

<<十分钟学会中国武术>>

图书基本信息

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### 内容概要

此选题是外文出版社“十分钟”系列选题中的一项；“十分钟”系列的特点是用简明扼要、通俗易懂的语言介绍一种中国文化，每项选题的文字量都在1万字左右，除了文化的相关介绍外，选题的重点放在教读者实际操作演练的章节。

本书选取了中国文化中的一个热点，并对中国武术这门深奥的学问进行深入浅出、通俗易懂的讲述，使读者能在最短的时间内对中国武术有初步的认识和了解。不同的动作，具有不同的保健、健身作用。

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书籍目录

What Is Chinese Wushu?What Else besides Bruce Lee Should You Know?Wushu: From Stone-Age Battles to Modern FantasiesKey Words--To Open the Door to WushuThe Family Tree of WushuChinese Wushu and HealthBeginning to Become Bruce Lee

章节摘录

插图：Whether in Chinese Buddhism or Daoism, or thesecret religions that existed among people throughChinese history, all are closely related with wushu. Shaolinwushu and VVudang wushu are undoubtedly the most in-fluential among Chinese religious wushu schools.Shaolin Temple wushu cultureShaolin Temple is the ancestral temple of the Chan ( orZen ) Sect of Chinese Buddhism. It is located on MountSongshan in Denfeng County, Henan Province.The Shaolin Temple gradually developed its own exten-sive cultural system with distinctive features. The systemembraces Chan ( sitting in meditation ) , wushu, medicine,ancient architecture, historical literature and books, as wellas food and drink and daily life. The most salient featuresof Shaolin culture are: integration of Chan meditation andwushu, with wushu as the embodiment of Chan, medicineas supporting wings of wushu, and the collection of thebest from all other schools.There are two prevalent beliefsregarding the origins of Shaolin gongfu: one, it was createdby Dharma; and two, it was created by Huiguang and ZengChou, disciples of Batuo, the founder of the ShaolinTemple.

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编辑推荐

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