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In fact Shaolin Kung Fu is a group of Chinese Martial Arts that have a connection to the Shaolin Monastery which was the place where these martial arts were developed and spread across China and further into the world.

It is believed that the Buddhist Monks from India travelled to China to translate the Buddhist Scriptures from Sanskrit to Mandarin and it was they who carried the original manuscripts that described martial arts that came to be known later as Shaolin Kung Fu.

Unfortunately, the Shaolin Temple was destroyed many a times in its long history and during the Cultural Revolution and Communist rule where anything religious was destroyed, the Shaolin Monastery bore the wrath of many and was burnt and pillaged. Yet, somehow we can see that the few monks who managed to escape have been able to save this deep-rooted, discipline from being completely obliterated and spread it across China and to the western world.

Shaolin India

Thus, what started in India has come back to India as Shaolin India. Shaolin Kung Fu has become popular in India and many an Indian City has a Shaolin Kung Fu school bustling with activity. Shaolin Kung Fu artists are a different breed altogether with most of them totally dedicated to the art and spending years in learning them and practicing them to perfection. Thus bringing Shaolin to India is not an easy task as the Masters in these arts also have to come and bring their knowledge and skill with them which they can impart to the students here.

Since Shaolin Kung fu does not refer to one single martial art form but a group of them, Artists and Masters have to be proficient in all the related forms to be able to impart their knowledge and train Indians from different walks of life in this wonderful and powerful system of self- defense.

Almost everybody can benefit from learning Shaolin Kung Fu; students, youth, ladies, security personnel, armed forces personnel etc. Thus Shaolin Kung Fu School is finding its own footing and slowly progressing towards success. Since none of the Shaolin Kung Fu martial arts are violent in nature but are to be used with humility and love only as a means of self-defense, these go very well with the Indian cultural values and ideals. While teaching utmost self control over mind and body, energy is completely concentrated in a particular movement to ward of danger to self.

Young people especially women can greatly benefit from the knowledge and practice of Shaolin Kung Fu. Shaolin India will be completely successful with the advantages of learning the Shaolin Kung Fu trickling down to the masses if more Shaolin Kung Fu schools are opened PAN India that strictly adhere to standards and teach the pure Shaolin Kung Fu martial arts.

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Pranav Mehta is the Author of this article and writes about Sports News and other matters. For further detail about a shaolin kung fu school and a shaolin fashion please visit the website.

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