

This Free E-Book is brought to you by Natural-Aging.com.

**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Kung Fu: History And Basic Principles

By George Royal

The Term:

Historically, the term "Kung Fu" is not really featured in any ancient texts. It was first coined by a Frenchman named Jean Joseph Marie Amiot, a missionary who lived in the 18th Century, in reference to Chinese martial arts. Kung Fu is also called Gongfu, Wushu, or Kuoshu, and originally denotes expertise in any skill, and not exclusive to martial arts.

Brief History:

The practice, philosophy, and concept of Kung Fu can be traced back to ancient Chinese texts such as Zhuang Zi, Dao De Jing, and Sun Zi Bing Fa (Art of War written by Sun Zi), all written between 1111–255 BC. These texts contain passages related to the practice, propagation, and principles of Chinese martial arts, or Kung Fu as it is known today.

One theory regarding the first written history of Kung Fu suggests that the Yellow Emperor, who reigned from 2698 BC, wrote the first treatise on Chinese martial arts. Others give credit to Taoist monks for introducing an art form that resemble modern Tai Chi around 500 BC. Then in 39–92 AD, Pan Ku included "Six Chapters of Hand Fighting" in his discourse on the history of the Han dynasty (Han Shu). As the popularity of martial arts progressed, a physician named Hua T'uo also wrote his own treatise entitled, "Five Animals Play" in 220 AD.

Kung Fu had become a common word in the West beginning in the late 1960s, popularized by martial arts movies and TV series. The Western world today has also seen an immense upsurge in the creation and production of martial arts movies starring great actors/masters such as Jackie Chan and Jet Li.

Basic Principles:

The concept of Kung Fu revolves around three basic principles - Motivation, Self-discipline and Time.

Kung Fu: History And Basic Principles

According to experts, the real motivation behind learning Kung Fu is inspiration and not force, which should come from an inner craving to learn and develop the mind and body. Motivation here is the fundamental driving force. There is no external or worldly gain for the learner, and the only reward is that of knowledge, skill, strength and wisdom.

In Kung Fu, discipline is complementary to motivation. Discipline puts motivation into deed and action. A learner has to make an effort into what he has been motivated for, and self-discipline helps him get started and guides him to achieve that goal. Therefore, without discipline, motivation is just a dormant state of mind.

Time is the path to perfection in martial arts. Once motivation and self-discipline have set in, a learner has to spend a considerable amount of time putting mind and body into practice. A truly inspired learner does not have the privilege to waste time, stay idle or indulge in fruitless activities. Everything done by him/her should reflect real motivation and self-discipline.

Variants and Styles:

With the passage of time, numerous variants and styles have come up in martial arts, or Kung Fu. Some of the more popular ones include Karate, Escrima, Wing Chun, Jujitsu, Judo, Tae Kwon Do, Shaolin, White Crane, T'ai Chi Ch'uan, and Bagua Zhang.

<http://martialarts-hq.com/>

Martial Arts HQ offers articles, tips and tricks about different martial arts.

The Lies We Live By

By Olabisi(DJ)

How many times have you lied to get your way ?

Many cameras today focus automatically on things both far and near.

You are inclined to be like that. See, almost everything that you view "in focus" that is important, desirable and with some thinking is within your reach.

What are principles ?

A principle is defined as a general or fundamental truth: a comprehensive and fundamental law, doctrine, or "assumption" on which others are based or from which others are derived.

Do you think and act on the basics of principles ?

Having a firm grasp of basic principles can help you to understand and apply more specific directives,

Kung Fu: History And Basic Principles

Futhermore if you do not thoroughly comprehend basic principles.

You might not be able to make sound decisions, as humans we tend to shy away from the effort required to reason on principles. We may prefer the convenience of a "Lie" when we are faced with a decision or a problem.

The anxieties of today's busy life might be distracting you from thinking and acting on the basics of principles.

How many times have you lied to yourself ?

Where does your security lie ?

Where are you going ?

I know sometimes you get so consumed by the daily grind of life that you forget to look at the larger picture.

When you put your lies aside, appraise your present situation and see what you can "Honestly" expect from the future.

You will see that you have been spinning your wheels on a very long insecure detour in an imperfect world of which you have a limited life span.

I want you to consider these ancient words of wisdom since so you do not second guess the value of principles.

"You become what you think"

Be Good.
Olabisi(DJ)

You have permission to publish this article in your ezine or on your web site, free of charge, as long as the bylines are included. A courtesy copy of your publication would be appreciated.

A secret I have been keeping has increased my discipline. To find out more

<mailto:mysecret@malibuemail.com>

Olabisi(DJ) Gbayisomore is the owner of

<http://www.Taeboselctions.com>

mysecret@Malibuemail.com

The Lies We Live By
Using Chinese Techniques For Your Health And Strength
Recommended Undergraduate Classes
Being Creative And Develop Your Own Design
Wing Chun – Chinese Martial Art

100 succulent Chinese Recipes
How to Use Your Mind for Study
GUERRILLA MARKETING Volume 3
Disaster Preparedness and Crime Protection Manual
Your Own Bible Research Library



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!