

# Download Chinese Martial Arts Training Manuals : A Historical Survey

Secret training manuals, magic swords, and flying kung fu masters—these are staples of Chinese martial arts movies and novels, but only secret manuals have a basis in reality. Geographical classifications. The traditional dividing line between the northern and southern Chinese martial arts is the Yangtze River. A well-known adage concerning Chinese martial arts is the term "Southern fists and Northern kicks" (南拳北腿). References of martial arts practice in Shaolin appear in various literary genres of the late Ming: the epitaphs of Shaolin warrior monks, martial-arts manuals, military encyclopedias, historical writings, travelogues, fiction and poetry. [i] Bare Fists by Bob Mee, 1998, Lodge Farm Books [ii] Chinese Martial Arts Training Manuals: A Historical Survey by Brian Kennedy and Elizabeth Guo, 2005, North Atlantic Books [iii] I am following Alex Gillis's example by spelling tae kwon do, when I am not referring to a specific title of an association, in this manner.