



# Kung Fu Mindmap

KUNG FU MARTIAL ARTS REVIVAL  
FOR WELLBEING, THERAPY,  
PHILOSOPHY, & SPIRITUALITY

Amanda Lan

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01

# Kung Fu Mindmap



**Kung Fu is a traditional Chinese martial art or Wushu.** Chinese Wushu, also known as Chinese martial arts, is an ancient practice of physical, mental, and spiritual development.

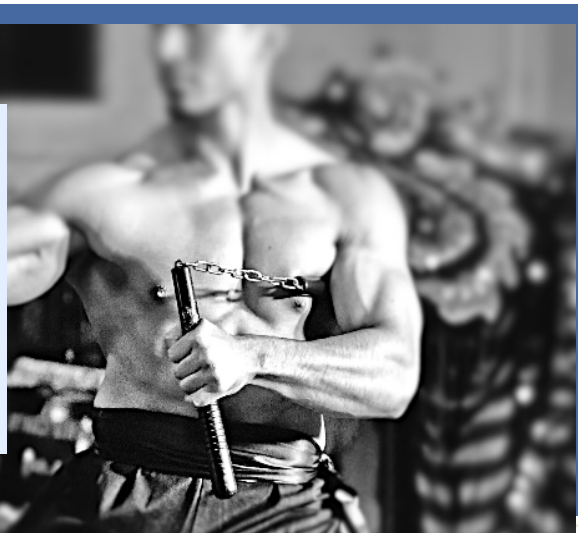
It is a type of exercise that combines various forms of self-defense, health maintenance, and martial arts with traditional Chinese philosophy and culture. It has been practiced for thousands of years and is still popular today. The practice of Chinese martial arts consists of two main parts: the physical movements and the philosophical/spiritual principles.

It focuses on self-defense and developing physical strength, flexibility, and balance. Kung Fu is usually done in a series of forms, which are pre-determined patterns of movements and techniques.

In addition to self-defense, Kung Fu also emphasizes physical and mental health and the importance of discipline.

**Kung Fu therapy** on the other hand; is a traditional Chinese medicine therapy that uses ancient martial arts movements to help treat injuries.

Kung Fu is a traditional Chinese martial art or Wushu. Chinese Wushu, also known as Chinese martial arts, is an ancient practice of physical, mental, and spiritual development.



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# Kung Fu & Wushu



Kung Fu is a term used to refer to Chinese martial arts. It is a form of self-defense and exercise that uses a combination of various physical techniques, such as kicks, punches, throws, blocks, and forms.

Wushu is the modern name for Kung Fu, which means "martial arts" in the Chinese language also known as Mandarin.

Wushu consists of two main categories: empty-hand forms and weapon forms. The forms are choreographed, with each movement representing a particular martial arts technique.

The physical movements involve various strikes, kicks, throws, blocks, and joint locks, as well as weapons training. These techniques are designed to develop the practitioner's physical strength, speed, balance, coordination, and flexibility.

Chinese martial arts also emphasize the importance of mental and spiritual development.

This includes the practice of meditation, visualization, and the use of Qi (vital/life force).

In addition, many Chinese martial arts involve the study of Chinese philosophy, history, and culture.

Chinese martial arts are divided into two main styles: the hard/external styles and the soft/internal styles.

Hard/external styles focus on physical power, speed, and agility. These styles involve strikes, kicks, and blocks.

Soft/internal styles focus more on cultivating mental and spiritual energy.

These styles involve the use of Qi and the practice of meditation and visualization.

No matter what style of Chinese martial arts is practiced, the focus is always on physical, mental, and spiritual development.

Chinese martial arts are not just about fighting, but about cultivating the mind, body, and spirit.

## History

Kung Fu also called Wushu originated in China

Developed over centuries through observation of nature, philosophy, and martial arts

Created by monks to defend themselves and their temples

## Kung Fu Mindmap

Developed into a martial art form

Introduced in the West in the 1960s

Kung Fu is an ancient Chinese martial art that has been around for centuries. It is based on a combination of physical techniques, such as strikes, blocks, and throws, and mental techniques, such as **meditation** and focus.

Kung Fu movements were created by combining the principles of balance, timing, and body mechanics.

The movements are designed to be fluid and graceful, while also having the power to be effective in a self-defense situation.

