

Name _____



Date _____

Chinese Kung Fu

Lang. Arts (6th grade) - Blizzard Bag 3

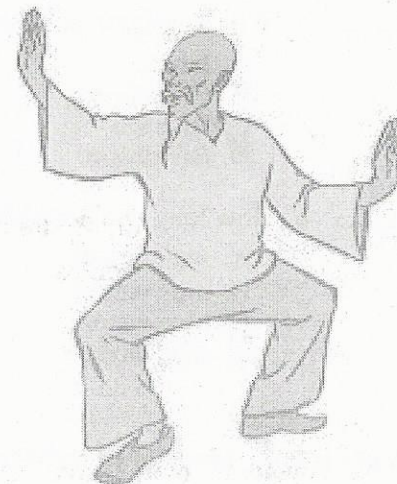
By Vickie Chao

Chinese kung fu movies -- such as *Crouching Tiger, Hidden Dragon, Hero*, and *House of Flying Daggers* -- have become immensely popular in the U.S. For all three of these films, the directors used cinematography to showcase the Chinese martial art in such a spectacular way that the audience was bound to wonder, "Is Chinese kung fu for real?"

The answer to that question is an ambiguous one.

Chinese kung fu is definitely real. It can trace its history back thousands of years. But Chinese kung fu masters don't jump several feet high. They don't skip across a lake. And they certainly don't fly over the canopy of a bamboo forest!

Most people believe that Chinese kung fu was actually an import from India. According to legends, an Indian Buddhist monk named Bodhidharma (known to the Chinese as "Da Mo" or "Ta Mo") arrived at the Shaolin Temple of Henan Province around 527 A.D. He came to teach the resident monks there the essence of Zen Buddhism. Bodhidharma noticed that his students were weak. He noticed that his students could not concentrate during meditation. To find a solution, he retreated to a cave nearby. He meditated for nine years upon this problem. When he came out, he trained his pupils in breathing techniques and a system of physical exercises. His approaches quickly paid off. The monks in the Shaolin Temple became strong. They became capable of enduring long hours in meditation!



The series of physical exercises Bodhidharma developed laid the groundwork for Chinese kung fu. It later evolved into various styles, several of which were modeled after the movements of animals (such as the praying mantis, monkey, crane, and snake.) The monks in the Shaolin Temple introduced Chinese kung fu to other parts of China as a means of self-defense and physical fitness. They never intended to use it to kill or harm people. The influence of Chinese kung fu even reached Japan and Korea, giving rise to modern day karate, judo, and tae-kwon-do!

Chinese Kung Fu

Questions

- _____ 1. Where did Bodhidharma come from?
- India
 - Japan
 - Korea
 - Tibet
- _____ 2. Where did Bodhidharma visit in China?
- the White Horse Temple
 - the Shaolin Temple
 - the Xuankong Temple
 - the Huayan Temple
- _____ 3. What does "martial art" mean in paragraph 1?
- a military painting
 - a system of combat and self defense



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_____ 4. Karate and Chinese kung fu are not related.

- A. true
- B. false

_____ 5. Which religion is Chinese kung fu associated with?

- A. Islam
- B. Christianity
- C. Judaism
- D. Buddhism

_____ 6. How long did Bodhidharma meditate before he came up with Chinese kung fu?

- A. nine months
- B. nine weeks
- C. nine years
- D. nine days

What is your favorite sport? Explain how it is played and why you like it.

Who is your favorite action movie star? Explain why you like him or her.
