



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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Iron and silk / Mark Salzman

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Kung fu / Kevin K. Casey

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Little Shaolin Monks

DVD 294.375 LITTLE

Mastering karate / Jerry Beasley

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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

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

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Spirit of Shaolin / David Carradine

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

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Chinese Kungfu (Chinese Martial Arts, Chinese Wushu)

<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>

This website provides an overview of Taijiquan, including photos.

Created for:

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Texas City, TX 77590

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