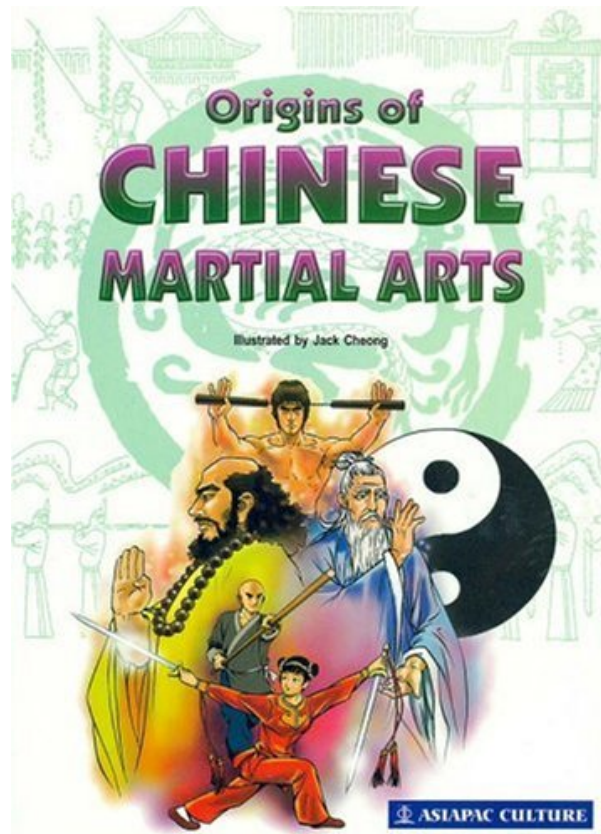
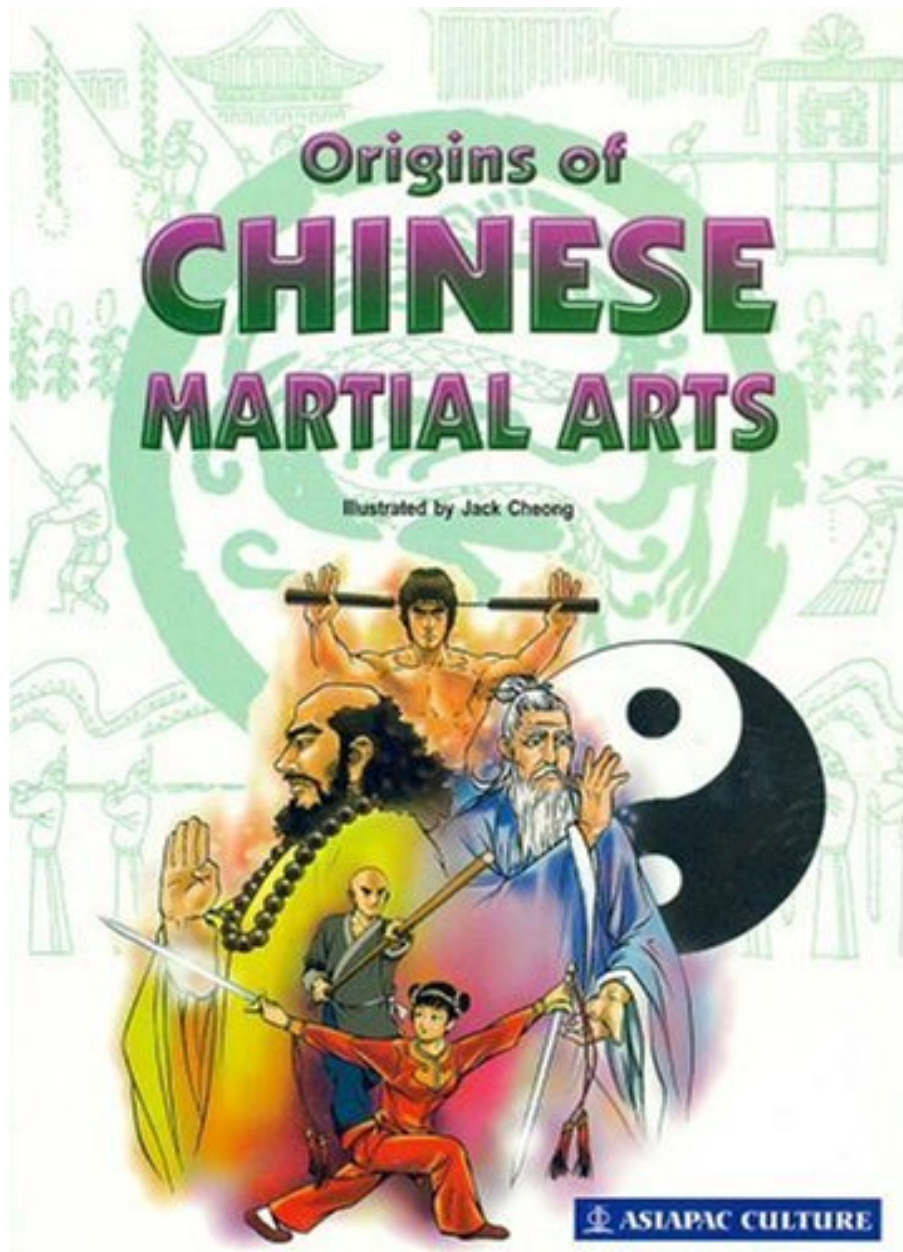


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If you are interested in an easy and simple introduction to the Chinese Martial art you should check out this book.

By Joseph J. Truncale

Even though I have been both a student and instructor of mostly Japanese martial arts, (Judo, Jujitsu, Karate-Do, Etc) I have also studied some Chinese (Tai Chi, Qigong, Chinese Sword and fan forms) martial arts. I had read numerous books on the Chinese martial arts over the years but until recently I had never read this particular series (Cultural/ Asian Studies, ASIAPAC BOOKS) SERIES--Origins of Chinese Martial Arts, Illustrated by Jack Cheong and translated by Laurel Teo) of books.

I really loved this (152 page paperback graphic novel) fully illustrated and very informative book. Even though this series may have been designed with younger readers in mind; nevertheless anyone interested in learning something about the Chinese martial arts would benefit from reading this volume.

This book is organized into five parts. The first part traces the origins of the Chinese martial arts from the very earliest times to the present. The second part explains the numerous schools of Chinese martial arts. The third part covers the boxing Chinese arts. The fourth part focuses on the many weapon arts that are part of the Chinese martial arts. The final part explains the important ethics involved in the Chinese martial arts. Do not pass up the appendices section because they show some fantastic basic exercises beautifully drawn which make it easy to understand.

If you are interested in the Chinese Martial Arts, this is an excellent introduction to the subject.

Rating: 5 Stars. Joseph J. Truncale (Author: Tactical Principles of the most effective combative systems)

0 of 0 people found the following review helpful.

Nicely Illustrated Overview

By R. Silva

Nice overview of the Chinese martial arts, mixing prose historical passages with comic-format short stories. The stories are mostly mythical in nature, although some are more historical, including a short biography of Bruce Lee. My favorite of the stories was the origin of Yue Maiden Sword, a tale of a girl who matches martial arts skills with a stick-wielding ape, and goes on to create a whole new style of sword techniques.

If found the very beginning to be a bit shaky, as it gives some vague speculation about the prehistoric beginnings of the fighting arts (accompanied by silly illustrations), but once the book got into the founding of the Shaolin and Wudang schools, it definitely kept my interest.

Jack Cheong's illustration style is clear and vibrant, and nicely captures the martial arts technique. I appreciate his mixing of male and female martial artists on the exercise technique illustrations that the book concludes with.

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