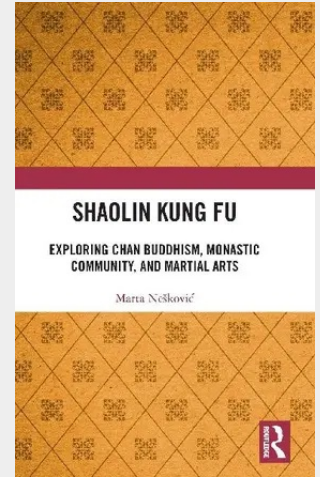


Shaolin Kung Fu

Exploring Chan Buddhism, Monastic Community, and Martial Arts

This book investigates contemporary Shaolin Kung Fu, situated between tradition and modernity. Deeply rooted in the philosophical and religious traditions of Chan Buddhism and concurrently evolving under the influence of globalization, this martial art serves as a Chan Buddhist practice within the Shaolin monastic community. Illuminating the rich cultural heritage of Shaolin Kung Fu and its ongoing relevance in the contemporary world, the analysis is grounded in long-term ethnographic fieldwork conducted at the Shaolin Monastery in Henan Province, China. The author argues that the spiritual essence of Shaolin Kung Fu is derived not from its constituent elements, such as body movements and techniques, but rather from the Chan Buddhist structures of meaning the practitioners embody. By highlighting the relationship between habitus, lived body, and dynamic embodiment, the book offers a novel perspective on the intersection of spirituality and martial arts. Providing a deeper understanding of the cultural, religious, and philosophical foundations that underpin Shaolin Kung Fu, this is a valuable reading for scholars of anthropology, sociology, religious studies, cultural heritage, and China studies, as well as for academics and practitioners with an interest in martial arts.



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