School Rules of Buddha Kung Fu

- 1. No jewelry worn at any time during class.
- 2. No food, drinking, chewing gum, or smoking during class.

 Water only, by permission or when instructed to by Shifu or Assistant Instructor.
- 3. Keep the school clean. Pick up trash, sweep the floor, refresh the altar...
- 4. No leaning on furniture, walls, or anything, at any time or anywhere.
- 5. No talking during class, except when allowed by Instructor.
- 6. Respectful Kung Fu Titles Used by Buddha Kung Fu:
 - a. Instructors should be referred to as, "Shifu," at all times in all places.
 - b. Students of higher rank are to be referred to as, "Shixiong," or "Shijie."
 - c. Students of lower rank are to be referred to as, "Shidi," or "Shimei."
- 7. All students and instructors are a family protect each other.
- 8. Always Salute when entering or leaving the workout areas of Buddha Kung Fu.
- 9. Ask questions, when allowed, but do not expect to be taught more or shown what you request.
- 10. Despite paying your tuition fees, you must earn your upcoming lessons by mastering the previous lessons.
- 11. Adhere to the Buddha Kung Fu Uniform Code.
- 12. Practice your Kung Fu everyday. Practice your new lessons/Forms 8 times per day.
- 13. Maintain a Kung Fu Notebook and prepare for your Belt Test Approvals.
- 14. Monthly tuition payments must be received by first monthly class attended.
- 15. Late tuition payments must be paid with \$10 late fee.
- 16. Inform Shifu in advance of financial hardship. Barters or grants may be available.
- 17. All tuitions and fees are nonrefundable nor prorated.
- 18. Students should not teach any student or friend unless directed to by their Shifu.
- 19. Any students assigned by their Shifu to be Assistant Instructors are to be addressed as, "Shixiong," or "Shijie," by the class students.
- 20. Serving as an Assistant Instructor is required in order to achieve certain Buddha Kung Fu Belt Rank Levels and absolutely no financial reward is received except possible tuition credits per the Abbot of Buddha Kung Fu.
- 21. All Buddha Kung Fu students must attend events and ceremonies when invited.
- 22. Seminars should be attended in addition to classes. Check for student discounts. If you would like to assist the Shifu, your seminar fees may be waived.
- 23. Since Buddha Kung Fu has all the Kung Fu of the Tai Chi Youth programs plus additional Shaolin Kung Fu and weapons, the students of Buddha Kung Fu are considered to be a higher belt rank. This seniority should be expressed by supporting the Tai Chi Youth programs and helping Tai Chi Youth students just the same as lower ranked students of Buddha Kung Fu.
- 24. Since Shaolin Chi Mantis is more advanced and demanding than Buddha Kung Fu, those students of Shaolin Chi Mantis should be treated with respect as higher ranking students who may be of assistance to Buddha Kung Fu disciples if you earn their respect.

School Manners of Buddha Kung Fu

When a Buddha Kung Fu student enters our school (wherever being taught):

- 1. Salute the school workout area each time you enter or leave.
- 2. Salute the Past Masters / Altar before class or workout begins.
- 3. Read any announcements made available to students by Shifu.
- 4. Pick up any flyers being distributed for yourself and to promote to others.
- 5. Sign up or submit written request for Belt Test Approval testing.
- 6. Warmup / practice your Kung Fu until class starts. Make our school look cool.
- 7. Inspire other students to practice their Kung Fu.
- 8. Impress us by displaying your practice and Shaolin Kung Fu Spirit.

Do not leave the class floor or workout area once class has started without the instructor's permission by either raising your hand and asking permission or stepping to sidelines and bow-out. You may bring a towel to class to dry off with, but wait until the Shifu allows you to take a break before using it.

Ask permission to get a drink of water if necessary, otherwise wait until the entire class is told to, "Take a water break." Water breaks occur at least once per hour and preferably once per half hour.

Be on time for class. If you arrive late, wait patiently on the sidelines of the class until the Shifu invites you to join the class. Do not start stretching or warming up until the Instructor invites you to join the class. If you have stretched before arriving at class late, inform the Shifu of this, after being signaled by the instructor to join the class. If you are both late and unprepared for the class, inform the Shifu you have not stretched out or warmed up. If told to, "stretch yourself," warmup with as few stretches as possible in order to quickly join the class.

Do not touch or handle the weapons or items belonging to other students or the instructors without asking for permission first. Students with weapons should never allow their Shidi or Shimei to handle them, no matter how politely you are asked.

As you are reading, you may mark the paragraph with your finger, but don't slide it along under the words you are reading. In Kung Fu we seek efficiency in all things we do.

Shaolin Chi Mantis was founded in 1984 and has taught Kung Fu to hundreds of students without any major injuries or bone breaks. Please do your best to preserve our nonviolent and no injury reputation. Stay focused in class. Do your best. Work hard to keep improving and being a better person.

Good manners are a way of life. Have good manners in all things you do. Good manners are good Kung Fu. Buddha Kung Fu promotes Confucian values, Buddhist ethics, Christian morals, and Kung Fu family traditions.

Promote Buddha Kung Fu by showing how Buddha Kung Fu has improved your life.

Establish the standards of every future Buddha Kung Fu student and buddha by exemplifying and living those standards on a daily basis. Know, that if others work as hard as you work, that you will be very proud of them.

Uniform Code of Buddha Kung Fu

This uniform code establishes a traditional Kung Fu spirit and traditional Chinese atmosphere of filial respect for the image of our Buddha Kung Fu school.

We are Buddhas when we are overflowing with wisdom and we desire to share our spiritual knowledge with others. This is a father enjoying teaching his son how to play a game.

In order to be a Buddha, you have to think like a Buddha. During their first semester at Buddha Kung Fu, most students may complain about the practicing, complain, "...how hard it is..." Be patient with these new students. Just as a mother knows her newborn child will soon be able to walk, you know that if any of these students make it through the first year with a Belt Rank advancement for each semester – these students are likely to become Buddhas.

Boxing Gloves: Boxing gloves are never worn or used at Buddha Kung Fu.

Chest Protectors: Chest protectors, padding, armor, never used at Buddha Kung Fu.

Elbow Pads: Elbow pads are never used at Buddha Kung Fu.

Foot Guards: Feet pads are never worn because Buddha Kung Fu students are never barefoot.

Gauntlets: Forearm guards can be used during choreographed fighting routines.

Shifu may permit senior students, and injured students, to wear supports.

Coaches may wear gauntlets when training students.

Hair: Headbands without writings or logos are allowed.

Elastic hairties, ponytails, and braids are acceptable. No pins, metal or plastic hair fasteners allowed.

Hair should be washed daily. Conditioners are optional.

No dandruff or skin diseases allowed. (Shifu will recommend a product.)

Hats: No hats of any kind allowed except in wet weather.

Head Protectors: Head protection is never worn at Buddha Kung Fu.

Jewelry: Pierced ear earrings allowed at your own risk but are discouraged.

Necklaces, wrist bracelets, rings, and watches not allowed in class.

Knee Pads: Knee pads are only used for practicing or performing choreographed fighting

routines that require students to use their knees for dramatic or acting purposes.

Pants: Chinese Kung Fu pants preferred.

Any solid colored sweat pants allowed. (100% cotton preferred.)

Wild patterns, logos, and designs not permitted in class.

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Sash: Your sash should be worn during all classes and functions.

Your sash must be worn during all school events, tournaments, demonstrations, performances, Belt Testings, and ceremonies. A plain white sash can be worn at any time by any Belt Rank.

Only one sash will be awarded per each Belt Rank Level even if your

sash is destroyed or lost.

Never borrow or loan out your sashes.

Shin Guards: Shin guards can be used during choreographed fighting routines.

Shifu may permit senior students, and injured students, to wear leg supports.

Shirts: No logos, ads, words, or pictures on shirts worn in class.

Inappropriate shirts may be worn inside-out during class, if necessary.

Chinese designs and art may be approved by the Shifu. Designated T-shirts and Chinese jackets preferred. Any plain colored T-shirt or cotton shirt allowed.

No Japanese ghis, Karate uniforms, or Judo clothing allowed.

Purchase Buddha Kung Fu shirts at www.CafePress.com/buddhakungfu

Shoes: Chinese slippers prohibited at all times and all events.

Sandals prohibited during classes, events, tournaments...

Leather soles prohibited.

Any shoe leaving scuff marks on school floor is prohibited. Shoes should be of an athletic nature and worn securely.

Tennis shoes "court shoes" of most any manufacturer are enouraged.

Socks: Socks are required during all classes, events, and tournaments.

Socks can only be worn one day, then washed before wearing again.

Feet should be washed daily and have no offensive odor.



Code of Buddha Kung Fu

Each student of Buddha Kung Fu:

- 1. must cultivate the "Shaolin Spirit" of seeking Kung Fu and Zen Buddhism;
- 2. must not spar or fight unless endangered and never use their Kung Fu skills to intimidate others;
- 3. must not engage in needless arguments;
- 4. must not defame, insult, or lie;
- 5. must always be good mannered, patient, enthusiastic, humble, cordial, and respectful of the accomplishments and seniority of others.
- 6. must endure and tolerate all hardships while controlling all anger and emotions.
- 7. must, by lifestyle example, bring honor and respect to our Kung Fu schools, our founder Zhen Shen-Lang, and the martial arts styles of Shaolin Kung Fu, Tai Chi Praying Mantis, 7-Star Praying Mantis, and Yang Style Tai Chi.
- 8. must adhere to the rules and codes of behavior of Buddha Kung Fu.

Your pride should be based upon recognizing your work, efforts, and accomplishments.

Your humility should be based upon realizing how much there is yet to learn and how improvements are always possible.

Your school pride should influence other students to also have pride in their school and improve their Kung Fu individually to make the school look better as a whole. Practice your Kung Fu between classes, during breaks, before class and after class.

Talk and socialize about issues, events, and curriculums of Buddha Kung Fu when you are in a Buddha Kung Fu school area or workout location.

Earn your tournament trophies for "the school." You'll find it more rewarding to strengthen our school with your "Shaolin Spirit" than just winning for yourself.

Make the strengthening and development of our Buddha Kung Fu school equally important as your own personal strengthening and development.

You are now a disciple of Buddha Kung Fu. As long as you do your best, we are proud of you. As long as you are improving and learning we are proud of you.

You are in a Kung Fu family now. Your Shifu is your new "Master Father," and our founder, grandmaster, Zhen Shen-Lang, is your "Master Grandfather." As in any family, the respect towards the parents represents the unity and strength of the family. Even if you never were respectful to your real parents, now is your opportunity to develop your family strength by developing your respectfulness, improving your manners, and enhancing your social skills.

Your perseverance is based upon your self-respect. Most importantly, by doing your best and improving – you will be proud of your self and your life.

Filial Piety - Who is your Buddha?

Different animals have different family relationships. Some eat their young and others protect them to a certain age before turning them loose in the world.

Humans have gone further in family relationships to where we will protect the relatives of our relatives that we may not even know. Humans have the ability to DECIDE how much respect, loyalty, devotion, and protection they are willing to provide. Unlike animals we will protect strangers and people we hate – for money.

So loyalty is possible in all humans to some degree. Often fear is the main motivator for loyalty. I am hoping to inspire your loyalty to Buddha Kung Fu by inspiring your loyalty and obedience to me. "Enlightened Person," is the translation for "Buddha." I want to help you become an enlightened Buddha.

As I create Buddha Kung Fu, I have 24 years of Kung Fu teaching experience and 20 years of creating my own family with two kids. I have learned a lot from what I did right. I have learned a lot from what I did wrong. I have learned a lot by studying other people's families. For several years I purchased and borrowed many books from the libraries about motivation and teaching children and sports coaching...

From 1992 to 2005, I was a full time Kung Fu and Tai Chi instructor. Most Shifu have day jobs. I was blessed with the opportunity to study Kung Fu all day as a Mr. Mom and teach all week long in the day-time and nighttime, giving me the opportunity to surpass my own Shifu and heroes like Bruce Lee.

