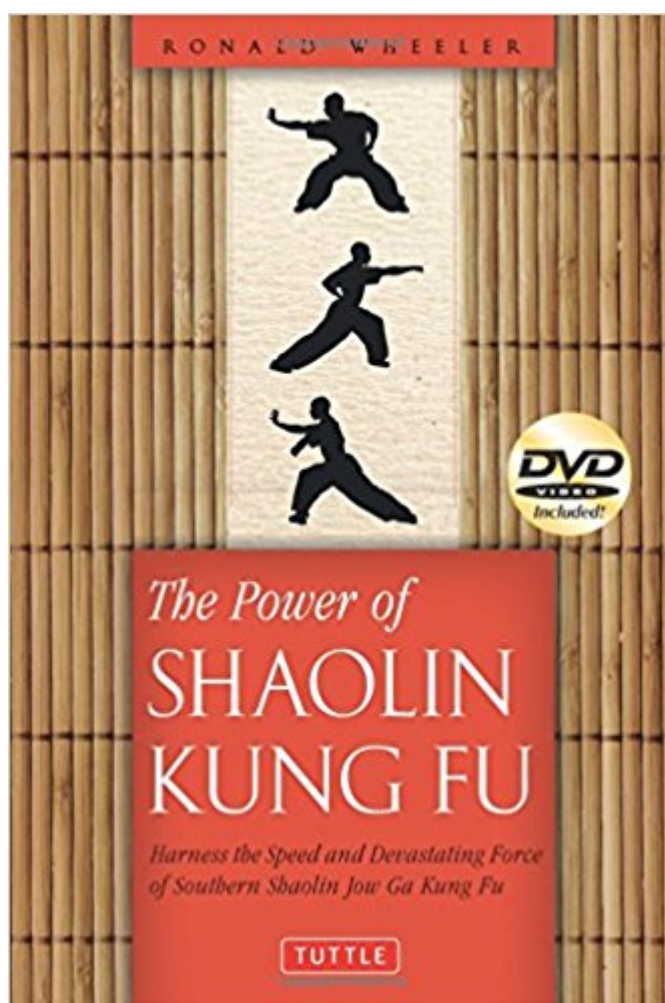


The book was found

The Power Of Shaolin Kung Fu: Harness The Speed And Devastating Force Of Southern Shaolin Jow Ga Kung Fu [DVD Included]



Synopsis

The Power of Shaolin Kung Fu offers readers a comprehensive course in the fundamental movements that have been practiced and perfected by warrior monks for centuries. It includes instruction in the powerful striking techniques that so often lead to decisive victory in today's mixed martial arts bouts. The book includes 300 color photographs along with detailed textual instructions and training tips. The included DVD clearly demonstrates all of the movements covered in the book. Shaolin Kung Fu is an indispensable part of every martial artist's repertoire – a vital means to improve your movement, motion, and balance skills and the best way for a mixed martial arts fighter to improve and perfect striking skills. This informative kung fu book also shares the moral and ethical philosophies that underlie the Jow Ga system. Shaolin Jow Ga Kung Fu is a combination of southern and northern Shaolin techniques – making it by far the most effective in terms of combining blinding speed with devastatingly powerful strikes.

Book Information

Paperback: 192 pages

Publisher: Tuttle Publishing; Paperback with DVD edition (January 10, 2012)

Language: English

ISBN-10: 0804841942

ISBN-13: 978-0804841948

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 24 customer reviews

Best Sellers Rank: #496,687 in Books (See Top 100 in Books) #178 in [Books > Sports & Outdoors > Individual Sports > Boxing](#) #778 in [Books > Sports & Outdoors > Coaching > Training & Conditioning](#) #1085 in [Books > Sports & Outdoors > Individual Sports > Martial Arts](#)

Customer Reviews

"I have known Master Ron Wheeler for nearly twenty years: First as an outstanding competitor and later as an excellent teacher who is well regarded and respected by his peers. His book Jow Ga is the first in English on one of the major Southern Chinese martial art systems. A work that is long overdue and I am sure will be well received in the CMA community." – Nick Scrima, President of ICMAC Worldwide Circuit

Ron Wheeler is an extraordinary kung fu practitioner. As a result of his hard work and talent, he has consistently won top honors at national and international martial arts competitions. His new book is an excellent introduction to Jow Ga Kung Fu."

ÀÇâ –â •Hon K. Lee, Director of the Jow Ga Shaolin Institute

Ron Wheeler is a two time National Champion and three time Regional Champion in the United States of America Wu Shu/Kung Fu Federation sanctioned competitions. He is a former Male Competitor of the Year for the United States Chinese Kuoshu Federation and a former member of the United States Traditional Wu Shu Team. He is a faculty member of the Department of Exercise Science at George Washington University.

