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Effort(martial arts), the Chinese boxing of China

Little wood's effort is a comprehensive martial arts system, among them "Chan" word is exaltation effort of importance basis, because Chan "BE" outside not wear think, inside unmoved" little Lin Liu Zu Hui can at «altar through » top say: The Chan is "Chan that" of the Sanskrit transliteration and its liberal translation is for "leave bad", "contribution bush", "the thinking fix", "quiet Lyu". It of the basic meaning be that the interest heart hush ground be three Wus. So little wood effort with other group dissimilarity, what to pay attention to be "Chan force unite as one".

Lin Si Cao effort spread a person, is China little wood martial arts faction of representative person, little wood's martial arts be 8. Since childhood the beginning is at little Lin Xi Wu convert to at Song mountain little Lin Si Fang Zhang release always under the letter door, grant method number to postpone force. He excel a little wood a tradition effort with spread dozen, to Chi Kung health, Chinese medicine harm the section, natural environment learn to have research «Three Kingdoms ambition · Wei's ambition · Dong Zhuo Zhuan» "know to discover emperor's mausoleum, take a treasure thing" Pei loose of note to lead «continuous Han book » : "Again the Long stone get material and the effort be not difficult. The south of the Du Ling below the hills has the filial piety Wu Gu Tao, make tile and a dynasty can do." «Three Kingdoms ambition · Wu Zhi · Wang Su Zhuan» : "Smell the Cao true hair already over month but line cut a half valley, cure an effort, warrior know make. Being a thief to be partial to can Yi but need Lao, is the military's Dan also." Usually outside

2. Call to do a matter energy and time of fee.

Tang dollar Zhen «pipa song » : "Meet a person and then please to send a cup, the Zhao exert an effort a person not to know." Tang Qin Tao Yu «barn swallow » poem: "Once with beauty combine head language, several times throw but embroider an effort." Wang Run Zi «sell a crab » : "Effort not negative observant and conscientious person."

3. Time.

Tang dollar Zhen «pipa » poem: "Make gentleman from hate often many matter, can not the effort night after night listen to." «Thou now novel · the Teng big Yin ghost break one private » : "Everyday check a patrimony miscellaneous articles or objects and that has a great achievement man to walk to a father to ask Anne in building." Liu Qing «impregnable fortress » chapter 6: "The silver Feng say outside door that have no effort, rushed front door."

4. Skill; Scholastic attainment.

Tang Zhang Yan Yuan «the method book want to record » book a: "Sung text emperor book from call not to reduce a prince to respect. Hour argument cloud: Natural win sheep Xin, effort can not compare with Xin." The king of the gold if falsely «the Hu south poem words » book bottom: "But the one who go to the ground of old Du, also have no a matter 'Kun body' effort." Qin Zhao Yang «wake up » : "He is original to have a set of handed down from the ancestors skill in martial arts effort."

5. [Effort; the and sword of the Chinese boxing of the skill of play] especially martial arts

«People's newspaper » 1984.7.31: "There is also painting China 'effort' of, on the appearance boxing brawl, the stick mutually face, fly to kick knife, very not noisy." «Shenzhen special area report » 1986.3.13: "Effort

in China and western boxing, actually who excellent who inferior, this be the all interested in problem of the Chinese and foreigners."

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