Kung Fu practitioners often use animal forms, such as tiger, crane, and dragon, to help them learn the movements and to add flavour to their practice.





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# The Shaolin Monks & Kung Fu







The Shaolin Monks are considered to be the founding fathers of Kung Fu martial arts. They are credited with developing the physical and mental aspects of Kung Fu, such as the hard and soft styles, animal forms, and the various weapons associated with the art. The Shaolin Monks also popularized Kung Fu as a form of self-defense and physical exercise. Their teachings have been passed down through generations and are still practiced today. They are popular for the Shaolin styles they created.

### Shaolin Monk Styles

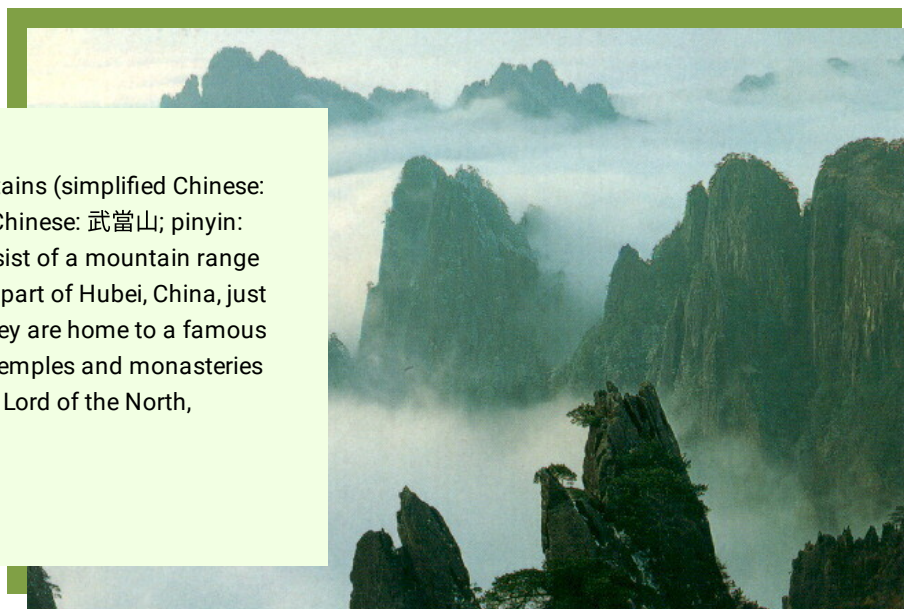
1. Shaolin Animal Styles
2. Shaolin Long Fist
3. Shaolin Five Animal System
4. Shaolin Tai Chi
5. Shaolin Eighteen Hands of Lohan
6. Shaolin White Crane Style
7. Shaolin Tiger-Crane Form
8. Shaolin Wing Chun

### 9. Shaolin Five Elements

### 10. Shaolin Eight Diagrams Palm



The Wudang Mountains (simplified Chinese: 武当山; traditional Chinese: 武當山; pinyin: Wūdāng Shān) consist of a mountain range in the northwestern part of Hubei, China, just south of Shiyan. They are home to a famous complex of Daoist temples and monasteries associated with the Lord of the North, Xuantian Shangdi.



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# Modern Kung Fu Today







Today Kung Fu is a Chinese martial art used as a sport, self-defense, or healing. It is a form of self-defense that uses a combination of kicks, punches, blocks, and other techniques.

