

# Mysterious Chinese martial arts

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- *From:* kungfuer <[yingyu611@xxxxxxx](mailto:yingyu611@xxxxxxx)>
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Wushu is the history of the Chinese nation in the long-term evolution of the process of continuous creation and gradually formed a sport. Learn chinese kung fu is so easy! click :[www.kungfuer.com/](http://www.kungfuer.com/)  
In the primitive society, animal and few people and the natural environment is very bad, "of natural selection and survival of the fittest" grim struggle, the people naturally had a kicking, punching means grasping palm strike, jumping and rolling a junior offensive and defensive category means. Then gradually learned how to manufacture and use of stone or wooden tools as weapons, and produced some fitness equipment and the use of the fight against hunting skills, and this is the seeds of martial arts.

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From the existing archaeological discoveries, we can see that in the

Paleolithic, there has been a sharp-shaped stone, stone ball, stone hand axe, bone Kok processing spear, and by the end of the Neolithic Age, there were a large number of stone axes and Stone spade, stone knives and bone of Harpoon, Jianzu, and even copper axe, such as copper ax. These primitive tools and weapons, but most of the predecessor of a martial arts equipment.

The end of primitive society, tribal wars have occurred frequently, and further promote the development of the martial arts. In the tribal war, far used arrows, throwing for the past used sticks, Daofu, spears, fighting all can be used to catch any flying production tools have become combatants weapons. According to historical records recorded during the three Miao Yu many tribal rebels, the Zhengfa repeatedly failed to shoot them down. Later, Yu stop attacks, and to shield soldiers Chifu to drilling, three tribal Miao people see the "1000 Qi Dance" to show strong force, the three tribes from seedlings succumbed. This is a grand primitive society of martial arts self-defense drills. The ancient "Wuwu" Wushu later laid the foundation for the formation.

Research on the fundamental basis for martial arts. In the long historical process, the different periods of martial arts concept of the different expression, it is the connotation and extension of the historical development of the community itself and the development of martial arts development and change.

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From a historical perspective, there are many vested in the name of

martial arts category, at the Spring and Autumn "combative" a soldier skills); Han emergence of the "skills", and by extension to the end of Ming Dynasty: Qing Dynasty and Southern Dynasties borrowed " Selected Works, "" Yan closed Martial Arts "(then refers to the military)," martial arts "; said in the " Martial Arts ": After the founding of new China was still " martial arts ".

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With the history of changes in the gradual demise of cold weapons, martial arts equipment for the production and movement of the large number of armed boxing there, confrontational, Wushu race rules, develop, martial arts has evolved into one of the sport. Wushu sport of its content, form and training methods have undergone great changes, reflecting the concept of things essential attribute is also changing. Development Today, Wulin basic definition can be summarized as: Wushu is combative as the main content, and to catch bucket Routine forms of exercise on Nawaijianxiu traditional Chinese sports.

From this starting to understand the definition of martial arts.

First, the traditional Chinese martial arts are combative with. It is kicking, beating, throw, take. Instead, gill movements, such as combative as the main content, or through the help of fitness equipment, physical sport performance of the offensive and defensive fighting capacity. Whether the catch bucket is confrontational campaign, or potential movement of potential complementary movement, has been China's traditional method of attack the core technology of chess. On human social life, combative it is impossible for China unique in the world. Comparison of the rest of the world in the art of attack and defense, martial arts, not only in a more combative approach rich (such as fast wrestling, grappling law, etc.). Movement in the form of both routines, while others are scattered in hand, the combination of both, is separated, this model also different from the rest of the world of combative. In the drill-oriented methods Nawaijianxiu, exercise style ask God-compassionate, all reflect the traditional Chinese art of attack and defense characteristics of the movement.

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Secondly, the martial arts is sports, it clearly distinguishes it from the practical people injured and maimed combative techniques. Routine movement despite contains rich combative approach, but its purpose is to drill through to the physical and businessmen offensive and defensive capacity, ability and skills contest, the technical requirements and practical techniques to a certain extent of the difference between the movement Sanshou technology is of course much closer to the South practical skills, but because of the competition rules, also has its limitations in the sports movement within the technology. In short in a nutshell, martial arts sports properties with a clear, and sports is the main social philosophy and martial arts, medicine, ethics, military studies, aesthetic, Qigong and other

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traditional culture of thinking and cultural values, focus on Nawaijianxiu, such as whole concept, the concept of yin and yang changes, the shape of God, gas theory, movement, said rigid flexible, and so on, and gradually formed a unique national style of martial arts and cultural system. It has rich connotations and suggest a deep, we have the human sports physical fitness a common feature, but also has the unique oriental civilization philosophical, scientific and artistic, more concentrated expression of the Chinese people in sports wisdom in the field of crystallization. It reflects one aspect of the cultural splendor of the Orient. Therefore, in a broad sense, understanding, Wushu is not only a sport, and is a national sports and the Chinese people's long-term accumulated to a valuable cultural heritage.

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