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ZEN AND THE MARTIAL ARTS by Ming Zhen Shakya (Formerly Chuan Yuan Shakya) First published as a ten-part series on the World-Wide Web by the Nan Hua Chan (Zen) Buddhist Society.

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1 Zen and the Martial Arts When Sifu asked me to speak to you today, it was in the hope that I could enlarge upon some of the issues I addressed in my first talk, Zen and the Martial Arts, which I gave 12 years ago in Nevada. The text of that talk has been published in the Zen Buddhist Order of Hsu Yun website, and in several other locations on the Internet.

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The Zen of the martial arts happens also to be a focus of many links at /r/Zendo. Zen without Ki is dead Zen, dull-brained head-and-mouth Buji Zen, such as is exemplified by a number of extremely robotic and vocal users on this forum.

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Zen and the Chinese Martial Arts. According to legend, Bodhidharma was born in India during the early 6th  
century to a warrior class known as the Kshatriya. He traveled from India to the Songshan Mountains, in the  
Honan province of China, and founded the Shao Lin Temple.

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