

# Chinese Kung Fu

Zhōng guó gōng fu

中 国 功 夫





# Outline

1. Introduction to Kung Fu
2. History of Kung Fu
3. Different Kung Fu Styles
4. Weapons in Kung Fu
5. Philosophy of Kung Fu
6. Benefits of Practicing Kung Fu
7. Kung Fu Practice

**Providing rich content  
and detailed introduction  
to Chinese Kung Fu.**









When people think of China, one of the things they think of is Kung Fu. There are many famous films and peoples about Chinese Kung Fu.



Let us enjoy some videos showing Chinese Kung Fu in films:  
[https://www.bilibili.com/video/BV1e44y1b7wg/?spm\\_id\\_from=333.337.search\\_card.all.click&vd\\_source=84cf565a6f0e9d5e4e41fe272507a98](https://www.bilibili.com/video/BV1e44y1b7wg/?spm_id_from=333.337.search_card.all.click&vd_source=84cf565a6f0e9d5e4e41fe272507a98)  
[https://www.bilibili.com/video/BV1P7411o7Fo/?share\\_source=copy\\_web&vd\\_source=c2038cfceba0c900ce496b115ed27ebd](https://www.bilibili.com/video/BV1P7411o7Fo/?share_source=copy_web&vd_source=c2038cfceba0c900ce496b115ed27ebd)

Offering many video resources, allowing students to learn while watching.

Watch the video to see:

- (1) how northern and southern Kung Fu styles are formed
- (2) the difference between northern and southern Kung Fu

[https://youtu.be/zp\\_KDjrh9Y](https://youtu.be/zp_KDjrh9Y)

Northern: 2:02 - 8:28

Southern: 12:44 - 21:20

Let's watch an incredible video showcasing the amazing Shaolin Kung Fu:

[https://www.bilibili.com/video/BV1e44y1b7wg/?spm\\_id\\_from=333.337.search\\_card.all.click&vd\\_source=84cf565a6f0e9d5e4e41fe272507a98](https://www.bilibili.com/video/BV1e44y1b7wg/?spm_id_from=333.337.search_card.all.click&vd_source=84cf565a6f0e9d5e4e41fe272507a98)

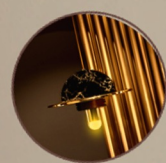
Let's watch an incredible video showcasing the Tai Chi:

[https://www.bilibili.com/video/BV1XR4y1H7Xe/?share\\_source=copy\\_web&vd\\_source=c2038cfceba0c900ce496b115ed27ebd](https://www.bilibili.com/video/BV1XR4y1H7Xe/?share_source=copy_web&vd_source=c2038cfceba0c900ce496b115ed27ebd)



## Discussion:

After watching the two videos, can you tell the difference between Shao Lin Kung Fu and Tai Chi?



## Differences between Shao Lin Kung Fu and Tai Chi:

### 1. Origin and purpose:

Shaolin Kung Fu started in the Shaolin Temple and teaches self-defense, fighting moves, and physical fitness. On the other hand, Tai Chi, also called Tai Chi Chuan, is a Chinese martial art that uses slow and smooth movements to help people relax, improve balance, and feel peaceful inside.

Including discussion sections to foster an active classroom environment and providing answers.

## Discussion:

What do you know about northern Kung Fu?

- Three major provinces?
- How it forms?
- Use weapon?
- Features



kicks, punches, and acrobatic moves. Tai Chi focuses on slow and smooth movements, making people feel relaxed and balanced.

## Discussion:

What do you know about northern Kung Fu?

- Three major provinces: He Bei, He Nan, Shan Dong
- How it forms: historical invasions and raids by nomadic groups from the north; need for self-defense
- incorporate strategies and techniques derived from weapons training
- Give importance to training and strengthening the legs, The legs are like a strong engine that helps move the body forward.



**Classroom activity:  
Providing Tai Chi videos  
in English for students to  
practice.**

Follow the video instructions and try practicing Tai Chi

24 Form Tai Chi (with English instruction)

<https://youtu.be/s4vw41R-PU>

