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### **INTRODUCTION TO KUNG FU**

Through the turbulent history of The Shaolin temple the monks were often forced to defend their temple, and realized the exercise taught by Bodhidharma had martial value, thus the beginning of Shaolin Kung Fu was born. Shaolin Kung Fu as A Way of Life Shaolin Kung Fu is more than merely a system of fighting techniques, and physical exercise.

### **Shaolin Traditional Kung Fu Academy - Introduction to Shaolin**

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