Ron Wheeler has crafted a fantastic primer on the theory and practice of Jow Ga Kung Fu. I also have seen Ron at work first-hand, including his hard sparring, boxing, and forms at a now-defunct gym. First, the quality of the book stands out: It is beautifully printed, well-edited, and expertly photographed in full color on quality paper. Its immediate visual appeal and instructional DVD set it apart. My book collection contains dozens of martial arts, wrestling, boxing and like works. Many suffer from poorly lit, black-and-white photographs that lack proper perspective and lighting. For those who venture into Anywhere Chinatown bookstores to examine the kung fu wares, there are none of the last-minute-added-photos with different people in different outfits. What Ron does in each frame is clearly captured. As someone who had studied Jow Ga style, I was able to correct long-time mistakes. The content provides the baseline movements, strikes, and fighting-theory-in-a-form (Small Tiger). Keep in mind that Jow Ga is a relatively new art by kung fu standards (~100 years), with a traceable lineage that doesn't descend (too much) into mythology. It continued to evolve under Dean Chin, who brought the art from Hong Kong to the United States. In short, Jow Ga also runs by the moniker Hung Tao Choy Mei -- "head of Hung, tail of Choy." It mixes the fast hand work, kicks and footwork of Choy Li Fut with the powerful strikes of Hung Gar. It integrates select Northern Chinese kung fu high and spin kicks, typically set up and always followed by hand strikes. Jow Ga/HTCM features some nasty close-in grabs, strikes, breaks, and elbow strikes culled from Pak Mei (White Eyebrow) kung fu. In sum, Wheeler's book illuminates the nuances of long and short strikes, level changing, powerful kicks, and "exotic" movements set up by feints and direction changes. In my view, the art is neither linear nor circular, and the forms belie an asynchronous nature. That is, movement prevents you from being caught in a pattern. It benefits from emphasis on ambidextrous striking, for those special times when you won't have the opportunity to square off. The author also has credibility as a tournament-winning practitioner and longtime instructor. His credentials are tested. Wheeler has a competition background, which includes hard-contact sparring tournaments. This is a clear discriminator. Of late, many kung fu

styles have lapsed into lineage disputes, internal civil wars over who teaches "True Style(TM)," all increasing acrimony among different kung fu organizations (YOU can't come to MY tournament). The result: Internal feuds, and a trapped-in-time approach to teaching that too often emphasizes forms along contributes to a glib perspective on kung fu's relevance. On one side, the competitive fighting sports environment favors Muay Thai, BJJ, and wrestling. On another: Reality-Based Self-Defense (RBSD) schools that frequently cite kung fu styles as examples of "dance arts that will get you killed in a street fight." Wheeler alludes to some of these dysfunctions. Ultimately, his book posits the most important litmus test for techniques: Do they work? Wheeler emphasizes the impact of movement as martial exercise, not as a dance class severed from fighting roots. He encourages hard sparring, and cross-training. In one of the book's interesting asides, Wheeler recommends boxing training for kung fu practitioners, which he learned from a father who fought in Golden Gloves tournaments. I couldn't agree more. Boxing is the "sweet science" because it abides a learning curve and testing regimen of full-contact application. Likewise, Jow Ga schools typically encourage sparring. Like boxing, it encourages the individual participant to learn everything, but adapt what works to size, build and skill. I boxed and participated in Jow Ga simultaneously, and noticed gains from the cross-over. In conclusion, you get an easy-to-follow book, a DVD, and expert instruction from a master in the field who isn't afraid to voice his opinion. More Sifus like Ron could help to revise and adapt Kung Fu and restore its standing within the broader martial arts community.

'The Power of Shaolin Kung Fu' is an extremely comprehensive book, centered on the study of Jow Ga Kung Fu specifically and comes at the reader at many angles. The author, Ron Wheeler, begins by providing a history and ideology on this specific type of Kung Fu, and then provides not only exercise tips, but an actual detailed workout that one can attempt. This book, like his classes, is great for both beginners and advanced martial artists, as there are a variety of techniques and exercises that are well explained via pictures and even a dvd of him performing them. Its strongest asset, in my opinion, is its emphasis on the application of said techniques--real life application for each technique, both in the ring and outside, is explained and described through pictures and video. It is almost as if you are receiving a personal training session with Ron Wheeler, in which he is trying to make you the best martial artist that you can be. After training with Ron Wheeler on a regular basis, I have come to know that he has always conducted himself by the mantra that anyone can be a fighter, but few truly become 'martial artists'. Technique is key, and when mixed with conditioning and a desire to succeed, the possibilities are endless. This book was clearly made in the hopes of teaching 'martial arts' to those that choose to learn. So if you're an advanced martial

artist looking to hone a new type of skill, a beginner looking to learn, or even simply interested in Kung Fu, check out 'The Power of Shaolin Kung Fu'!