I can't teach a porpoise to do Tai Chi, but I know that I can teach anyone willing to follow my instructions, all the Kung Fu that is listed in this book. No matter what physical shape you may be in, if you are capable of exercising a few hours a week on your own, with a few hours of classes with me – I can transform you into a person with skills and contentment that will surpass 90% of the world.

You will learn to believe in your self and your own abilities, but first you must believe in mine. If you can't appreciate me and believe in me, even after one handshake, you are on a distant path from Buddha Kung Fu.

Hopefully, during your first semester you will realize what a great curriculum we have at Buddha Kung Fu. Hopefully, you will appreciate my life, my achievements, and my goals of Buddha Kung Fu. If you want to travel this path, pack your lunch and change direction.

This book contains a broad historical view of my life so that all Buddha Kung Fu students will know who I am and be proud to call me a "Buddha."

We've made Jesus and the Original Buddha into Gods. So, Jesus and Buddha have become unrealistic icons that no one can possibly emulate unless they raise the dead first. I believe that Jesus and Buddha were trying to portray lifestyles that were possible for all humans to attain, "turn the other cheek," "treat others the way you want to be treated," and "desire is the root of suffering."

If you can't call me a Buddha unless I make a dead body walk – you will probably be happier in a Karate school where people can kick you and punch you during every class.

Dedication to Buddha Kung Fu

Although Buddha Kung Fu has an annual membership fee, the membership requirements do not include the Buddhist head shaving ceremonies of Shaolin Chi Mantis or Dharma Name Ceremony.

Dedication to Buddha Kung Fu is for each student to express through their own efforts to be a good student and boost the morale of their Buddha Kung Fu classes. All of us can benefit from some more encouragement, criticisms, and compliments as we strive to maintain our "Kung Fu way of life."

Have enough dedication in your cup to overflow with enthusiasm that you can share and inspire other Buddha Kung Fu students with.

Utilize this opportunity to be dedicated to something worthwhile that benefits other persons.



Develop your integrity, honor, and self-respect by embracing the goals and expectations of Buddha Kung Fu.

Be confident of your Buddha Kung Fu Path.

Be confident with your Kung Fu. Being confident = self-confidence.

Believe in yourself.

Dedication to others is only as strong as your self-dedication.



Dedicate yourself to a good life. Allow Buddha Kung Fu to help you with guidelines and goals.

Dedicate yourself to having a good life by being a good Buddha Kung Fu DISCIPLE.

A student is usually attending classes because "they have to." A Disciple 'wants' to attend classes. A Disciple practices his current lessons, and prepares for his next Kung Fu lesson. A Disciple is prepared.

A Disciple is dedicated.

'Want' to be dedicated to something worthwhile.

"Want" to be dedicated to Buddha Kung Fu.

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Self-Dedication

All dedication is limited or enhanced by your self-dedication.

Being dedicated is an exercise that many people never develop because they are forced or obligated to be or do something that they don't like or disagree with. If you disagree with us join another school.

Buddha Zhen has been studying the basis and motivations for self-discipline since the early eighties when he took notice of the many students starting and quitting at his Kung Fu school of the Tai Mantis Federation. As a Tai Mantis assistant instructor, he assisted many beginning Kung Fu students and learned of their reasons and motivations for joining the Tai Mantis classes. Then, teaching the basic punches and kicks to these students, Buddha Zhen saw who stayed, who quit, who lost weight, who got stronger... and correlated many of their introductory comments and desires to their eventual results.

In 2007, Buddha Zhen stumbled upon a unique and simple way to evaluate people to determine their capacity for self-motivation. This book will not be published by Shaolin Communications. With such far reaching benefits and universal concepts, this new "**Motivation Book**" will need to be published internationally and available as a school text.

The space below will be replaced with an ad for Buddha Zhen's "Motivation Book," when published.

Note: I am writing this Buddha Kung Fu Manual in December of 2007. This month I had my amazing insight into human behavior, human character and motivations for a book tentatively called "Trio."

Loyalty to Buddha Kung Fu

Loyalty must be learned. Although we may have some instinctive programming that can lead us to accidentally be loyal, true loyalty requires mental effort more than brain washing.

Students create the image and attitude of our Kung Fu schools. How you stand around before class determines how people will view our school and students.

Practice your Kung Fu while waiting for class, or after class.

If you have something more important to do than practicing your Kung Fu – go do it. Otherwise, hang out and help your younger school brothers. Practice your current lessons. Do some tumbling, or experiment with a school brother or sister your self-defense applications of your current Kung Fu Form. Perhaps an older brother will assist you if he sees you working on a Kung Fu Form they would like to practice also.

Your loyalty will be this Kung Fu Spirit that will inspire you to honor and strengthen our Kung Fu school and inspire your Kung Fu family. The more your loyalty creates confidence in your classmates and instructors, the more rewarding you will discover loyalty can be.

Utilize this opportunity to develop your loyalty by being loyal to Buddha Kung Fu. All skills require practice and work to develop.

Be loyal to your classmates, shidi (older school brothers), and shimei (older school sisters), by protecting and inspiring them.

Be loyal to your instructors, shifu, abbots, and Patriarch, by giving them a prominent position within your heart and mind like a father you adore. Despite your frustrations with your real father or your Kung Fu father, this position in your heart and mind is a place that is always available for some role model or image of yourself. Since you are a student, and a students' job is to change into something else, like a caterpiller to a butterfly, create this Kung Fu father image (usually your Shifu or Naruto), in your mind and allow your Kung Fu father role model to evolve, but never to be demeaned or insulted.

As a result, even when you talk to yourself, you should be talking calmly as your inner Kung Fu father to yourself, or as a student talking respectfully to their Kung Fu master.

Most people make excuses "why" they don't do things. That is too easy. Find reasons "why" to do it.

Students are expected to enjoy our classes. Students who are unhappy, or looking depressed in our classes will be asked to join another martial arts school.

Loyalty in Buddha Kung Fu will require an understanding of Confucian family ethics and virtues. We hope these ancient traditions and ideals will inspire modern day students to be more respectful to all, more useful to themselves and others, and beneficial to their own future and their community.

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Why Not?

Do not use the expression, "Why not?"

There are always many reasons "why not to do things."

Instead of always looking for a reason to quit, always look for a reason to win. Most people who say, "Why not?" live by excuses and consistently broken promises. Try changing "excuses" into "reasons."

Use honorable words with honorable actions.

Embody honorable intentions to be an honorable person.

Create little rewards for yourself throughout the day. Make boundaries/goals you must surpass before stopping for the day. Make Kung Fu into YOUR GAME you play all by yourself with your imagination.

You are a Buddha Kung Fu warrior.

The first level of Kung Fu is the "warrior athlete."

Your goal is to conquer your body. Listen to your body, but do not obey it. Sure some of the automatic responses like pulling your hand out of the fire should be utilized. Any decisions you have time to think about – deserve your logic.

"Listen to your heart," can be misleading advice. If you are sick, or tired, or frustrated, or sad; your feelings will create a much different decision than if you were happy, in love, healthy, or comfortable. Don't let environment, hunger, disease, or emotions run your life. Make decisions that you can be proud of-even if they don't work.

Know the reason why you are making choices. Excuses are not reasons. What are you avoiding?

As if immediate surroundings, people, emotions, and feelings didn't confuse reality enough, the way you think and react, will flavor or limit your decision making ability. Our internal programming includes prejudices, habits, routines, or narrow-mindedness that all of us have to some extent. Know your mind.

Almost lastly, your decision as to "why not" or "to do" is based upon your information available. Even if you learned the information necessary to make a good decision, you may not remember it, believe in it, or maybe you have altered it into something else... A good life takes practice to make it normal. Bad habits require reprogramming to erase or transform into good habits. Buddha Kung Fu is your program.

Lastly, decision making is a skill that requires time and effort. Another translation for, "Shifu," (Kung Fu Master), is "Man Of Great Skill." To become skilled requires diligence, focus, work, and a good teacher.

No student of Buddha Kung Fu should ever use the expression, "Why Not?" We don't have time to explain all the excuses "why not to do something," we are too busy explaining all the reasons why you should be doing Kung Fu. So start changing all your "why not" excuses into "how to do it" plans.

Oath of Shaolin Chi Mantis

l,	, seek to join the school and Buddhist family of Shaolin Chi Mant	is
traditional Buddhist Gongfu.		

I understand the rules and regulations of Shaolin Chi Mantis from my Shaolin Kung Fu Initiate training.

I understand my Shaolin Chi Mantis obligations will include:

- 1. to live a good and healthy life portraying the benefits of Shaolin Kung Fu;
- 2. to help and teach others within our school;
- 3. advise and help those in need;
- 4. maintaining a happy family by being as happy as I possibly can be at all times;
- 5. set a good example by inspiring others with smiles, and Zen wisdoms;
- 6. avoid violence and misuse of the martial arts;
- 7. obey all the rules and expectations of Shaolin Chi Mantis and your Shifu;
- 8. support and promote the public image of Shaolin Chi mantis by studying, practicing, and working diligently to manifest the spirit of Shaolin Kung Fu and Zen Buddhism inspired by Bodhidharma.

Please accept me as a Disciple of founder Zhen Shen-Lang's Shaolin Chi Mantis Kung Fu school and accept me as a Zen Buddhist Disciple of Shaolin Zen.

STUDENT INSTRUCTIONS for Shaolin Chi Mantis BUDDHIST INITIATION CEREMONY:

3 Kowtows. (Touching forehead to floor towards Shifu = body/mind/spirit.)

Hand to Shifu the above oath, handwritten and signed by student initiate.

Bow, then walk backwards to pick up a basket of fruit.

Give to Shifu the basket of fruit saying, "May our school and all those within Shaolin Chi Mantis be healthy and successful."

Bow, then wak backwards to pick up your special gift for Shifu.

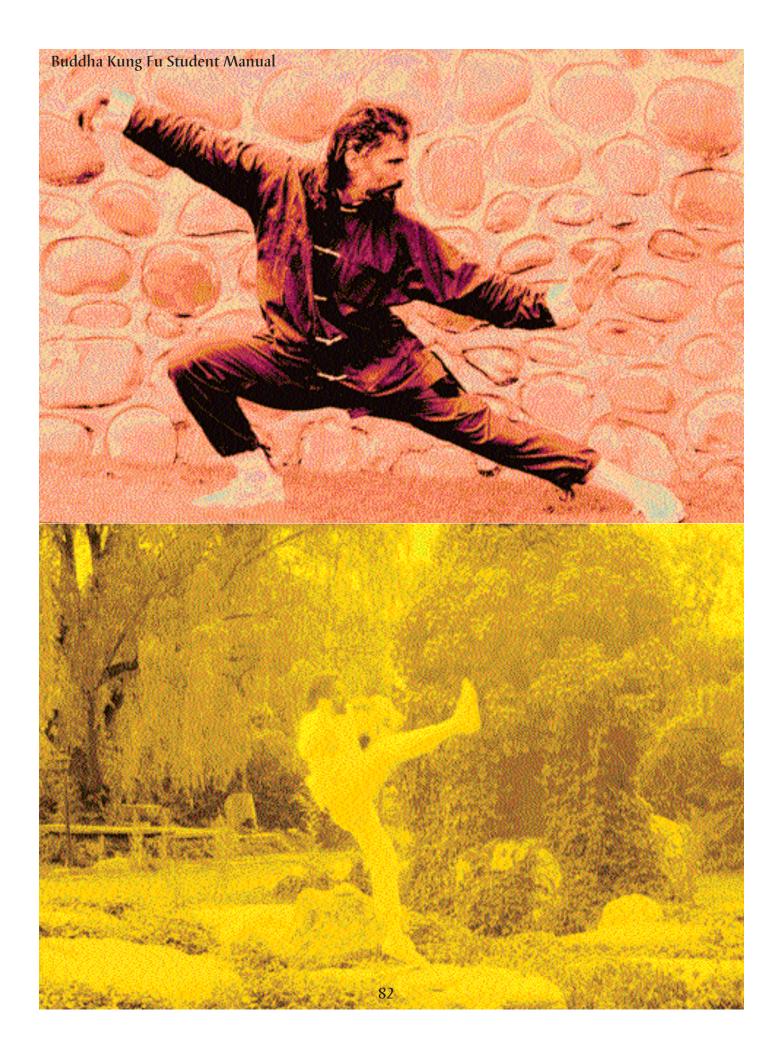
Present the gift to Shifu saying, "In gratitude for accepting me as your student..."

