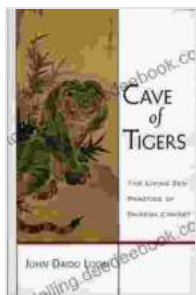


# The Living Zen Practice Of Dharma Combat: A Journey Through The Martial Arts Of Shaolin

Dharma combat is a living Zen practice that uses the martial arts of Shaolin to cultivate mindfulness, compassion, and wisdom. It is a unique form of meditation that combines physical movement with mental focus and spiritual insight.

The history of dharma combat dates back to the 6th century CE, when Bodhidharma, the founder of Zen Buddhism, traveled to China from India. Bodhidharma taught his disciples a series of physical exercises that he called the "Eighteen Lohan Hands." These exercises were designed to strengthen the body and mind, and to help practitioners to develop a deeper understanding of the nature of reality.



## Cave of Tigers: The Living Zen Practice of Dharma

**Combat** by John Daido Looi

★★★★☆ 4.5 out of 5

Language : English  
File size : 1326 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 258 pages  
Lending : Enabled

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Over time, the Eighteen Lohan Hands evolved into a more comprehensive system of martial arts, which came to be known as Shaolin kung fu. Shaolin kung fu is a powerful and effective self-defense system, but it is also much more than that. It is a way of life that teaches practitioners to live in harmony with themselves, with others, and with the world around them.

Dharma combat is a unique form of Shaolin kung fu that is practiced in a meditative state. Practitioners of dharma combat use their martial arts skills to explore the nature of their own minds and to develop a deeper understanding of the world around them. Dharma combat is not about winning or losing, but about learning and growing.

The practice of dharma combat begins with a period of meditation. This meditation helps practitioners to calm their minds and to focus their attention on the present moment. Once they are in a meditative state, practitioners begin to practice their martial arts forms. They move slowly and deliberately, paying attention to every detail of their movements. As they practice, they cultivate mindfulness, compassion, and wisdom.

Mindfulness is the ability to be present in the moment, without judgment. When practitioners of dharma combat are mindful, they are able to see the world clearly and to respond to it skillfully. Compassion is the ability to understand and share the suffering of others. When practitioners of dharma combat are compassionate, they are able to help others to heal and to grow. Wisdom is the ability to see the nature of reality and to live in accordance with it. When practitioners of dharma combat are wise, they are able to make choices that are in harmony with their values and with the world around them.

The practice of dharma combat is a lifelong journey. It is a journey of self-discovery and of growth. As practitioners progress on their journey, they learn to live more mindfully, compassionately, and wisely. They become more peaceful and more powerful, and they are better able to help others. Dharma combat is a living Zen practice that can transform your life.

## **The Principles Of Dharma Combat**

The principles of dharma combat are based on the teachings of Zen Buddhism. These principles include:

- **Mindfulness:** Dharma combat practitioners are always mindful of their thoughts, words, and actions. They are aware of the present moment and they do not dwell on the past or worry about the future.
- **Compassion:** Dharma combat practitioners are compassionate towards themselves and others. They understand that everyone is suffering and they strive to help others to heal and to grow.
- **Wisdom:** Dharma combat practitioners are wise and they see the nature of reality. They understand that the world is impermanent and that all things are interconnected.
- **Non-violence:** Dharma combat is a non-violent practice. Practitioners do not use their martial arts skills to harm others. Instead, they use their skills to defend themselves and to help others.

## **The Practice Of Dharma Combat**

The practice of dharma combat begins with a period of meditation. This meditation helps practitioners to calm their minds and to focus their attention on the present moment. Once they are in a meditative state,

practitioners begin to practice their martial arts forms. They move slowly and deliberately, paying attention to every detail of their movements. As they practice, they cultivate mindfulness, compassion, and wisdom.

There are many different ways to practice dharma combat. Some practitioners prefer to practice alone, while others prefer to practice with a partner. There is no right or wrong way to practice dharma combat, as long as you are following the principles of mindfulness, compassion, wisdom, and non-violence.

If you are interested in learning more about dharma combat, there are many resources available online and in libraries. You can also find dharma combat classes at some martial arts studios and Zen centers.

## **The Benefits Of Dharma Combat**

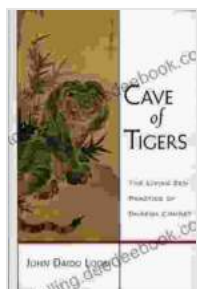
The practice of dharma combat has many benefits, including:

- **Improved mindfulness:** Dharma combat helps practitioners to become more mindful of their thoughts, words, and actions. This mindfulness can help practitioners to live more in the present moment and to make better choices.
- **Increased compassion:** Dharma combat helps practitioners to develop compassion for themselves and others. This compassion can help practitioners to build stronger relationships and to create a more peaceful world.
- **Greater wisdom:** Dharma combat helps practitioners to develop wisdom and to see the nature of reality. This wisdom can help

practitioners to live more fulfilling lives and to make choices that are in harmony with their values.

- **Improved self-defense skills:** Dharma combat is a powerful self-defense system. Practitioners of dharma combat learn how to defend themselves against attackers and to protect others.

Dharma combat is a living Zen practice that can transform your life. It is a practice that cultivates mindfulness, compassion, wisdom, and non-violence. If you are interested in learning more about dharma combat, there are many resources available online and in libraries. You can also find dharma combat classes at some martial arts studios and Zen centers.



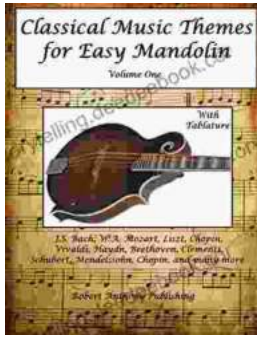
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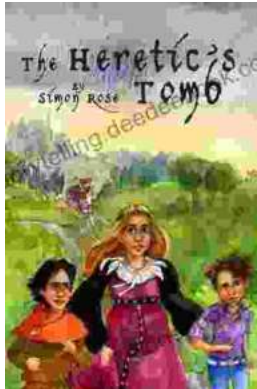
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