



# How to Master Kung Fu... Fast! (Let's Get Physical Series Book 2)

*Ray James*

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## **How to Master Kung Fu... Fast! (Let's Get Physical Series Book 2)** Ray James

“How to Master Kung Fu ... Fast!” is for anyone who wants to find out more about this fascinating martial art and how they can learn and master it rapidly.

Kung Fu is a martial art with a lot of mystique attached to it, from the amazing acrobatics depicted in Kung Fu movies to the legendary exploits of the Shaolin Monks. For the beginner it can be difficult to know how to get started and what style of Kung Fu to choose, so this book acts as your roadmap, explaining all about Kung Fu, helping you to gain a deep understanding of the martial art so you can practice effectively.

When you read this book you will get practical advice and pointers, plus in-depth information about Kung Fu, all designed to help you get to grips with this martial art faster.

In “How to Master Kung Fu ... Fast!” you will discover:

- The Origins of Kung Fu – learn how Kung Fu was developed, where it originated and how it evolved from a variety of different styles
- The History of Kung Fu – pick apart the stories and the facts in the history of Chinese monks and learn exactly how the different forms of Kung Fu were developed
- Different Styles of Kung Fu – find out about the different styles of Kung Fu that have developed over the years
- Philosophy and Kung Fu – discover the philosophy behind Kung Fu which is important for you to thoroughly understand if you want to master the martial art
- Force and Power in Kung Fu – understand the difference between force and power and how they relate to Kung Fu, including when and how they are used
- How Kung Fu Differs From Other Martial Arts – learn why Kung Fu is so different from other martial arts
- Shaolin Kung Fu Techniques – find out more about the techniques used by these legendary monks, including stances and particular moves used by Shaolin Monks
- Starting to Practice Kung Fu – get some great advice on what to do when you start out practicing Kung Fu to help you get the most from it
- Learning Your Stances – understand the stances used in Kung Fu and what is involved in each one
- Learning Defensive Techniques – discover the defensive aspect of Kung Fu and the various blocks and other moves used, to help you quickly master them
- Learning Offensive Techniques – find out more about the offensive strikes used in Kung Fu and how you

can perform them properly

Kung Fu is a fascinating martial art and one that is very effective when performed correctly. It is still considered one of the best ways to defend yourself and is something that anyone can learn. With the many health benefits associated with getting fit and learning a martial art, this book will tell you everything you need to know to make the most of your training and quickly master your moves.

Enjoy learning this amazing martial art as “How to Master Kung Fu ... Fast!” explains all about this exciting style of self-defense. Discover today how you can quickly learn Kung Fu!

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#### **Patricia Welling:**

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