Bow, then wait for the Shifu to shake your hand and say that you are accepted.

Bow, then walk backwards to previous position, or other place designated by Shifu.

Students of Shaolin Chi Mantis stand side by side at Shifu's right-hand side, those nearest of highest seniority. Buddha Kung Fu students and Tai Chi Youth students stand side by side at Shifu's left-hand side, facing the Shaolin Chi Mantis students. In the event of there not being any Shaolin Chi Mantis students, the Buddha Kung Fu students would take seniority over the Tai Chi Youth students to stand at the Shifu's right-hand side.

At all tables sat at, abide by the Chinese traditional seating arrangement, with the highest ranking Shifu at the head of the table. No one ever sits at the opposite end of the table. All guests and relatives sit or stand at left side end, away from the Shifu. The relatives of the Shifu, if specified by the Shifu, may be specially honored by being seated at the right side end of the table away from the Shifu. Specially honored guests, if specified by the Shifu, may sit between the Shifu and left-hand side students except for the TCY Disciple of the Patriarch or the highest ranking left-hand side student present.



Graduation Ceremonies of Buddha Kung Fu

Graduation Ceremonies require the same manners and protocol as any event with The Emperor of China. Behave as if you were in a church and try to inspire others to be respectful and honorable.

The Shifu, Abbots, and Patriarchs of Shaolin Chi Mantis and Buddha Kung Fu are to be respected and addressed cordially as specified in our School Regulations. The highest ranking leader or Shifu sits at the head of the table with no one opposite on a rectangular table. All should remain seated until the Head of the School sits down. All should wait for the Shifu's first bite or drink before having one...

Don't ever show your butt to the Emperor. That mistake can cost you your head.

Walk backwards at least three steps before turning and walking away from the judges or Patriarch.

Kung Fu traditionally had graduation ceremonies of attaining Buddhist religious levels. Ceremonies would present the graduates with an incense burn on the head or a new robe or sometimes some bigger prayer beads.

We utilize the Shaolin Chi Mantis ceremony procedures designed by Buddha Zhen Shen-Lang after his studying both traditional Buddhist ceremonies and initiations of the Chinese secret societies.

Most graduations are followed by catered food, restaurant parties, or Kung Fu videos...

3:00	SETUP	Setup Captain		
3:15	TCY Board Of Trustees Meeting	TCY Board of Trustees.		
3:30	SCM Board Of Trustees Meeting	SCM Board of Trustees		
3:45	Buddha Kung Fu Board Of Trustees Meeting	BKF Board of Trustees		
4:00	START GRADUATION CEREMONY	M.C. Announcement		
4:15	Buddhist Head Shaving Ceremony of SCM	Patriarch, Disciple, Chief Abbot, Shifu		
4:30	Shaolin Chi Mantis Graduations	Chief Abbot		
4:45	Buddha Kung Fu Graduations	Patriarch		
	Tai Chi Youth Graduations	Patriarch		
5:00	SPECIAL AWARDS	M.C. Announcement		
5:15	Special awards to students, volunteers and donors.	M.C.		
5:20	Buddha Kung Fu Demo Team performance.	Buddha Kung Fu Demo Team		
5:25	Farewell Speech Closing Ceremonies	Patriarch's Goals M.C.		
5:30	TEAR DOWN	Setup Captain		



Annual Membership Meeting of Buddha Kung Fu

Each year, a committee should be formed of students interested in planning and organizing this annual event which can be a catered party, held in a Chinese restaurant banquet room, or in the park...

When I created Tai Chi Youth in 1996, I foresaw schools around the country having their Annual Membership Meetings on the same **Saturday after Thanksgiving**, in November. My students made me aware of the fact that they NEEDED and wanted a reason to come home from their family get-togethers.



The primary headquarter TCY school location would have a representative from each Tai Chi Youth school so we could hear of their accomplishments and needs in the Board of Trustees meeting held prior to the Annual Membership Meeting. School delegates could share their Kung Fu stories, and build friendships with our other Buddha Kung Fu schools.

Wherever the current Patriarch of Buddha Kung Fu resides, may determine the Annual Membership Meeting location. International Buddha Kung Fu school delegates...Tournaments in every state! Push Hands tournaments in Europe. Travelling seminars of Buddha Kung Fu masters and disciples. Television show performances by our masters, disciples, and cute little kids...All of our TCY, BKF, and SCM Annual Membership Meetings and the Annual Chinese Gongfu and Taijiquan tournament in November should include performances by our Demo Teams. New name: **Buddha Kung Fu Chinese Tournament.**

Annual Membership Meeting Page

Each November, the Saturday following Thanksgiving = **Annual Membership Meeting**. www.buddhaKUNGFU.com/membership/meeting.html

Updated information about upcoming membership meetings.

www.buddhaKUNGFU.com

Graduation Ceremonies of Shaolin Chi Mantis

Graduation Ceremonies are held each **February**, **May**, **and November** at Buddha Kung Fu. www.buddhaKUNGFU.com/membership/graduation.html

Updated information about upcoming graduations.

www.buddhaKUNGFU.com

Membership in Buddha Kung Fu

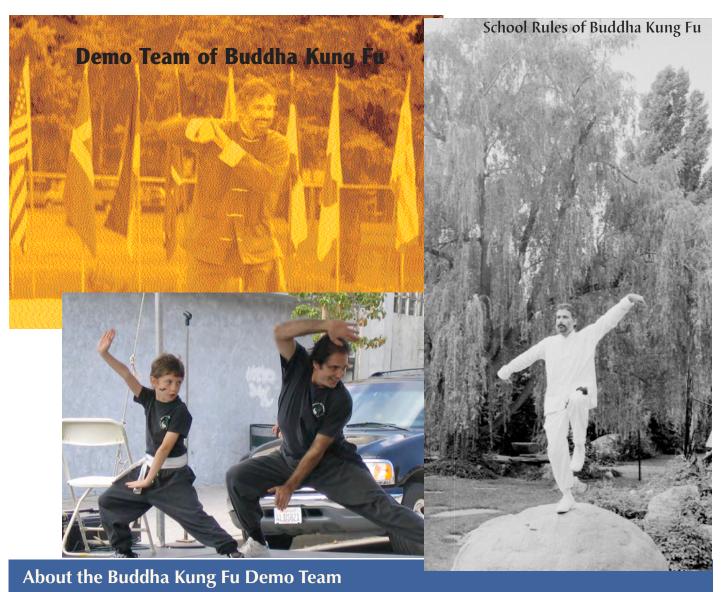
Buddha Kung Fu membership only costs \$10 per year. www.buddhaKUNGFU.com/membership

Membership page has tuition buttons for most students.

www.buddhaKUNGFU.com







Fun way for students to be motivated, gain confidence, self-esteem... www.buddhaKUNGFU.com/demoteam

Demo Team page with info for and about Demo Team. www.buddhaKUNGFU.com

Donate and Support the Demo Team of Buddha Kung Fu

Help us purchase more props and imported clothing from China. www.buddhaKUNGFU.com/donate

Donations are a big help. Thank you. www.buddhaKUNGFU.com

Scrapbook of Buddha Kung Fu Demo Team

Pictures of students at tournaments, performances, state fairs... www.buddhaKUNGFU.com/scrapbook

List of scrapbooks as we create them.

www.buddhaKUNGFU.com

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Kung Fu Family Seniority

School enrollment maximum for Buddha Kung Fu schools:

- 1 Patriarch of Buddha Kung Fu (oversees up to 8 Grandmasters)
 - 1 Disciple of The Patriarch (Advanced or higher Belt Rank Level)

Grandmaster 1	(oversees up to 3 schools)
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1	Chief Abbot	1	Chief Abbot	1	Chief Abbot
4	Abbots	4	Abbots	4	Abbot
6	Luohan	6	Luohan	6	Luohan
12	Disciples	12	Disciples	12	Disciples
24	Advanced	24	Advanced	24	Advanced
48	Intermediates	48	Intermediates	48	Intermediates
480	Beginners	480	Beginners	480	Beginners

In order to have more schools, or a distant region, a new Grandmaster would have to be installed to overlook a maximum of 3 Buddha Kung Fu schools.

All students are "Disciples" of the Buddha Kung Fu Patriarch and founder, Zhen Shen-Lang.

Your instructor is your Kung Fu Father or Kung Fu Mother.

Your senior students are Older Brothers and Older Sisters.

All Buddha Kung Fu students of lower rank than you are your Younger Brothers, and Younger Sisters.

Care for each other.

Care about our Kung Fu school.

Care about our Buddhist message.

Care about yourself.

Confucious teaches many important lessons on filial piety. The strength of any group is based upon their unity. The strength of a family is its unity. The strength of our school will be its unity.

Like any family's survival, we need children. Those children will be YOUR brothers and sisters. The concepts and principles taught at Buddha Kung Fu may not exist at all in your real family. So be it. Just because you weren't born into a family with filial piety doesn't mean you can't learn and appreciate these values of respect and cooperation.

Be the best big brother/big sister that you can be. Even if you don't like your own siblings, learn to appreciate your Kung Fu family. Perhaps, by learning how to be friends with your Kung Fu family – you will learn how to be a better friend to your real family.



Kid Programs of Buddha Kung Fu

Tai Chi Kids™ was launched in 1993 with a donation of one semester of free Tai Chi and Kung Fu classes to the Big Brothers and Big Sisters organization of Salt Lake City, Utah.

I studied lots of books from the library on youth exercise and education programs.

I also home schooled my daughter, Zhen Ming-Mou, for several years. She became the highest ranking student of Tai Chi Youth and 2nd Place Grand Champion in 1997.

With all this research and many program ideas to work with, I experimented with many sports, games, curriculums, and motivational concepts.

Teaching in youth prisons and youth rehabilitation centers taught me the diversity and similarity of youths.



The *PUSH HANDS REGISTRATION PAGE* has a breakdown of the ages per each youth level.

SHAOLINkids.com

After creating the "Kung Fu Kids Programs" in 1994, they were split into two programs. I would like to have demo teams from SHAOLIN KIDS and TAI CHI KIDS.

Shaolin Kids and Tai Chi Kids learn the same basics.

www.shaolinKIDS.com

TAICHIkids.com

Started in 1994 so Zhen Ming-Mou could have Kung Fu playmates.

Started with free semesters at YWCA donated to the Big Brother/Big Sister program in 1994.

I chose, "Tai Chi Kids," for the program to push.

www.taichiKIDS.com

taichiYOUTH.org

Nonprofit organization founded by Buddha Zhen in 1996 for youths-at-risk. We could really help a lot of kids if we had a lot of schools...

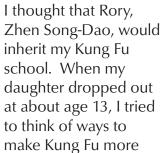
We need enough donations to build a school.

www.taichiYOUTH.org









fun and more "kid-like," for Rory. We worked out daily.

This led to the Tai Chi Kids programs taught at the YMCA from 2004 to 2008. To my surprise, when Rory's mother gave him the chance to quit my Kung Fu and music lessons, he quit them all. "Thanks for the years we had."











A friend of mine was a soccer coach for his son's team for a decade—then his son went to college. My parent-friend felt abondoned and directionless. Without his real son's presence, he was no longer inspired, or motivated to continue working with his soccer team.

My family consists of the people in my life. When you join my Buddha Kung Fu school, you join my family. It's as good as we make it good.



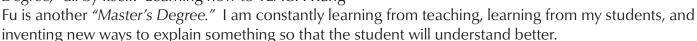


Teen Programs of Buddha Kung Fu

The donations to the **Big Brothers and Big Sisters Foundation** brought in many teenagers along with their older brother and sister sponsors/mentors. The YWCA afternoon kids programs became a testing ground for games designed by Buddha Zhen after studying books he found in the Salt Lake Library on child behavior and child motivation studies.

Tug-Of-War games, relay races, and the still in use, "Crane Wars™." The Crane Wars was so popular with the kids classes, that Buddha Zhen decided to try it in the adult classes. Surprisingly, the adults loved it as much as the kids. It became a regular event of our Push Hands Tournaments since 1994.