BOOK REVIEWRe: The Power of Shaolin Kung Fu By Ron Wheeler Tuttle Publishing, 2011 I do not know much about martial arts, but I have read The Power of Shaolin Kung Fu and I know the author, Ron Wheeler. While Ron was writing this book, he came to our house Monday mornings for almost a year to give individual personal training to my wife and me. He was a wonderful trainer, and Ron would tell us about the book he was writing. Ron is the real deal when it comes to his craft: he is totally dedicated to what he does; he is extremely talented, knowledgeable and accomplished. He poured his heart and soul into this book. And it is a very good book, I think. It is both a very well illustrated "how to" book, with Ron himself demonstrating all the moves, and a very interesting story about the origin and history of his particular style of martial arts (Jow Ga) and the philosophy behind it (not to be violent, but to prevent violence), as well as the culture, meaning and significance of martial arts in general and Jow Ga in particular. It is clear and well written. For anyone interested in the topic -- and even for those of you, like me, who aren't so much -- this is an interesting and useful read. (And it comes with a CD to boot!). Steve Urbanczyk

To anyone, whose either interested in the "Jow Gar Kung Fu" system. Or just in any 'Southern Chinese Kung Fu' system, GET THIS BOOK!!!! The detail, information and knowledge, that Sigung (Master) Ron Wheeler, parlays and demonstrates, it's amazing!! Although I'm not a Jow Gar practitioner, and probably, will never be. Doesn't mean that I don't benefit from this books training drills and techniques. The book also provides a DVD, get this book just for that. Very good, get this book!

This book is very detailed in history and techniques in the key beginner form of Jow ga, Siu Fook Fu. Though it is different than the version I learned, it still has a lot of key concepts. Sifu Ron Wheeler also has made dvds based on Jow ga forms, I personally wish he would have made a few more of them. The dvd included is not as detailed as his old dvd but still grabs the key elements of the original. All in all, I recommend this book for any person wishing to pursue Jow Ga or active practitioner.

great stuff

thanks

[Download to continue reading...](#)

The Power of Shaolin Kung Fu: Harness the Speed and Devastating Force of Southern Shaolin Jow Ga Kung Fu [DVD Included] Speed Training for Combat, Boxing, Martial Arts, and MMA: How to Maximize Your Hand Speed, Foot Speed, Punching Speed, Kicking Speed, Wrestling Speed, and Fighting Speed Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Instant Fitness: The Shaolin Kung Fu Workout (Instant Health The Shaolin Qigong Workou) The Shaolin Way: 10 Modern Secrets of Survival from a Shaolin Kung Fu Grandmaster The Art of Shaolin Kung Fu: The Secrets of Kung Fu for Self-Defense, Health, and Enlightenment (Tuttle Martial Arts) Southern Cooking: for beginners - Simple Southern Food Recipes - Old South Recipes (Southern Food - Southern Meals - Southern Recipes - Soul Food - American Cuisine Book 1) Going Public: My Adventures Inside the SEC and How to Prevent the Next Devastating Crisis: My Adventures Inside the SEC and How to Prevent the Next Devastating Crisis Speed Reading: Triple Your Reading Speed in Less than 24 Hours: The Comprehensive Guide to Speed Reading and Skyrocketing Your Productivity Speed of Thought = Speed of Play: 25 Training Sessions That Increase Speed of Play In Soccer Speed Reading: The Comprehensive Guide To Speed Reading Æœ Increase Your Reading Speed By 300% In Less Than 24 Hours (Army Air Force and U.S. Air Force Decorations) Decorations, Medals, Ribbons, Badges and Insignia of the United States Air Force: World War II to Present, 2nd Edition Ming's Kung Fu Adventure in the Shaolin Temple: A Zen Buddhist Tale in English and Chinese (Contemporary Writers) I Ching With Shaolin Kung Fu: Book of Changes : The Chinese Martial Arts Crystal Grids Power: Harness The Power of Crystals and Sacred Geometry for Manifesting Abundance, Healing and Protection The Adventures of Kung Fu Robot: How to Make a Peanut Butter, Jelly, and Kung Fu Sandwich Wing Chun Kung Fu: Traditional Chinese Kung Fu for Self-Defense and Health Root of Chinese Chi Kung the Secrets Of (Ymaa Chi Kung Series, #1) Solar Power: The Ultimate Guide to Solar Power Energy and Lower Bills: (Off Grid Solar Power Systems, Home Solar Power System) (Living Off Grid, Wind And Solar Power Systems) Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power

Contact Us

DMCA

Privacy

FAQ & Help