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Conditioning and stretching are essential to all Martial Arts, including Kung Fu. But the Shaolin conditioning and stretching training system is too vast, deep, and numerous to account for in full detail, but the following are some aspects of the system.

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Kung fu beginners and Wushu training for beginners. In China, the martial arts, wushu, kung fu, wu gong mean the same thing: China kung fu. There are various kung fu styles and sects in China, but all of them have the same root from Shaolin Kung Fu, and all of them relate to the China Culture. The Chinese kung fu is training for health, defense, follow the natural way, and pay attention to the ...

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