Learning how to be good at Kung Fu is a "Master's Degree," all by itself. Learning how to TEACH Kung



The SCM DEMO TEAM and the TCY DEMO TEAMS have been where most of your youth and teens have found a place to expand their creativity and have meaningful social experiences as we travel and perform for schools, fairs, colleges, and tournaments.



Tai Chi TEENS

Tai Chi photos and information for teens enrolled in Buddha Kung Fu programs. www.taichiTEENS.com

Homepage of Tai Chi Teens programs. www.taichiTEENS.com

Buddha Kung Fu DEMO TEAM

Our goals are to enlighten and share Kung Fu with the public as we develop our talents. www.BuddhaKungFu.com/demoteam

Photos and news about our Buddha Kung Fu Demo Team www.BuddhaKungFu.com

Support our TOURNAMENTS and DEMO TEAM

Most of our limitations are financial. Help us to provide more for our students. www.BuddhaKungFu.com/donate

Paypal button for convenient donations to help our school. www.BuddhaKungFu.com

Buddha Kung Fu Student Manual



Kung Fu Family

I was a Black Belt in Kung Fu in 1984. I was a Kung Fu DISCIPLE in 1986 as I practiced for at least one hour every day. Then, in 1992, the Chinese and Japanese people started calling me, "Master." I got used to it and accepted it in 1994. In 1996, after creating Shaolin Chi Mantis and creating my non-profit association, TAI CHI YOUTH, I became a "Grand Master." This grandfather title won't be fully accepted by me until I create a complete Disciple who becomes a "Shifu" of Buddha Kung Fu. Then, I will be a grandfather, a grandmaster.

My original goals of turning over the Shaolin Chi Mantis traditional Buddhist Gongfu schools to my children, has ended.

It's not the kind of operation that can be a corporation. A Kung Fu school is a system, established by a particular founder, who passed on both the traditions inherited and the Shifu's own special interpre-

> tation and adaptation of the many martial art styles learned. This creates a style of Kung Fu within a Kung Fu style.

Buddha Kung Fu is related to the Tai Mantis Federation, Shaolin Chi Mantis, Tai Chi Youth, the Chiu Chuk Kai Tai Chi Praying Mantis Federation, and the Shaolin Temple. Buddha Kung Fu includes teachings and Kung Fu from the Daoist Institute, Douglas Wong's White Lotus Sil Lum Gung Fu, 7-Star Praying Mantis, and Jing-Mo / Chin Woo Insti-



tute of China, portrayed in the movie, FEARLESS, starring Jet Li.

My instructors include Douglas Wong, Kam Yuen, and Wong Jack Man in San Francisco. I am very fortunate, lucky, and honored to possess all this incredible Kung Fu knowledge. Now, I feel a desire to pass

Kung Fu and Tai Chi Programs of Buddha Kung Fu



all this on to someone else and a disappointment that this has not yet happened.

Buddhism teaches us that our desires are the root of our unhappiness. So, when your desires are frustrating you, or making you unhappy, you should change them.

So I have changed my dreams slightly. I want to pass on and bequeath my Kung Fu school to a deserving disciple.

Karate instructors, called Sensei, have criticized me for being so

close and involved with my students. I disagreed. I've always looked at my students – as my family. Now, after 20 years of family life, trying to shape family into a part of my future and a support of my life – I've realized that family and blood relations are no more significant, dependable, or reliable than strangers who exist in your life for a period of time.

Family members only share a portion of their lives together. Worse yet, many families are not good to be in...



All this has taught me to appreciate and enjoy my time with my students, just as much as my family members. Which brings me back to my original concept of thinking of my students and myself as a "Kung Fu family."

So please, feel free, and honor me as you would your perfect Kung Fu father. A Kung Fu father is not a spineless babysitter who placates you, flatters you, or buys you off with television or presents.

A Kung Fu father is a demanding taskmaster who will push you farther and harder than your regular mother and father would.

Trust what is demanded of you so you can obey instructions and accomplish your lessons. Your ability to be a good "son" or "daughter" of your









Shifu will bring honor to your real parents.

Forget all your negative memories about parents. Start fresh with your new family and obey your Kung Fu father.

A good student, like a good child, is more fun than a disobedient student or child.

Adult Programs of Buddha Kung Fu

Kung Fu is "too hard" for any lazy person. That is why Bodhidharma invented Kung Fu, to transform lazy monks into healthy and energetic monks. If it was "easy" it would not accomplish anything.

That is why I try to teach people not to use the word, "hard." Getting out of bed can be thought of as, "hard to get out of bed..." or you can embrace the Shaolin Spirit and bounce out of bed ready for the day and anxious to practice your new Kung Fu.





KUNG FU & TAI CHI Classes at Buddha Kung Fu

List of Kung Fu + Tai Chi Programs presented by Buddha Kung Fu. www.BuddhaKungFu.com/membership

Pay monthly or semester tuition fees here online. www.BuddhaKungFu.com

KUNG FU Programs of Shaolin Chi Mantis

Links to all the Shaolin Kung Fu and Chinese weaponry classes of Shaolin Chi Mantis. www.shaolinCOM.com/KungFu_TaiChi/KFprograms-S.html

Main list of all Tai Chi and Kung Fu programs offered. www.shaolinCOM.com

TAI CHI Programs of Buddha Kung Fu

Check here for Tai Chi classes and seminars. www.BuddhatTaiChi.com

Some classes focus more on the Tai Chi than Kung Fu. www.BuddhaTaiChi.com



Note: Many of the YMCA pictures were taken the year following my black widow spider bite. I

Kung Fu and Tai Chi Programs of Buddha Kung Fu











had gained 55 pounds after my legs and feet swelled up. It took three weeks to be able to walk to the trash cans after the spider bite. After a few months I was able to walk my kids to the grocery store.

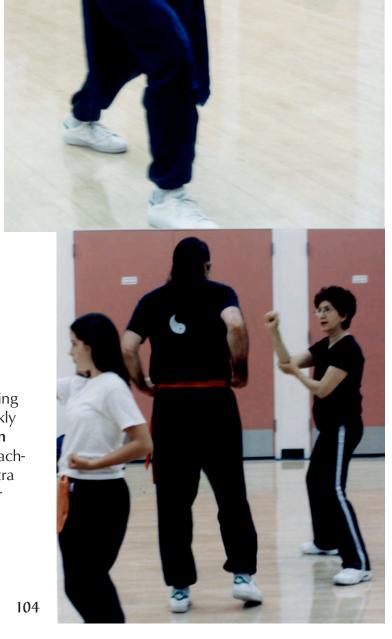
Buddha Kung Fu Student Manual

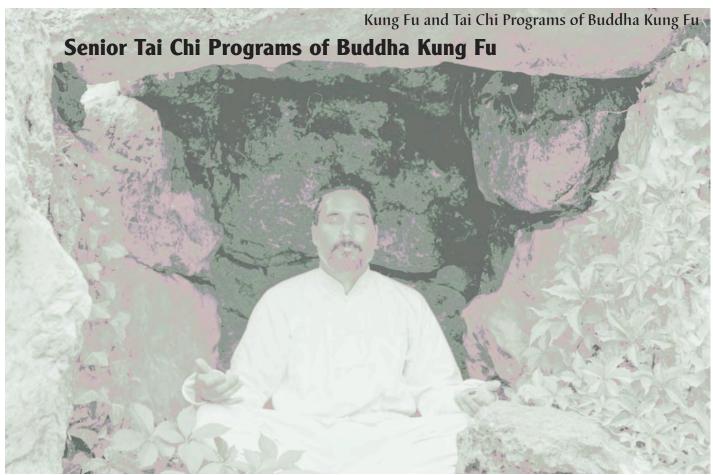




In order to lose my extra 55 pounds, I kept adding another hour of Kung Fu and Tai Chi to my weekly schedule. Each weekly class I added resulted in losing 10 more pounds. When I was back to teaching four or more classes per week – I lost my extra weight and have been at my normal weight ever since.

Tai Chi for weight loss? I proved that it works!





I can style and create a workout that would be perfectly suited to one person – but not for another. I have several types of senior classes ranging from sitting in chairs practicing breathing exercises, to a one hour Taiji Senior Program with all the Tai Chi basics taught in the other Tai Chi programs, just a little slower paced with a few of the exercises removed.

Tai Chi Seniors of BUDDHA KUNG FU

Homepage of Tai Chi Seniors = Taiji Seniors = TaijiSeniors.com www.taijiSENIORS.com

> Homepage for Buddha Kung Fu seniors. www.taijiSENIORS.com

SENIOR TAIJI Classes

Some of the seminars and Zen Bootcamps are recommended for seniors. www.shaolincom.com/KungFu_TaiChi/TCprograms-S.html

List of all current Tai Chi programs.

www.shaolinCOM.com

BUDDHA Tai Chi

Join any of our BUDDHA TAI CHI classes if no Senior Classes are available for you. www.BuddhaTaiChi.com

Check out www.TAI CHIbuddha.com also.

www.BuddhaTaiChi.com







I used to offer lower monthly tuition fees for seniors and children. After twenty years of teaching all ages, I've found that seniors and children require more attention and more teaching strategies than adults and teens.

Children need to be constantly supervised so their actions and behavior fit into our class. I teach them to lead each other.

Seniors are the worst at teamwork, are horrible at following instructions, and lose focus if unsupervised.



Seniors require extra effort, encouragement, and a few compromises to our normal workout so that they will have ambitions in our class. Each senior needs to develop the self-motivation required to practice their Yang Style Tai Chi Short Form every single day to integrate the improved breathing and balance into their daily life.

History of Founder, Buddha Zhen Shen-Lang

Buddha Zhen's Life as a Youth

I was born in an apartment near the ocean in Pacific Beach, California. Relatives say that our neighbors were prostitutes.

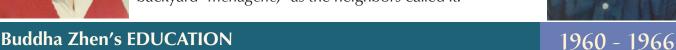
Before I was 2 years old we moved to Allied Gardens, in

San Diego, near Lake Murray, where

I trout fished and roamed the canyons with my dog.



I was in nature boy Heaven. The chapparal overflowed with snakes, lizards, rabbits, coyotes, salamanders, frogs, toads, road runners, quail, hawks and meadowlarks. My role model was my Uncle Richard Warner, a famous biologist. As a young scientist I developed a reputation that earned me television shows and invitations to MENSA. I was at the library, hiking the canyons, bodysurfing, or in my backyard "menagerie," as the neighbors called it.



My record producer website includes my education resumes from childhood. www.RichardDelConnor.com

Record Producer Website

www.RichardDelConnor.com

Buddha Zhen's INTERESTS

1960 - 1966

The stories of my childhood are told in the podcasts by The Hippy Coyote of American Zen. www.CoyoteRadio.net

Podcasts at actZEN.com tell about childhood.

www.CoyoteRadio.net

Buddha Zhen's ART & WRITINGS

<u> 1960 - 1966</u>

Chinese calligraphy, Japanese marble painting, and clothing by Buddha Zhen. www.shaolinCOM.com/Master_Zhen/artworkMZ-S.html

Zen artwork and clothing

www.shaolinCOM.com

Buddha Zhen's MUSIC

1960 - 1966

Buddha Zhen performs and composes for Chinese Pipa, Kung Fu drums, and bamboo flutes. www.shaolinCOM.com/Master_Zhen/musicMZ-S.html

Samples and downloads of music by Buddha Zhen.

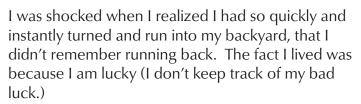
buddhaKUNGFU.com

Highlights of Buddha Zhen's Youth:

About the age of the photo of me in the flight helmet, I stepped on a rattlesnake. Straight behind me in the picture, on the porch, as I stepped out, I stepped on the large full grown rattlesnake. The snake struck at my leg and bit the cuffs of my jeans. Unlike, the pants in the photo, the jeans had rolled up

cuffs and that was where the snake chewed as I looked down in horror.







I was a specialist in reptiles. I read books and studied them in captivity. When someone brought a lizard or a snake to Marvin Elementary School between 1963 and 1966, I was sent a note requesting me to come visit this class and tell them about this animal.



