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72 Arts of Shaolin practiced in Shaolin Wahnam. In a thread in Shaolin Wahnam Discussion Forum, 72 Arts of Shaolin Kungfu started by Ray in 2005, and revived by Sifu Markus Kahila in 2015, our family members mentioned more than 72 arts practiced in our school. David Langford gave an impressive list of 72 arts, with an extra art, "Art of Being a ...

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The 72 Consummate Secret Arts of the Shaolin Temple are still little known in the West. Internal Kung Fu, in general, similarly neglected, is rated superior overall in China, Kung Fu's birth-place and the Far East. However, it is when Yin and Yang are in balance that optimum health and Kung Fu progress may be achieved.

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