu

Zhouxiang, 2018-06-12 Chinese martial arts is considered by many to symbolise the strength of the Chinese and their pride in their history and has long been regarded as an important element of Chinese culture and national identity Politics and Identity in Chinese Martial Arts comprehensively examines the development of Chinese martial arts in the context of history and politics and highlights its role in nation building and identity construction over the past two centuries This book explores how the development of Chinese martial arts was influenced by the ruling regimes political and military policies as well as the social and economic environment It also discusses the transformation of Chinese martial arts into its modern form as a competitive sport a sport for all and a performing art considering the effect of the rapid transformation of Chinese society in the 20th century and the influence of Western sports The text concludes by examining the current prominence of Chinese martial arts on a global scale and the bright future of the sport as a unique cultural icon and national symbol of China in an era of globalisation Politics and Identity in Chinese Martial Arts is important reading for researchers students and scholars working in the areas of Chinese studies Chinese history political science and sports studies It is also a valuable read for anyone with a special interest in Chinese martial arts Qigong Basics Ellae Elinwood, 2012-06-05 Qigong a holistic approach to health and wellness focuses on gentle movement breathing and meditation Qigong Basics teaches you all the fundamentals of this ancient Chinese discipline in a clear and easy to understand manner Related to tai chi this practice

engages the mind and body while helping to strengthen muscles find balance and reduce stress This introductory book contains the following vital information The origins of Qigong its philosophy history and different styles How to find a teacher and a class that are right for you Getting ready for your first class what happens in a Qigong class The essential elements breathing stances grounding and expansions How to complement your Qigong training with meditation and qi exercises Powerful ways to promote health and well being through specific sequences Resources to help you develop your knowledge and understanding of Qigong Whether you re just getting started or you ve already been training for a year or two Qigong Basics offers an easy to read yet comprehensive introduction to the sport

The Science and Philosophy of Martial Arts Alex W. Tong, 2022-02-22 Through the lenses of Shotokan Karate and biomedicine sensei and biomedical scientist Alex W Tong shows readers how body mind and spirit can be developed through martial arts practice Through the practice of martial arts a person can realize their full potential not only in body but in mind and spirit The Science and Philosophy of Martial Arts shows readers how Author sensei and biomedical scientist Alex W Tong delves into the physical mental and spiritual components of martial arts and integrates contemporary sports psychology kinesiology and neuroscience into a nuanced and illuminating understanding of what martial arts practice can be Structured into three sections Tong discusses The Mind The dao of martial arts mental tranquility contemporary neuroscience and warming up the brain The Body Posture and stance breathing in martial arts and the physics of mastery and effort The Spirit Soul spirit and moving zen nature and manifestations of the spirit Each section includes observations on martial arts origins physiology and tangible results on martial arts training Blending traditional and contemporary approaches knowledge and research The Science and Philosophy of Martial Arts builds a vision of practice that elevates physical performance awareness decisiveness and strength of spirit

Complete Book of Chinese Medicine Kiew Kit, Wong, The Complete Book of Chinese Medicine is the result of years of research and study by a world renowned Shaolin Grandmaster Sifu Wong Kiew Kit who has an excellent track record in curing many so called incurable diseases like cancer cardiovascular diseases diabetes sexual inadequacy kidney failure rheumatism and asthma using chi kung therapy The aim of this exciting book is to introduce the wonderful and unique concept behind Chinese medicine Sifu Wong s command of both the Chinese and English languages has made this book possible as meanings are often lost or misinterpreted during translation Thus this book will be indispensable to everyone with an interest in Chinese medicine and to those who find that Western medicine does not have all the answers after all The book includes The history development and the main features of Chinese medicine Strategies and tactics when diagnosing and treating patients How modern societies including Western medical doctors and research scientists can benefit from a deeper and holistic understanding of Chinese medicine Case studies

二〇〇〇年 (Japan), 2000

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