



SHAOLIN KUNG FU (CHINESE) - refers to a collection of martial arts affiliated with the Shaolin Monastery that are the ancestors of almost all Asian martial arts. The styles, created by Shaolin monks to defend the monastery from bandits, are said to have originated in 527 AD when Indian monk Ta Mo (Bodhidharma) arrived at Shaolin Monastery in Henan province. Today, the most famous styles, Five Animal Styles, are mostly used in performances and Kung Fu movies.