History of Founder, Buddha Zhen Shen-Lang

The principal allowed me to make an incubator for the school. It had a plastic cover like an airplane hangar, light for heat with thermostat. I wonder if they still use it?

I was the school president I think. I visited different schools and went on television for various reasons. I was probably doing more than an ordinary school president before I became school president, so I didn't notice it.

I was also a Patrol Boy for Marvin Elementary. That meant that I and two other Crossing Guards would meet in a special room with lockers where we kept our uniforms. We'd change into our uniforms and be at the most dangerous intersection near our school where the kids had to cross a four-lane street with cars travelling at 35 mph. There were crosswalks, but this also made it safer for the autos as we held the kids back and cars could drive by without worrying about kids stepping out. As Sargeant of the Crossing Guards, I would blow my

whistle once. The other two Crossing Guards were strategically located about 10 or 20 feet from the intersection, depending upon people's landscaping, lowering their stop signs on my cue. I was still holding the kids back with my staff (ironically I teach Chinese Staff now). When the kids were safely across, two blasts of my police whistle brought the stop siggns to attention.

My Uncle Richard gave me a pair of green iguanas he caught. He brought them by plane with each filling a pant leg of a pair of his pants. My uncle was 6' 6" tall so they were big pants and big iiguanas. The larger, who turned out to be female and laid eggs in my backyard was longer than my uncle from nose to tail. My brother wore a scar on his forehead for many years where she whipped him with her tail.



My two younger brothers and I separated further from each other as they chose to also resent my academic achievements. My brothers both explained to me in later years, in their own different ways, how they both were haunted by my shadow. The Marvin Elementary teachers who were so fond of me were surprised not to find any similar talents in my brothers. Their academic grades were weak and they both chose to purposely pursue non academic paths so they would not have to compete with me or my image.

When both my children sought the same goals of avoiding me rather than competing with me or my ideals, I noticed how my life had repeated another cycle.

During all those elementary school years, I was highly respected by the teachers but loathed by many of my classmates. I was the "teacher's pet" whose nickname was, "Brain." I had the same problem with all my friends' parents also. They used to all tell their kids, "why don't you act like that Richard Connor boy." That didn't score points with the few friends I did have.

I would guess that the cartoon, "Jimmy Neutron," best depicts the relationship between me and my classmates in elementary school.

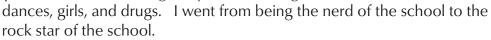
In the fourth grade, my teacher called me to her desk to explain my report card grades. "I didn't want to spoil your record of having 'straight-As' but I wanted you to know that you didn't earn an A in penmenship." I was thankful and probably didn't say anything at all. I mostly want to point out to the spirit of that teacher that I've taken great effort to study and improve my penmenship, calligraphy, and have collected many inks, brushes, and European pen tips...People often comment how they like my handwriting. Again I want to thank that teacher for giving me that "A" and reassure her that I have made certain to earn that "A" that I was given in advance.

I was also the "AV Monitor." Audio Visual guy. Back then it was all movies on spools. Who ran the slide projectors and 35mm movie projector? Yep, me.

Elementary school was my playground of learning. In retrospect, I thank with all my heart the Marvin Elementary principal and teachers who supported me. My experments with black powder, chemical rockets and fireworks bombs earned me a reputation and fan club. Then MENSA started bugging my parents to let me go to "their school." My dad said they thought they just wanted me for making bombs so they didn't let me go.

Buddha Zhen's Life in his Teens

In 1967, at the age of 13, my parents divorced and I got my first electric guitar. With the music came





Being liked by girls became more important to me than school grades. My pimples were a daily chore but shaving wasn't required during my teens. I was like a big hairless singing chihuahua. So when I was 19 and 20, in order to look more manly, I grew that little trangle of hair under my bottom lip. That was the best I could do at manliness.

When my dad left the house and my mother went back to college, I took over feeding my younger brothers. My mom made it easy on me with lots of TV dinners. So here I was ending my childhood science career to be a rockstar, overseeing my younger brothers, getting chased by girls, taking drugs, smoking cigarettes and not worrying about my Jr. High school grades.

Buddha Zhen's EDUCATION

1967 - 1973

Education credentials from 1965 to 1974 can be found in Richard Connor's resumes. www.RichardDelConnor.com/

Homepage of record producer website.

www.RichardDelConnor.com

Buddha Zhen's INTERESTS

1967 - 1973

I worked as a carpenter to survive, playing and recording in my rock bands every night. www.americanZEN.org/level_1A.html

Webpage stories and poetry from teen years.

www.americanZEN.org

Buddha Zhen's ART & WRITINGS

1967 - 1973

Buddha Zhen consistently wrote poetry and songs on a daily basis. www.AUTUMNflavors.com

Poetry book written in 1974.

www.AUTUMNflavors.com

Buddha Zhen's MUSIC

1967 - 1973

Shaolin Chi Mantis ABBOT PAGE has important registration links. www.folkrockpodcast.libsyn.com/index.php?post_id=261888

Radio show featuring music from 1974.

www.FolkRockPodcast.com

Highlights of Buddha Zhen's Teenage Years

I turned 13 in 1967. My friends told me that playing the trombone wasn't cool. I needed to play guitar instead.

So I told my parents to sell my trombone and get me a guitar. They followed the first half of my instructions, but they defied my request to buy me a guitar. So I got a newspaper paper route. The paper boy who previously had my current territory of the **San**

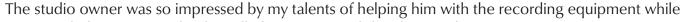
Diego Independent Newspaper, didn't have too many customers. I don't remember whose idea it was, but I was given one newspaper for every single house within a two block radius of my house. That was a lot of newspapers. "Thanks mom for getting up and folding papers with me." She got me started that first month I kept that paper route for a half year, until I had enough money to buy a Les Paul electric guitar like Jimmy Page.

When I bought my Fender Mustang guitar, I was listening to abums by The Turtles, The Rolling Stones, The Animals, The Kinks, The Beatles, The Beachboys...so these were the first songs I learned to play. This had an impact on my songwriting as I appreciated songs that had spiritual, creative,

intellectual, or artistic intentions. Back then, there was a lot of music that competed to be the best.

One of my neighbors was in the Christy Minstrels and later came to me to record him with Kenny Rogers and the First Edition. He taught me my first chords, E, A, and D. My next door neighbor, Skip, showed me how to play the G chord. He was the one who also started me on my musical career without sheet music. He said, "Play along and practice to the radio." That was all I

needed to know. I became an excellent guitarist by 1974 when I cut my first studio recording of an original song written by me, "Wishwood Bridge."



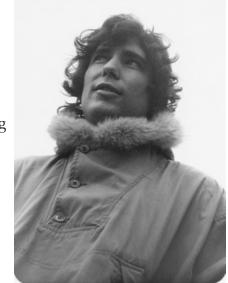
we recorded my session, that he called me up several days later and asked me if I wanted a job being a recording engineer at his studio. I took the job and had a wonderful year living in the house next to the studio in Bonita, California.

I turned 21 living there at the studio. Unfortunately, my roommates had a huge party that the sherrifs shut down while I was in Hollywood meeting with a major music publisher that had one of my idols working as a producer. They wanted some of my songs. When I returned to my home I was evicted and moved a few times before settling back into life as a Union Carpenter.

Ironically, while at Bonita Studios, I remodeled the studios with my carpentry skills. Other studios found out and I remodeled a couple







History of Founder, Buddha Zhen Shen-Lang

other San Diego recording studios before someone in Los Angeles heard about me and called me up to Santa Monica to remodel the Beach Boys old studio in 1978.

Punk rock was the underground scene in Los Angeles. We were power pop with attitude. We sounded like Cream, The Doors, and The Cars, all mixed together. Capitol Records chose The Knack instead of my band, The Rich. Several producers tried to get us record deals and gave us recording sessions in the finest studios in Los Angeles. I still have many of those 2" master tapes in storage. Some of these are excellent recordings that I would like to release.

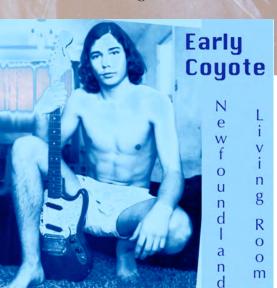
These were also sexually promiscuous years. Hard to imagine in the 21st century. Not since the Roman Empire had sex been so blatant and forthright. Homosexual men again shouted their beliefs of how sex with another man is a higher love than reproducing with a woman. Women's lib now allowed women to abandon any guilt, repression, or desires to reproduce. Females were only allowed to wear pants one day a year in school, on Sadie Hawkins Day, when they were also allowed to choose their male dance partner.

With the abandonment of all sexual rules, the disappointments in our laws after Watergate, and the newfound ability for women to get jobs, buy cars, go drinking, pick up men and bring them home to their own place...was a new world being exploited by everyone.

Music went androgenous with artists like David Bowie becoming famous by being in drag. Alice Cooper was a witch killed by our American justice, now resurrected in drag to throw chicken blood on their audience.

The seventies was the end of the big concerts. Concerts took on the appearance of circuses and the shows included as many people as a circus. When I was 18, I returned from Newfoundland where I had lived on a game reserve with my Uncle Richard, lost my virginity on Christmas Eve to his girlfriend while he was in Europe. She adopted

me and we lived together in a house outside of St. John's,



Newfoundland. So now I was in a Canadian High School, in 1970, being resented for driving to school in a Firebird convertible, belonging to my lover-guardian who was a television producer.

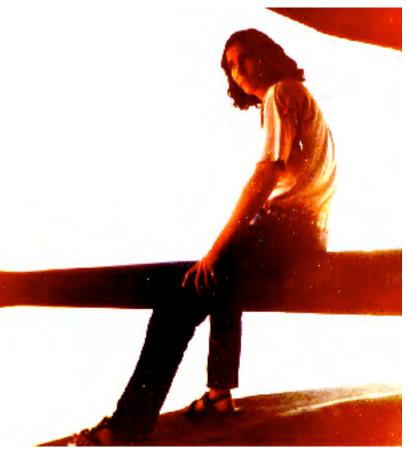
My classmates now despised me for





being American. They envied me being from California and thought I was nuts to be there in the cold wet Newfoundland weather. I counted twelve sunny days that first year. Then my classmates despised me because all the girls wanted to know me. Ah, the sweet smell of resentment. It seems to always identify the people who will never be my friends. Shannon Tweed, now married to Gene Simmons of the rock band, Kiss, left St. John's Newfoundland the year I got there. I think we're the same age. I went to Prince Of Wales Collegiate high school.

The following year in Newfoundland I spent as a resident of Doyle House Fraternity on the Memorial University campus. I later found out that Doyle was an American refugee who had paid off the Newfoundland government so he could reside their peacefully in exile. His por-



On Newfoundland ocean cliff cannon wearing my "Jesus Sandals."

trait in the lobby was a little distorted because someone had painted bars over his face and then someone had retouched the painting to remove the bars. It was a strange coincidence that I was there, also avoiding prosecution in America. My deal was that I could not return until after I was 18 years old or I would have to go on probation.

Probation seemed like jail to me, so I stayed in Canada until I turned 18. I hitchhiked across Canada a few times but never set foot on American soil until I hitchhiked home from Newfoundland in 1972.

My mom said that my brother had my room so I could sleep on the couch a few days, then go stay with



my dad. I lived in my dad's apartment for a year. I met a football center who would later join the Los Angeles Rams, named "Tiny." I needed a job and he got me one, as a bouncer for rock concerts. He took me to his boss and standing next to this Samoan with arms bigger than both my legs put together made me look like a little stick figure. Tiny's boss said with negative amazement, "Hire him as a bouncer?" Tiny really stood up for me and perhaps took a step forward when he said, "He knows Karate." I didn't know a single Karate Kick but Tiny's boss was not going to be the first person in the world to argue with him. I loved working concerts.

Next I lived in a one-bedroom apartment in LaMesa before I got my job at Bonita Studios. I slept in the front room and used the backroom to rebuild my VW engine of my baja bug dune buggy. While living at that apartment I acquired my Alvarez 12-string guitar that I still use on every album I record.