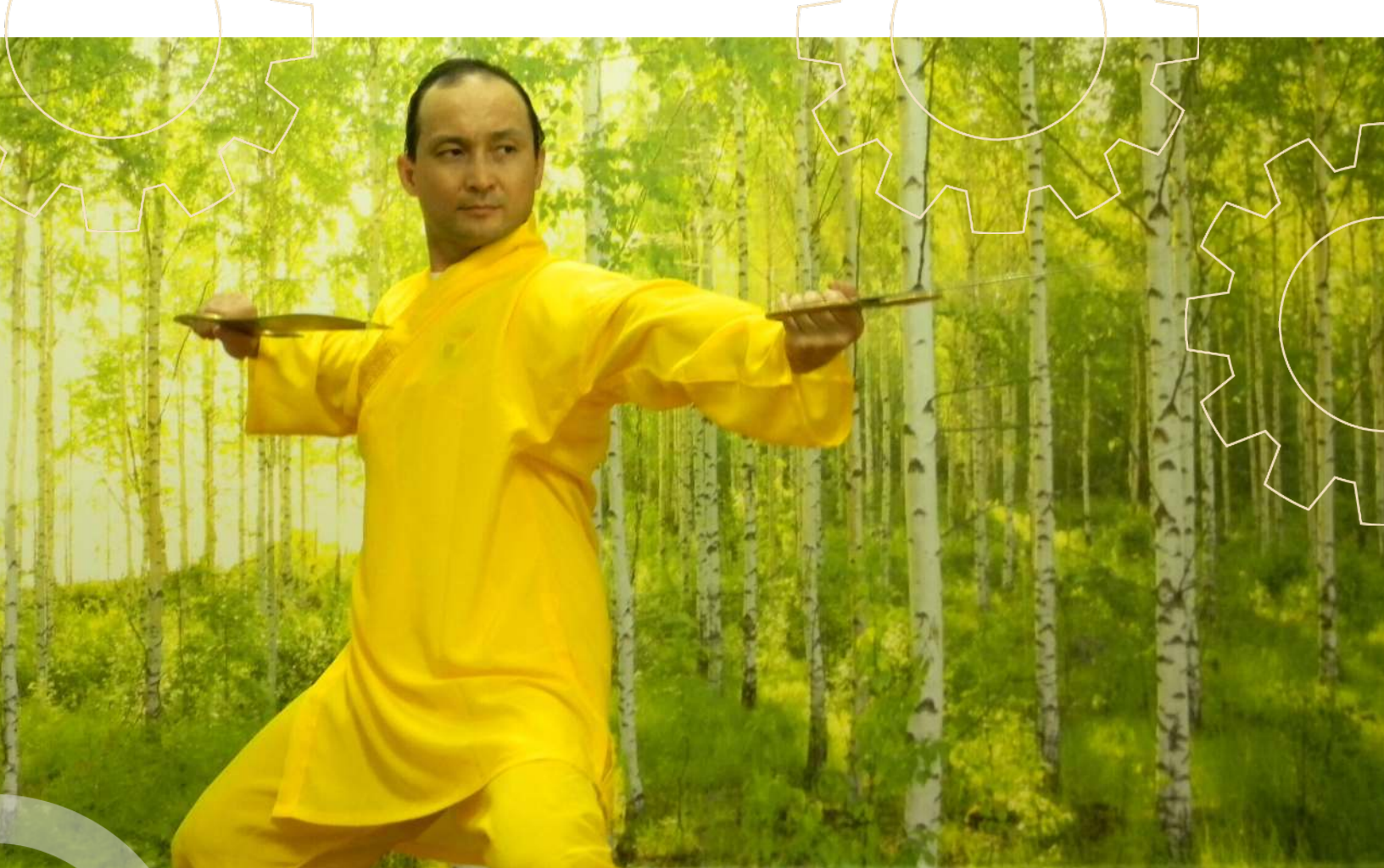
Kung Fu has been popularized in modern times through movies and television shows. It is used in mixed martial arts competitions and is a popular form of exercise.

Kung Fu is based on principles of balance, agility, and precision. Through practice and dedication, practitioners can develop speed, power, and accuracy. Kung Fu also focuses on building inner strength and discipline.

### External Styles

-Shaolin Kung Fu

Subdivided by regional allocation;



a) Northern Shaolin

b) Southern Shaolin

-Five Animals KUNG FU

-Choy Li Fut

## Internal styles

-Qigong

-Tai Chi

-Ba Gua

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-Xing Yi

-Wing Chun

-Choy Li Fut

-Praying Mantis

## Fighting Techniques

-Striking

-Grappling

-Throwing

-Joint Locks

-Thrust Kicks

Fighting Styles

-Sanda

-Shuai Chao

-Sanshou

05

# Kung Fu & Chinese Medicine Connection





## Kung Fu Therapy

**Kung Fu therapy is a traditional Chinese medicine therapy** that uses ancient martial arts movements to help treat injuries. It is based on the belief that the body's energy (Qi) can be manipulated through certain movements and postures. The movements can help reduce pain, improve circulation, and help the body heal itself.

