

Shakespeare In Artthe Art Of Shaolin Kung Fu The Secrets Of Kung Fu For Self Defense Health And Enlightenment

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Explore the unique confluence of cultural expression and physical mastery, from the enduring legacy of Shakespeare in various art forms to the profound discipline of Shaolin Kung Fu. This journey uncovers the ancient secrets of Kung Fu, not just for practical self-defense, but also as a holistic path towards exceptional health, profound well-being, and spiritual enlightenment.

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place both feet on the stick

recite a passage of buddhist scripture

recite from the book of mantras

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