History of Founder, Buddha Zhen Shen-Lang



My parents wouldn't give me any money for college, I had no one even advising me to apply for grants and after a year at San Diego State University, I realized that I could not take 15 units and work full time as Teamster. I started as a strike breaker. One of my neighbors worked at this huge grocery warehouse and asked me if I wanted a job when the Teamsters were on strike. I crossed that picket line every day on my way in and out of the warehouse of A. M. Lewis riding my 1966 Trophy Triumph motorcycle with extended forks and custom handlebars and flames on the gas tank and chromed carb...

It was especially disappointing to drop out of college unable to complete the music program. Those semesters I was working full time and trying to go to college full time included music classes which required students to spend so many hours a week in the music lab with headphones testing and practicing ear training exercises. I was having enough time getting 4 hours of sleep and couldn't keep up with those labs which I would have enjoyed under other circumstances.

When I decided to drop out of college my mother was very disappointed and encouraged me to have a "skill career." I wanted electronics but their was a two to three year wait just to be considered. The Carpenter's Union was more helpful and got me in for math testing within a month. The Union had to abandon math testing in later years because the government decided it was unfair to exclude stupid uneducated people who don't know mathematics from being Carpenters who have to use math all day long.

Back in the seventies there was a construction boom going on. Huge tracts of land were being developed into oceans of houses and condos all around San Diego. Anytime I wanted a job, there was a Union construction job somewhere for me.



Doyle House Fraternity brother Owen. My Uncle Richard bought me this psychedelic shirt from Haight_Ashbury.

I completed my 4-year Union Carpenter Apprenticeship Program in 1975, about thee months early because one of my employers wanted to hire me as a foreman and I needed to be a journeyman to be a foreman. They petitioned the Union, the Union reviewed my excellent grades from night school, every week for the past four years, and decided that I could skip the end of my welding class and graduate early.

As a Black Belt carpenter I had a skill that could used wherever I travelled and enabled to offer my services to a wider clientelle of friends, family, neighbors...everyone.

Age 16, alone on my uncle's trap skiff being remodeled into the boat I would later live on. It was cold. I was without friends and my future



Metal shelf racks were welded in my last apprenticeship class. The Inuit stone carvings were from my Newfoundland school buddies.

was more unknown that ever. I began to cry. But I wasn't content to cry about it and made a resolution that I didn't break for over five years. I vowed to, "never cry again." This may have made a difference in my life because from that day on, I channelled my anxieties and emotions into my music and poetry. That redirection of my negative energy changed my life and made my poetic lifestyle evolve.

In the past ten years I have cried several times, probably once every few years. It freaked out my daughter to see me lose my emotional control. She seemed more panicked about my crying than any injury I've sustained in her presence.

I've tried to stay in touch with my Newfie buddies. I regret not going back for any of my high school reunions. One of these days...

Had I not been shipped off to Newfoundland in 1970 after my marijuana charges, I would have graduated in 1972 with all my friends in Allied Gardens, Del Cerro, and San Carlos that I grew up with. So, each ten years I attend the San Diego high school reunion of Patrick Henry to hang out and see my childhood friends again. When I actually attended the Patrick Henry High graduation in 1972, I had already finished a year at Memorial University in Newfoundland and hitchhiked across Canada then down the Pacific Coast to return home. My friends informed me that no one knew where I was and that my mom had told my friends, "he's dead." She probably said something more clever like, "He's not around anymore," which made my friends give up looking for me.

My mother told me that her philosphy was that children should be raised like bear cubs. "When the cubs reach a certain age," my mother explained to me several times, "the mother bear chases her cubs up a tree and then leaves them to fend for themselves. That's Nature." So, my mom has been reducing our relationship since I was a teenager until she finally completely disowned me in 1998 by taking me out of her **Last Will And Testament.** My father worked hard as a salesman but was never part of our daily life, so his absence was hardly noticeable in my life. This lack of tradition and family unity is part of the new America where everyone is free from everyone, even family.

This freedom worked well for me, because I'm an artist and I like to change schedules, change lifestyles, go here, go there, do this and do that, which is difficult if you've got to be chained to someone's desk or working in a dirt pit building a concrete skyscraper.

With my priorities requiring freedom, inspiration, and creativity, I worked only as much as necessary to support myself. Using my carpentry skills, I made lots of money in short periods of time then took weeks or months off to play music and write poetry and go to the beach...and then I got a girlfriend.

History of

Buddha Zhen's Life in his 20s

I turned 21 living in an A-frame cabin-style house in Bonita, California, working for Bonita Studios, just up the driveway from me. The studio owner sold me his 1969 1-Ton Ford van that I just relinquished in January of 2008.

I was working as a recording engineer, sometimes producing a mariachi band or a country-western album. But during the night, it was MY studio and I cut my first album there in 1974, THE THRUSH. When I later learned this was also a disease, I changed the title of this album to. BONITA.



My fame of remodeling Bonita Studio resulted in my remodeling the Beach Boys studio in Santa Monica, then MCA Records, and RCA Records... then The Village Recorder, one of the most incredible recording studios in the world, hired me because I always brought my cat, Celise, to work with me. The head producer was a cat lover and later engineered a half dozen songs for me including, "Trust Me," on the American Zen LEVEL 1 = Peace Of Mind album.

Buddha Zhen's EDUCATION

1974 - 1983

MZ performed in dozens of rock bands, performing L. A. nightclubs and recording sessions. www.LEVEL3iWANTyoutoLOVEme.com

Website for American Zen album, LEVEL 3.

www.LEVEL3iWANTyoutoLOVEme.com

Buddha Zhen's INTERESTS

1974 - 1983

See Richard Connor's record producer resume for names of the studios he worked at. www.RichardDelConnor.com

Website of Richard Del Connor, Record Producer.

www.RichardDelConnor.com

Buddha Zhen's ART & WRITINGS

1974 - 1983

Up until 1983, Coyote was shooting Polaroid film, then twisting and squishing it to... www.LEVEL1peaceOFmind.com

First album's website with Coyote's Polaroid photography.

www.LEVEL1peaceOFmind.com

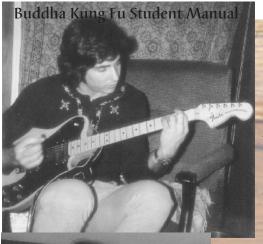
Buddha Zhen's MUSIC

1974 - 1983

Although the album TEMPTATION was released in 1984, it took two years to make. www.shaolinRECORDS.com/RecordStore-R/masterzhenLIST.html

Record company of Buddha Zhen.

www.shaolinRECORDS.com



I moved to Los Angeles in 1978. THE RICH in Venice.

During the seventies the activists for ethnic rights fought for everything they could gain. As a result, my life finally changed from scientist to artist in the early seventies when I lost my dream job at Scripp's Institute of Oceanography to a Mexican because the government would pay half his salary because he was a minority. Although I have Spanish/Mexican/Native American in me, I'd never wanted to be recognized as any nationality or race, I just want to be appreciated for what I do and can do.

Dating was also difficult for me in the seventies. Women were screwing everybody they wanted to for the first time in American history. Syphilis and gonorrhea were no big deal to some people I knew. I was never a one-night-stand kind of guy, but there were many women who started enjoying making sexual conquests as men had done previously. Not only did it become hard to find an old-fashioned girl, the intellectual girls were all anti-chivalry. I must have gotten barked at more than a hundred times for opening car doors or restaurant doors for my dates. It was a hard habit for me to break when I couldn't understand why women would want me to stop acting protective and respectful to them. Some girls really got mad if you opened their door.

My second poetry book, SPRING FEVERS, was written during this period of sleeping with girls in my van, in my rooms, in their rooms, in recording studios, on pianos, in every single room and chair of Rita's doctor's office...sex was an important part of my life so I got plenty of it, with 0 STDs.

By the time I turned 29 I had dated many women and lived with a few of them for about one year each. Unable to find a girl/woman who could fit into my world and make it better, I sought my biological heritage further and changed my name from Richard Del Connor to Richard O'Connor.





History of Founder, Buddha Zhen Shen-Lang



I discovered that we used to be the O'Connors until one of my grandpas dropped the "O" to Americanize. Somehow, this new "Irish" identity was hoped to improve my future, connect with my ancestors, and provide business advantages with other Irish-Americans.

Regretably, as I write this book in 2008, I am going back to my birth name of Richard Del Connor and ceasing to use the Richard O'Connor name anymore. It didn't work as well as I hoped and my own wife and children took no interest in the family name or family business...

So, as I go back to my birth name and write these pages about my earlier years, it is of interest to me to see how I've changed and not changed.

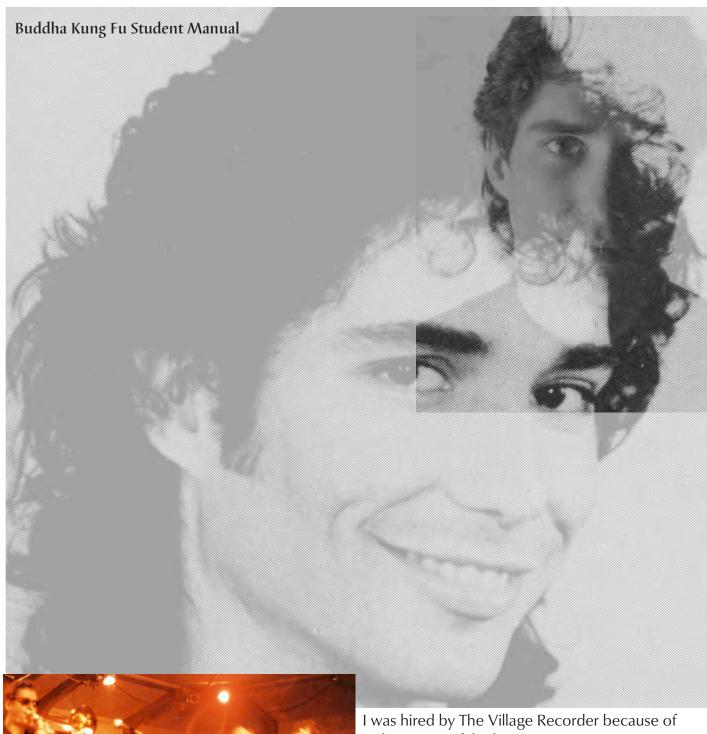
In 1978 I moved into a house in Venice Beach, California. It was in the middle of the Mexican getto, "Barrio," and we were the only caucasions on the entire street. Five nights a week we rehearsed together as the power pop trio, The Rich. Crowds of Latinos would gather around our house and listen to their free concerts. During this time in Venice we recorded a rehearsal with just two microphones in the living room. We sounded great. That recording, "The Rich In Venice," is still one of my favorite albums to listen to.

In 1980, I moved in with my fiancee, Rita. She's the girl kising me on the album cover of my 1984 record, Temptation, by Richard O'Connor. It seemed like this marriage was going to happen and I prepared myself for a Hebrew Conversion. Rita's parents had both survived the World War II holocaust in Germany, so being Jewish meant a lot to them. I am now recording the song, "House Of Rejection," for my new upcoming album by American Zen. The lyrics are about my living with Rita. Ironically, those lyrics worked perfectly to describe my breakup with my current exwife. Life repeats itself?

Before Rita and I broke up, I realized that my life as a poet minstrel had not developed any of my fighting skills. When I imagined protecting Rita, I could not imagine myself being effective. So I enrolled in Douglas Wong's Sil Lum White Lotus Gungfu School. The "Tiger Claw" picture of me was taken just after I started at the Tai Mantis Federation school in Torrance, California. This ferocity was a new development for me as I attained the intermediate level rank at the White Lotus guan before joining Tai Mantis.

Tai Mantis turned out to be more than a school for me. It became my home. After breaking up with Rita, I lived out of my van for a couple years. "Homeless," was never a word I'd use to describe myself. My cat, Celise, and I had a wonderful life in my van. Although I bought the van as an empty shell, after leaving Rita I built a bed with a perfect space for my bass amp below and guitars in ash lumbercore cabinets with locking doors. There was sink with a water pump and a refrigerator ice box...





