

**Shaolin Kung Fu Beginner- Warrior Athlete
by Richard Del Connor (Zhen Shen-Lang) "Buddha Zhen"**



This is the book to transform your life from being whoever and whatever you are into a Kung Fu HERO.

This book is for the entire Shaolin Chi Mantis Beginner Program™.

This book does not teach "the basics" of Kung Fu and Tai Chi. This book presumes you have either graduated the Shaolin Chi Mantis Tai Chi Beginner Program™ or been officially initiated into our Buddhist school through our Shaolin Gongfu Initiate Program™.

Accordingly, this book also presumes you have read and learned the prerequisite books for this Shaolin Chi Mantis Beginner Kung Fu Program™:

**Shaolin Kung Fu Initiate
Tai Chi Beginner**

**by Buddha Zhen
by Buddha Zhen**

Buddha Zhen is also the founder of Tai Chi Youth nonprofit organization, and Buddha Kung Fu (schools for making Buddhas). As a Shifu (Kung Fu Master) since 1984, Buddha Zhen has taught thousands of students of all ages including several blind students.

MARTIAL ARTS

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