

# shaolinchimantis.com Traditional Buddhist Gongfu

## HOME Page of Shaolin Chi Mantis

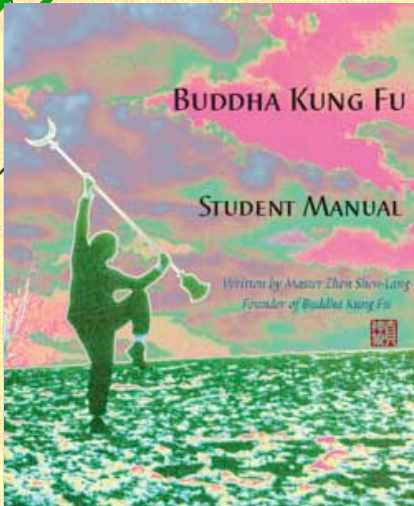
Online Kung Fu and Tai Chi / What is Kung Fu? / Buddha Kung Fu / What is Tai Chi? / Classes / Private Lessons / shaolinINTERACTIVE.com / Weapons of Kung Fu / HOME of SCM

### New Buddha Manual for Buddha Kung Fu School

Thank you, thank you, and thank you again. I am blessed to have such helpful students. Monday night meetings on my living room couch in Tujunga gave us the first two drafts of the Buddha Kung Fu Student Manual. Another year of testing and suggestions from the students resulted in this final version of the Buddha Kung Fu Student Manual.

Somehow the chapter on Tai Chi Youth was left out of the 2nd draft of June 2008. This was an odd coincidence since, Tai Chi Youth was put on hiatus for the launch of Buddha Kung Fu. However, with this final draft of the Buddha Kung Fu Student Manual, a year and a half of the Buddha Kung Fu curriculums and Buddha Tai Chi curriculums--we can again put our efforts into relaunching Tai Chi Youth in California.

[For more information >>](#)



### Shaolin Chi Mantis HEADLINES

New Buddha School has New Buddha Manual

[full story...](#)

Zen from Zhen

[full story...](#)

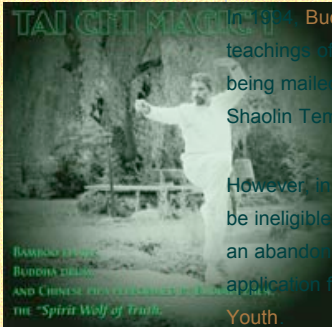
YMCA Classes of Shaolin Chi Mantis

[full story...](#)

### Zen from Zhen

In 1966, Buddha Zhen Shen-Lang decided to create a religion from the Buddhist teachings of Shaolin Chi Mantis. The *Shaolin Zen Buddhist Magazine* was being mailed out quarterly to hundreds of students, fans, Buddhists, and the Shaolin Temple on Mt. Songshan.

However, in 1996, Buddha Zhen realized that as a religion, Shaolin Zen would be ineligible for government grants. Hoping to accrue enough funding to acquire an abandoned church in Salt Lake City, Buddha Zhen changed the IRS nonprofit application from a Buddhist church, Shaolin Zen, to a Youth Program, Tai Chi Youth



### Tai Chi Magic 1

11 songs by Buddha Zhen

Includes, "*Tai Chi Magic*" song for practicing and performing the Yang Style Tai Chi Short Form

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This did result in government grants from the **Utah Arts Council** and the **N.E.A. National Endowment for the Arts**. Tai Chi Youth programs were taught in several churches, half a dozen schools, and the Liberty Park classes which became a place for hundreds of martial artists from other styles to locate Buddha Zhen for weapon training or Tai Chi.

The Buddhism was continued within the Tai Chi Youth curriculums and the Shaolin Chi Mantis programs still contained all the original Buddhist Dharma that Shaolin Zen was designed from. Since 2000, after the completion of this

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website, all new Buddhist writings were added to the shaolinZEN.org website.

With so many Buddhist writings in so many places, we decided to create a hub for Buddha Zhen at [www.BuddhaZhen.com](http://www.BuddhaZhen.com)



### YMCA Classes of Shaolin Chi Mantis

TUESDAYS at VHY, Tujung:

- Kung Fu Kids
- Shaolin Kung Fu
- Tai Chi Intermediate

FRIDAYS at VHY, Tujung:

- Tai Chi Beginner

Although Buddha Zhen has suffered a severe arm injury, back injury, and a few colds, he has yet to miss a single class\*. *"Tai Chi has always been my rehabilitation. After injuring my right arm climbing a tree with my son, I had to teach 'one-arm Tai Chi' for two months. I couldn't even raise it over my head for over one month. Now, with my Tai Chi classes I am rebuilding the muscles and ligaments in my right shoulder. It feels strange having a left arm that is ten times as strong as my right arm. But thanks to Tai Chi I'm able to use my right arm again. I did my first pushups last week for the first time in two-and-a-half months. Thanks Past Masters."*

### Buddha Kung Fu Student Manual by Buddha Zhen

The Book for building Buddhas.

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\*In 2008, Buddha Zhen had to miss a Friday class for a court appearance, and a Tuesday night class to be tested on his 2nd Degree Proficiency in order to be raised to the Master Mason 3rd Degree of Freemasonry. (Neither class was cancelled.)



### SCM BELT RANKS

Shaolin Shifu

Shaolin Disciple

Shaolin Advanced

Shaolin Intermediate

Shaolin Beginner

Shaolin Initiate





Rear View  
SCM Kung Fu School  
Shirt  
Baseball Jersey Style  
3/4 Sleeves, 100%  
Cotton  
*"Perfect for tossing  
the Dragon Ball"*

# 少林氣螳螂

## SCM EVENTS

Annual Membership Meeting  
Push Hands Seminars  
Tai Chi Seminars  
Tournaments  
Zen Seminars

## SCM WEBSITES

[actZEN.com](http://actZEN.com)  
[BuddhaGongfu.com](http://BuddhaGongfu.com)  
[BuddhaKungFu.com](http://BuddhaKungFu.com)  
[BuddhaPodcast.com](http://BuddhaPodcast.com)  
[BuddhaTaiChi.com](http://BuddhaTaiChi.com)  
[BuddhaZ.com](http://BuddhaZ.com)  
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[ChinatownComics.com](http://ChinatownComics.com)  
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[DharmaTrails.com](http://DharmaTrails.com)  
[GongfuPodcast.com](http://GongfuPodcast.com)

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KungFuAnonymous.org  
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YouTube: Buddha Kung Fu  
YouTube: Buddha Zhen  
YouTube: Richard Del Connor  
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*Hosted by Shaolin Communications*