



## Chinese Martial Arts

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*American Shaolin* : flying kicks, Buddhist monks, and the legend of the iron crotch : an odyssey in the new China / Matthew Polly  
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*Guide to martial arts* : a step-by-step introduction to taekwondo, judo, ju-jitsu, karate & kung fu / John Goldman  
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*Little Shaolin Monks*  
**DVD 294.375 LITTLE**

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*Mastering kung fu* : featuring Shaolin Wing Chun / Garrett Gee  
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*The practical encyclopedia of martial arts* : step-by-step photographic instructions for tae kwondo, karate, aikido, ju-jitsu, judo, kung fu, tai chi, kendo, iaido and shinto ryu / Fay Goodman  
**796.81503 GOODMAN**

*The Shaolin way* : ten modern secrets of survival from a Shaolin grandmaster / Steve DeMasco  
**796.8 DEMASCO**

*Spirit of Shaolin* / David Carradine  
**796.8159 CARRADIN**

*The way of the warrior* : the paradox of the martial arts / Howard Reid, Michael Croucher.  
**796.8 REID**

*Chinese Kungfu* (Chinese Martial Arts, Chinese Wushu)  
[http://  
library.thinkquest.org/05aug/01780/  
kungfu/index.htm](http://library.thinkquest.org/05aug/01780/kungfu/index.htm)

Provides a history of kungfu, as well as an explanation of different kung fu styles and weapons.

*Basic self-defense of Taijiquan*  
[http://sifuwong.tripod.com/basic-  
defence.html](http://sifuwong.tripod.com/basic-defence.html)  
This website provides an overview of Taijiquan, including photos.

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