



**4 Tours of Shaolin Chi Mantis**  
Each of the 4 Tours reveals a different theme of Shaolin Chi Mantis Traditional Buddhist Gongfu.

# First Buddha Warriors

**Two Buddha Kung Fu Disciples pass White Sash + 3 Blue Stripes belt test November 26, 2010.**



paypal@shaolinCOM.com Jessica Isaacs and Shawn Whitson passed their Buddha Warrior BELT TEST on Friday, November 26, 2010. Congratulations! You are the first to rise to this level of Buddha Kung Fu.

Buddha Kung Fu was founded January, 2008.

## 12 Step 12 Week KUNG FU BOOTCAMP

The 12 Tantui of Bruce Lee.

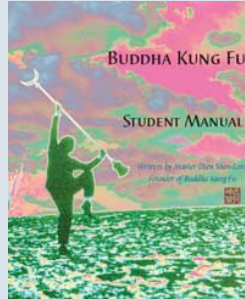
The official 12 Tantui of the Chinese Jing Mo Association as taught to Buddha Zhen in 1982. Dr. Kam Yuen reordered them for the Tai Mantis Federation in Torrance, California.

A standing Yoga routine to stretch the body.

Kicking and punching drills to relax the mind. Each semester these kicks progress from easy to difficult.

Kung Fu stances to develop strength and balance.

The 12 Tantui, taught, learned, practiced, and taken home--to develop your Kung Fu spirit.



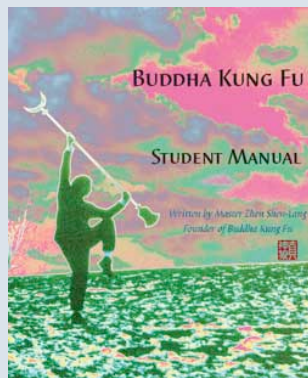
Required Reading **18.88**



Tai Chi Magic 1 by Buddha Zhen **8.88**



shaolinINTERACTIVE.com Online Tai Chi and Kung Fu



Get your **BUDDHA KUNG FU STUDENT MANUAL**

to discover your path to Buddhahood.

**Buddha Kung Fu Student Manual by Buddha Zhen Shen-Lang \$18.88 pdf Download**

**Add to Cart**

**Includes LINKS to all the Buddha Kung Fu and Shaolin Chi Mantis websites.**