The basic principles of Kung Fu therapy are simple: start slow, use low-impact movements, and build up gradually. First, start with light stretching and warm-up exercises. This helps to improve flexibility and increase blood flow to the injured area. Then, move on to gentle massage techniques and slow, controlled movements. Finally, use more vigorous movements to help strengthen muscles and improve the range of motion.



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## Kung Fu Mindmap

Kung Fu therapy is a great way to treat injuries without the need for medication or surgery.

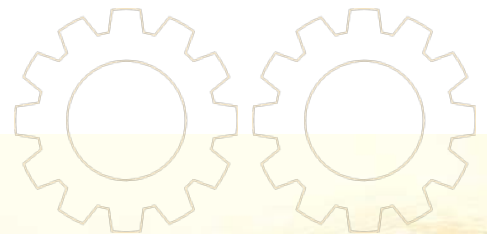
With practice and patience, you can improve your range of motion, reduce pain, and increase your overall strength and flexibility.

Chinese medicine arose from Kung Fu martial arts to treat injury by utilizing the same principles of physical conditioning and healing used by martial artists.

This includes stretching and strengthening exercises, as well as breathing and relaxation techniques that help to promote healing in the body.

Additionally, many traditional forms of **Chinese medicine**, such as acupuncture and herbal remedies, have also been used to treat injuries.

Finally, martial arts often employ massage and other forms of physical therapy, which can help to reduce inflammation and promote healing in injured areas.



## Daoist Practices & Kung Fu

Daoism is a Chinese philosophical and religious tradition that emphasizes living in harmony with the Dao (the way, or the path). Daoists strive to follow the natural order of things and live in harmony with the world around them.

To this end, Daoists practice various rituals and techniques, such as Qigong (breathing exercises), tai chi (martial arts), and meditation, to cultivate their Qi (life energy) and achieve inner peace.

Daoist practices are based on ancient Chinese wisdom focused on living in harmony and balance with the environment and nature. Practices such as tai chi, Qigong, and meditation help to promote physical and mental well-being. Daoism also emphasizes the importance of living in accordance with the laws of nature and recognizing the interconnectedness of all things. It encourages moderation in all aspects of life and cultivates inner peace.

Kung fu is a Chinese martial art that combines physical training with a philosophical and spiritual approach.

It is based on the principles of balance, harmony, and respect, and focuses on developing the whole body and mind.

The practice includes forms, drills, and techniques used to improve strength, agility, flexibility, and coordination.

Kung fu also emphasizes self-defense, with practitioners learning how to use their bodies to block and counter attacks.



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## Chinese Medicine

Chinese medicine is a traditional practice based on a holistic view of health and wellness.

It emphasizes the connection between mind, body, and spirit and seeks to restore balance and harmony through the use of natural remedies and treatments.

Chinese medicine includes the use of herbal medicines, acupuncture, acupressure, cupping, massage, and Qigong.

Chinese medicine is an ancient system of healthcare that has been used for centuries in China.

It is based on the idea that the body is made up of energy and that illness is caused by an imbalance of this energy.

Chinese medicine works to restore balance by using techniques such as acupuncture, herbal remedies, and massage.



Training Tai Chi Quan is Medication in motion. The practice of Tai Chi Quan trains you to maintain a balance between the two principles of Yin and Yang and Quan as Balance. The principles you learn in Tai Chi Quan should be applied to everything you do throughout your life. Ancient people practiced the Dao, also known as the Way of Living.



# Kung Fu Mindmap

Kung Fu secrets have resulted in an often-overlooked treasure trove of knowledge and wisdom. This Kung Fu Mindmap is intended to provide the reader with a basic overview of information to pique the readers' interest while also facilitating a mapped view of the origins of Kung Fu and its influences within the variety of offerings it provides. This simple and basic overview, hopefully, will guide the reader and provide an opportunity to investigate with a clearer understanding of the big picture and influence.



Why this book? Wellness is a top priority for me as a business person, an internationally accredited 7th dan Chinese martial arts coach, co-founder and co-owner of 1MindBodyFitness martial arts health and wellness center, this passion has become a part of my professional life. I continued to return to the creative aspects of my specialty because I love art so much. Continuous learning and study shape my perspective on life. Although it's a lovely journey, we must never take it for granted.

View online;

1) Courses - <https://courses.1mindbodyfitness.com/>

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