



## Secrets of Northern Shaolin Kung-fu: The History, Form, and Function of PEK SIL LUM (Secrets Of...)

By Brian Klingborg, Lai Hung

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*The Secrets of Northern Shaolin Kung-Fu: Pek Sil Lum* is a comprehensive guide to the theory and practice of the traditional Chinese art known to the West as Northern Shaolin Kung-Fu. It includes a historical overview, basic positions, and authentic forms and techniques.

Pek Sil Lum is especially renowned for its repertoire of kicking techniques, ranging from simple front kicks to jumping twirling crescent kicks to the dreaded tornado kick, and includes open- and closed-hand strikes and a number of weapons forms.

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