Mike Thomson on keys/trombone went to The Eagles.
Jason Scheff went from my band to the group, Chicago.
Jack Sherman went to The Red Hot Chili Pepers.
I went to Utah.

Celise. One of the bosses saw me AND CELISE performing studio remodeling somewhere. Later, he called me, "Are you that carpenter with the cat?" That job lasted a couple years and connected me to jobs with Fleetwood Mac, Frank Zappa and my drummer, Bill Stewart. That was one of my favorite jobs. While working there I earned the nickname, "The Raunch," because I had so many girlfriends. One day in 1980, after sleeping with three girls in the same day, I realized I was farther from love. I've been monogamous ever since.

Buddha Zhen's Life in his 30s

I knew how to work and make money as a carpenter, but that was a waste of my time. When I worked for the recording studios I was closer to my goals but in the wrong job capacity. I used my carpentry to barter for studio time and with my connections got some "down time" for free, or at studios like Cherokee or The Village Recorder, for \$25 an hour. During the day, Paul McCartney, or Tina Turner would be recording, then at night after they went home I'd get the same recording studio until 6:00AM. There are many excellent unreleased recordings from 1984 to 1990, in some of the best recording studios in Los Angeles by my band, **The Rich**.



I turned 30 in 1984 with my graduation from Kung Fu and launch of my many entertainment companies. I had been living in Redondo Beach with my Shifu. When he decided to marry my girlfriend's roommate, I decided to move into a Brentwood home with my brahma bull riding girlfriend Jennifer.

Buddha Zhen's EDUCATION

1984 - 1993

Buddha Zhen graduates Tai Mantis in 1984, then launches Shaolin Chi Mantis in 1992. www.shaolinchiMANTIS.com/Pages-M/8goals-SCM.html

8 Basic Goals of Shaolin Chi Mantis.

www.shaolinchiMANTIS.com

Buddha Zhen's INTERESTS

1984 - 1993

Rocktography by The Coyote, was the business card of cowboy hat rock'n'roll photogapher. www.shaolinCOM.com/American_Zen/COYrocktography-S.html

Rock stars shot in concerts during late 1980s by The Coyote.

www.shaolinCOM.com

Buddha Zhen's ART & WRITINGS

1984 - 1993

From concert photojournalist of Guild 69, to poetry and songs, to Utah nature photographer. www.shaolinCOM.com/American_Zen/COYartwork-S.html

Art and photography by The Coyote.

www.shaolinCOM.cm

Buddha Zhen's MUSIC

1984 - 1993

After recording American Zen's, LEVEL 1 album, Buddha Zhen recorded, Tai Chi Magic. www.taichiMAGIC.com

CD website for album, Tai Chi Magic, by Buddha Zhen.

www.taichiMAGIC.com

Looking For Advice

I've never had a manager, and never had an agent. So I always seek the advice and wisdoms of as many people as I can. (All my friends are my agents and managers.)

No wonder my careers haven't reached their potentials. Each person sees me in a different way and has a different kind of advice. To make this more difficult, I usually have at least three careers and three identities working at the same time.

Richard O'Connor = "Dad" The Coyote = musician Buddha Zhen = Tai Chi and Kung Fu instructor

Richard is the president and producer of Shaolin Records.

The Coyote is the flutist, singer-songwriter of American Zen.

Buddha Zhen is the patriarch and instructor of Shaolin Chi Mantis.

So each part of me requires a different manager and different advice.

Thanks to all my friends and family who've advised me over the years. Your ability to listen to my problems and concerns has made you my counselors even if I was improving your life at the time.

Perhaps I need three managers. I'll try to lean on you less.



History of Founder, Buddha Zhen Shen-Lang



I enjoy being a musician. I started on piano ages 5 to 10, then trombone 10 to 12, then I taught myself to play guitar in 1966 on a Stella acoustic guitar. I pasted the letters on the neck from a book and started applying my musical knowledge to learning how to play songs on the radio. with my guitar. This was my ear training, and learning how to play by ear.

It wasn't until Newfoundland that I started writing songs. After writing over 100 songs and song parts, I finally started writing finished songs, songs that required no editing and were always unique somehow from any previous song I'd ever written.

My first complete album of finished songs was in 1974, The Thrush, later renamed, Bonita. 20 songs that were all excellent then and still excellent 30 years later. After that I wrote at least one album of songs per year. To save on copyright expenses, this was how I copyrighted my songs, paying one fee for 10 songs = 1/10th the price.

The albums I created each year, in the copyright office, were not always organized with the concerns of creating a finished album. Sometimes these albums do contain the songs in the order they were written that year. All these songs are like gold underground, no one knows about it, but it's still of great value. My music publishing company, Shaolin Music www.shaolinMUSIC.com is responsible for adminstrating and marketing my songs and writings and photography.



1984 Madame Wong's performance of rock opera, Coyote In A Graveyard, with Michael J. Fox. New

name becomes "The Coyote."

1984 New World Pictures requests rewrite of rock opera, Coyote In A Graveyard, into a screenplay.

1984 Working as a Journeyman Union Carpenter at LAX (pre-Olympic expansion). Living out of van with cat, Celise. Shower at



Tai Mantis daily helps to save up enough money to launch record company, Shaolin Records.

- 1984 Graduate Tai Mantis Kung Fu Federation. Roomate = Shifu Scott.
- 1984 Launch Shaolin Records, Shaolin Music and Shaolin Communications.
- 1984 Shaolin Records first release: TEMPTATION by Richard O'Connor. (Vinyl EP)
- 1985 Start UCLA Film School while working in music videos and commercials for Hollywood production companies including Red Cab, Cinesong, and Apogee.
- 1985 Move into Hollywood mansion with Engineer Paul Ray and Producer Blaine Beveridge. House has an orchestra concert hall. I remodel and build speakers for the recording studios.
- 1986 Move into pornography studio in North Hollywood with drummer, Bruce. Build "The Batcave" rehearsal studio next door.
- 1987 Richard O'Connor marries Raquel King-Hajata of Mexico City. (Met at UCLA). Move into Condo in NoHo. "Honeymoon In Hawaii"
- 1988 Union Carpenter at Wayside Prison all year of marriage to Raquel.
- 1989 Divorce Raquel and chase Angie = "LOVE, ALWAYS & FOREVER!" album and book.
- 1989 Relaunch Shaolin Records with interns given "Free Kung Fu Lessons."
- 1990 Michelle moves into condo and joins Shaolin Records interns and Tai Chi students.
- 1990 Michelle has miscarriage of accidental pregnancy. Decide to purposely have a kid.
- 1991 Caitlin Marie O'Connor is born at St. Joseph's Hospital, Burbank, California.
- 1991 Michelle convinces Richard to go to Utah, "...where I can make you famous and a lot more money than here."





1992 Michelle, Caitlin, Celise, and Richard are evicted during first weeks of Utah winter storms. Relatives steal belongings, no studios hire Richard, and no movie companies exist in Utah. Nightclubs want heavy metal or Top 40. Michelle quits Shaolin Records and divorces Richard, "I was over my head. I quit your record company. I will never work for you again and I will never obey you again."

1992 Buddha Zhen writes book, Tai Chi Beginner, and shoots 444 photos at Jordan Peace Gardens.

1992 The Coyote composes LEVEL 1= Peace Of Mind songs.

1993 Richard teaches in Utah prisons, rehabilitation centers, his new SHAOLIN CHI MANTIS Kung Fu and Tai Chi. Van breaks down during deepest snow in Utah history, so MZ wears snowshoes to work at maximum secuirty prison. YWCA offers Shaolin Chi Mantis Tai Chi, Kung Fu, and Staff classes.

1993 Buddha Zhen writes book, Shaolin Kung Fu Beginner.





The air is of a dusty grey
Burns my eyes I turn away
The sky of varied shades of coal
Darkens hope within my soul
from "Black Of Night" by The Coyote



When I was hired to teach Tai Chi at Decker Lake Prison, my hobby of Kung Fu became my business. My record company became my hobby.

In 1992 I needed a name for my Kung Fu school. I tested and collected a few ideas but ended up with a three word name that tells anyone what we teach:

> Shaolin Shaolin Kung Fu

Chi Breath Energy of Tai Chi

Tai Chi Yang Style

Shaolin Chi Mantis was created with a spiritual intent to be the best, most complete, well-organized, complete Kung Fu system of Praying Mantis Shaolin Kung Fu and Tai Chi. Shaolin Chi Mantis is the perfect curriculum for the Green Berets of Kung Fu.

I organized our Qin Na moves to be woven purposefully throughout the curriculums so that each student will receive the best training possible at the best possible time to teach it.

Then I found the best-suited Shaolin Zen Buddhist Dharma of China to accompany the new lesson.





Buddha Zhen's Life in his 40s

Stranded in Utah, a Mr. mom, teaching Tai Chi, and recording in my home studio. After two years of performing in the few possible Salt Lake City night clubs that would allow my wild flute rock shows that started with Coyote swinging his Chinese broadsword to our opening hard rock song performed by a multiple personality Mormon drum-

mer, heavy metal Mormon guitarist, and New York Jewish bassist.

The Mormons were pressured to quit that "Hippie Buddhist band." The Jew ran back to New York and was never heard from again.



Buddha Zhen's EDUCATION

1994 - 2003

Buddha Zhen creates the nonprofit education organization, Tai Chi Youth www.taichiYOUTH.org/donate.html

Donate to charity organization, Tai Chi Youth www.taichiYOUTH.org

Buddha Zhen's INTERESTS

1994 - 2003

From 1992 to 1995 he built SCM, 1996 to 2003 established TCY, and he created Shaolin Zen. www.shaolinZEN.org/podcastsZ.html

Podcasts of Shaolin Zen CyberTemple www.shaolinZEN.org

Buddha Zhen's ART & WRITINGS

<u> 1994 - 200</u>3

Zen wisdoms and Buddhist enlightenment by Buddha Zhen from Utah in the 1990s. www.masterZHEN.com

77 Zens of Master Zhen

www.masterZHEN.com

Buddha Zhen's MUSIC

1994 - 2003

Buddha Zhen composes and records TAI CHI MAGIC album in Utah, completed in Tujunga. www.taichiMAGIC.com

Website for Tai Chi Magic album.

www.taichiMAGIC.com





1994 Shifu Richard O'Connor, The Coyote, is featured in KUNG FU MASTERS magazine published by INSIDE KUNG FU.

1994 Shaolin Chi Mantis programs taught at YMCA, Salt Lake City Utah.

1994 Richard O'Connor receives Chinese Buddhist name, Buddha Zhen Shen-Lang, Spirit Wolf of Truth, from the Chen family of China.

1994 Buddha Zhen launches Shaolin Zen newsletter which grows into an American sect of Chinese Chan Buddhism.

1994 Buddha Zhen and his students represented the Utah Chinese-American community at most all Asian Festivals, Chinese events, and Government banquets.

1994 Shaolin Chi Mantis programs taught at Turnabout Rehabilitation Center, Salt Lake City, Utah.

1994 Quarterly Zen seminars at YWCA, Salt Lake City, Utah, by Buddha Zhen Shen-Lang.

1994 Shaolin Chi Mantis DEMO TEAM perform local events and Annual Asian Festival, Salt Lake City, Utah.

1994 Buddha Zhen writes book, Tai Chi Intermediate.

1995 Shaolin Chi Mantis programs taught at YWCA, Salt Lake City, Utah

1995 Buddha Zhen and his students represented the Utah Chinese-American community at most all Asian Festivals, Chinese events, and Government banquets.

