



## Spirit of Shaolin (German Edition)

*David Carradine*

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## **Spirit of Shaolin (German Edition)** David Carradine

David Carradines "Spirit of Shaolin" behandelt die Philosophie hinter der Kampfkunst des Kung Fu. Carradine erzählt die Geschichte seiner eigenen Wandlung zum Kung-Fu-Verehrer und bietet Einblicke und Inspiration für diejenigen, die folgen möchten. Er geht auf die Weisheit der alten chinesischen Meister ein, auf die Prinzipien der Shaolin-Philosophie, die tiefere Bedeutung der Kampfkünste und ihre Relevanz für die moderne Welt. Ebenfalls enthalten sind seine zwölf eigenen Lektionen, einschließlich Anmerkungen zu Ernährung, Stretching und Meditation. Weltberühmt wurde Carradine durch die Verkörperung des Kwai Chang Caine in der beliebten Fernsehserie "Kung Fu". Sie war es auch, die ihn zum Anhänger der Shaolin-Philosophie und zum Kung-Fu-Fachmann machte. Mit der Nachfolgeserie "Kung Fu - Im Zeichen des Drachen" knüpfte er an den Erfolg des Originals an und brachte die Kunst dabei einer ganz neuen Generation nahe. Jano Rohleder legt mit diesem Band die deutsche Erstveröffentlichung der 1991 erschienenen Originalausgabe vor.

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