



# The Shaolin Grandmasters' Text: History, Philosophy, and Gung Fu of Shaolin Ch'an

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*The Shaolin Grandmasters' Text* is a one-of-a-kind volume discussing the history, philosophy and Gung Fu of Shaolin Ch'an, one of the most misunderstood schools of Ch'an Buddhism. In this revised edition, the Order of Shaolin Ch'an have updated information on their martial and Buddhist legacies in an effort to further preserve the Order's heritage.

Beginning in 1901, the most senior priests of the Shaolin Order fled a war-ravaged China. Over a period of several years they gathered in New York City's Chinatown. For the last 100 years, the Order of Shaolin Ch'an has worked quietly to preserve the traditions, philosophy, and arts of the Order in the United States.

Since the 70's, when Shaolin and its martial arts increasingly became a focal point of popular culture, misinformation and disinformation have anchored it in a growing notoriety. In contrast, this volume strives to accurately share what is spiritually meaningful and martially significant about Shaolin.

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...provides very specific information and insights...for...this rigorous physical, mental, and spiritual way of life. -- *October Bookviews.com* - Alan Caruba

...richly informative and very strongly recommended survey of Shaolin...Especially commended to the attention of dedicated martial artists... -- *Midwest Book Review*

#### About the Author

The living authors are Shaolin monks who wish to remain anonymous, but who put the book together largely from written records and orally transmitted teachings from three Shaolin priests, all of whom passed away in the 1970's. They were **Li En Huo**, **Hua Ling P'o**, and **Ben Ch'i Lo**.

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