

Chinese Kung Fu



Chinese kung fu, also known as wushu or Chinese martial arts, is an important part of the traditional Chinese culture. It is probably one of the oldest and most popular sports, which strengthens both brawn and brain. Different from self-defense and boxing, kung fu is more holistic, developing internal discipline with external technique. The theory of kung fu is based upon classical Chinese philosophy. Over its long history, it has developed as a unique combination of exercise, practical self-defense, self-discipline, and art. Chinese kung fu is a large system of theory and practice. It combines techniques of self-defense and health-keeping. In sports like track and field, ball sports, weightlifting, and boxing, an athlete typically has to retire from full participation in his 30s. Injuries sustained during years of active sport participation at a young age can affect our ability to continue exercising in later life. In Chinese kung fu, however, a distinction is made between “external” and “internal” kung fu. It is said that “In external kung fu, you exercise your tendons, bones, and skin; in internal kung fu, you train your spirit, your qi, and your mind.” And so internal kung fu can continue later in life, when the external body weakens.