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**Training Methods of 72 Arts of
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72 Arts of Shaolin practiced in Shaolin Wahnam. In a thread in Shaolin Wahnam Discussion Forum, 72 Arts of Shaolin Kungfu started by Ray in 2005, and revived by Sifu Markus Kahila in 2015,

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our family members mentioned more than 72 arts practiced in our school. David Langford gave an impressive list of 72 arts, with an extra art, "Art of Being a ...

72 Arts of Shaolin

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Secrets of the Shaolin Temple. by Rou Gang.; Wu Jiaming.; Print book: English. 1996. Di 1 ban : Fuzhou : Fujian Science and Technology Publishing House 2. 72 consummate arts secrets of the shaolin temple: 2.

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*Excerpt from the book: Jin Jing Zhong.
Authentic Shaolin Heritage: Training
Methods of 72 Arts of Shaolin. ISBN:
978-1440474170 . The method of
drawing in YIN is the “soft” Shaolin
GONG FU, it deals with the “internal”
training and belongs to the YIN category.

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