1995 Shaolin Chi Mantis programs taught at Bennion Elementary, Salt Lake City, Utah.

1995 Shaolin Chi Mantis programs taught at Church of Religious Science, Salt Lake City, Utah.

1995 Shaolin Chi Mantis programs taught at Teachings of Inner Christ Church, Salt Lake City, Utah.





- 1995 Shaolin Chi Mantis programs taught at First Unitarian Church, Salt Lake City, Utah.
- 1995 Buddha Zhen is invited to the Utah Governor's conference on family affairs and given a workshop to teach family cooperation in learning Tai Chi.
- 1995 Shaolin Chi Mantis Demo Team performs Annual Asian Festival, Salt Lake City, Utah.
- 1995 Shaolin Chi Mantis Demo Team perform for various Chinese cultural associations' Chinese New Year celebrations, Salt Lake City, Utah
- 1995 Buddha Zhen writes book, Zen Spirit Book, originally titled Coyote Spirit Book.
- 1996 Shaolin Chi Mantis programs taught at Liberty Park, Salt Lake City, Utah.
- 1996 Richard O'Connor / Buddha Zhen Shen-Lang create Tai Chi Youth 501(c)(3) education organization. All Shaolin Chi Mantis students are required to joing Tai Chi Youth.
- 1996 TCY Curriculum Guide #1 created by Buddha Zhen for Tai Chi Youth instructors.
- 1996 Tai Chi Youth programs taught at Liberty Park, Salt Lake City, Utah.
- 1996 Disciple Bo Jie-Ming is first place champion throughout Utah in Karate tournaments.
- 1996 Buddha Zhen and his students represented the Utah Chinese-American community at most all Asian Festivals, Chinese events, and Government banquets.
- 1996 Shaolin Chi Mantis programs taught at Church of Religious Science, Salt Lake City, Utah.
- 1996 Shaolin Chi Mantis programs taught at Teachings of Inner Christ Church, Salt Lake City, Utah.
- 1996 Shaolin Chi Mantis programs taught at Washington Elementary, Salt Lake City, Utah.
- 1996 Shaolin Chi Mantis programs taught at First Unitarian Church, Salt Lake City, Utah.
- 1996 Shaolin Chi Mantis programs taught at Northwest Jr. High School, Salt Lake City, Utah.
- 1996 Shaolin Chi Mantis programs taught at Hillside Jr. High for Salt Lake City Continuing Educa-

Buddha Kung Fu Student Manual tion Department, Salt Lake City, Utah.

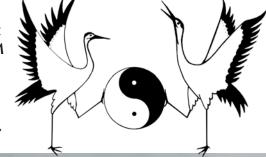
1996 Shaolin Chi Mantis Demo Team performs for many elementary and middle schools in Salt Lake City, Utah.

1996 SCM & TCY Summer Push Hands Tournament, Hillside High Gymnasium, Salt Lake City, Utah.

1996 SCM & TCY Push Hands Championship, Hillside High Gymnasium, Salt Lake City, Utah.



1997 Shaolin Chi Mantis programs taught at Liberty Park Salt Lake City, Utah under new school name of Tai Chi Youth. SCM classes include Gongfu Initiate Program of Shaolin Chi Mantis for those students wanting to be in Shaolin Chi Mantis as well as Tai Chi Youth. The Initiation Ceremony of Shaolin Chi Mantis was also finalized as the schools separated from each other, while always remaining connected.



- 1997 Shaolin Chi Mantis Continuing Education Programs include Qin Na and Shaolin Staff classes.
- 1997 Tai Chi Youth programs taught at Liberty Park, Salt Lake City, Utah.
- 1997 Disciple Bo Jie-Ming Midwest Grand Champion in Karate tournaments.
- 1997 Buddha Zhen and his students represented the Utah Chinese-American community at most all Asian Festivals, Chinese events, and Government banquets.
- 1997 Shaolin Chi Mantis programs taught at First Unitarian Church, Salt Lake City, Utah.
- 1997 Shaolin Chi Mantis programs taught at Hillside Jr. High for Salt Lake City Continuing Education Department, Salt Lake City, Utah.
- 1997 Shaoiln Chi Mantis Demo Team performs for many high schools in Salt Lake City, Utah
- 1997 SCM & TCY Annual Chinese Gongfu and Taijiquan Tournament, Hillside High School Gymnasium, Salt Lake City, Utah
- 1997 SCM & TCY Summer Push Hands Tournament, Liberty Park, Salt Lake City, Utah.
- 1997 SCM & TCY Push Hands Championship Tournament, Liberty Park, Salt Lake City, Utah.



book, Shaolin Gongfu Initiate,

to prepare disciples for Shaolin Chi Mantis traditional Buddhist Gongfu school.

1998 Shaolin Chi Mantis programs taught at Liberty Park, Salt Lake City, Utah.

1998 Tai Chi Youth programs taught at Liberty Park, Salt Lake City, Utah.

1998 Buddha Zhen and his students represented the Utah Chinese-American community at most all Asian Festivals, Chinese events, and Government banquets.

1998 Shaolin Chi Mantis programs taught at Hillside Jr. High for Salt Lake City Continuing Education Department, Salt Lake City, Utah.

1998 SCM & TCY Annual Chinese Gongfu and Taijiquan Tournament, Liberty Park, Salt Lake City, Utah.

1998 SCM & TCY Summer Push Hands Tournament, Liberty Park, Salt Lake City, Utah.

1998 SCM & TCY Push Hands Championship Tournament, Liberty Park, Salt Lake City, Utah.

1998 Shaolin Zen Spiritual Bootcamp and Buddha Zhen's Tai Chi taught at Annual World Buddhism Conference, San Diego, California.

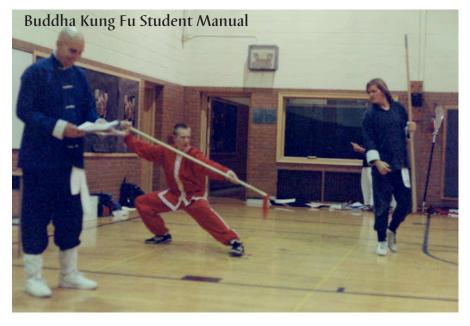
1998 Rory O'Connor born May 8. Chinese name: Zhen Song-Dao, Salt Lake City, Utah.

1999 Shaolin Chi Mantis programs taught at Liberty Park, Salt Lake City, Utah.

1999 Tai Chi Youth programs taught at Liberty Park, Salt Lake City, Utah.

1999 Buddha Zhen and his students represented the Utah Chinese-American community at most all Asian Festivals, Chinese events, and Government banquets.







1999 SCM & TCY Annual Chinese Gongfu and Taijiquan Tournament, Liberty Park, Salt Lake City, Utah.

- 1999 SCM & TCY Summer Push Hands Tournament, Liberty Park, Salt Lake City, Utah.
- 1999 SCM & TCY Push Hands Championship Tournament, Liberty Park, Salt Lake City, Utah.
- 2000 Shaolin Chi Mantis programs taught at Buddha Zhen's Cabin, Angeles Forest, California.
- 2000 Tai Chi Youth programs taught at Buddha Zhen's Cabin, Angeles Forest, California.
- 2000 SCM & TCY Summer Push Hands Tournament, Karate Dojo, Santa Clarita, California
- 2000 SCM & TCY Push Hands Championship Tournament, Karate Dojo, Santa Clarita, California.
- 2001 Shaolin Chi Mantis programs taught at Karate Dojo in Santa Clarita.
- 2001 SCM & TCY Push Hands Championship Tournament, CV Park, Tujunga, California
- 2001 Tai Chi Youth programs taught at House Of Zhen, Tujunga, California.
- 2001 SCM & TCY Summer Push Hands Tournament, CV Park, Tujunga, California.
- 2001 Buddha Zhen bitten by large black widow spider and gains 55 pounds before recuperating.
- 2001 IRS awards Tai Chi Youth "official nonprofit status" after 5-year probation period.
- 2002 Shaolin Chi Mantis programs taught at House Of Zhen, Tujunga, California.
- 2002 Tai Chi Youth programs taught at House Of Zhen, Tujunga, California.

- 2002 SCM & TCY Summer Push Hands Tournament, CV Park, Tujunga, California.
- 2002 SCM & TCY Push Hands Championship Tournament, CV Park, Tujunga, California.
- 2003 Shaolin Chi Mantis programs taught at House of Zhen, Tujunga, California.
- 2003 SCM & TCY Summer Push Hands Tournament, CV Park, Tujunga, California.
- 2003 Tai Chi Youth programs taught at House Of Zhen, Tujunga, California.

2003 SCM & TCY Push Hands Championship Tournament, CV Park, Tujunga, California







Buddha Zhen's Life in his 50s

I'm about to have my 54th birthday as I write this page initially. My 50s are something to look forward to. I am in excellent physical shape, dyeing my hair dark brown, looking at least a dozen years younger than I am with an inner excitement like a child ready for the amusement park.

Buddha Kung Fu has brought new inspiration to my Kung Fu path. I look forward to making this school a success that will redeem and relaunch, Tai Chi Youth and Shaolin Chi Mantis.

I've just finished my first Tai Chi Magic album which I recorded a decade ago. It sounds better than ever.

"I'm the luckiest man in the world."

March 2009: Lots of amazing things in the last year. "I am the luckiest man..."



Buddha Zhen's EDUCATION

2004 - 2013

Buddha Zhen launches Buddha Kung Fu school in January 2008. www.buddhaKUNGFU.com/join

Page to send friends to.

www.BuddhaKungFu.com

Buddha Zhen's INTERESTS

2004 - 2013

Zen Buddhist Podcast of Shaolin Zen has several thousand listeners and is the story of Zhen. www.zenbuddhistpodcast.libsyn.com

Archives and web blogs of podcast radio shows.

www.zenbuddhistpodcast.libsyn.com

Buddha Zhen's ART & WRITINGS

2004 - 2013

Buddha Kung Fu Student Manual is a modern book utilizing web links to create Buddhas. www.BuddhaKungFu.com/books

Buy your BKF Student Manual at BuddhaKungFu.com www.BuddhaKungFu.com

Buddha Zhen's MUSIC

2004 - 2013

Started in Utah and finished in California, Buddha Zhen's TAI CHI MAGIC album. www.taichiMAGIC.com

Buy your CD or MP3 Downloads directly from us.

www.taichiMAGIC.com

2004 Shaolin Chi Mantis programs taught at House of Zhen, Tujunga, California. Classes include Shaolin Staff and Shaolin Sword taught in front yard or after walking up mountain to the reservoir.

2004 Tai Chi Youth program taught at YMCA, LaCanada, California.



actZEN.com



2005 Shaolin Records releases
American Zen's debut album: LEVEL 1 = PEACE OF MIND.

Shaolin Chi Mantis programs licensed to Tai Chi Youth. No students at House of Zhen.

2005 Tai Chi Youth program

taught at YMCA, La-Canada, California.

2005 Tai Chi Youth programs taught at YMCA, Tujunga, California. Classes include Tai Chi Kids and Senior Tai Chi.

2006 Shaolin Chi Mantis programs licensed to Tai Chi Youth. No students at House of Zhen.

2006 Tai Chi Youth program taught at YMCA, LaCanda, California.

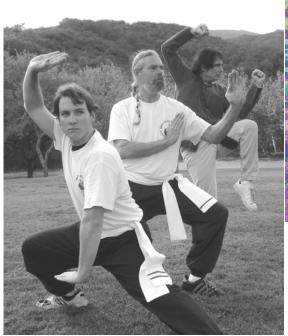
2006 Tai Chi Youth programs taught at YMCA, Tujunga, California. Classes include Tai Chi Kids, Shaolin Kung Fu, and Senior Tai Chi.

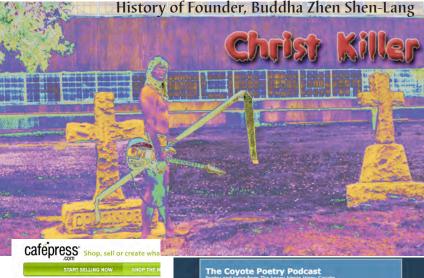
2007 Shaolin Chi Mantis programs licensed to Tai Chi Youth. No students at House of Zhen. Launch actZEN.com.

2007 Tai Chi Youth program taught at YMCA, La-Canda, California.



2007 Tai Chi Youth programs taught at YMCA, Tujunga, California. Classes include Tai Chi Kids, Tai Chi and Intermediate Tai Chi. The Senior Tai Chi and Beginner Tai Chi classes were back-to-back but





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Product II

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were combined together because another instructor "wanted" one of my h

other instructor "wanted" one of my hours. This made me realize that the seniors who continued in the Beginner Level class were better off trying to attain the normal Tai Chi postures than "babying" them with compromised stances that are "easier." So Buddha Kung Fu has no Senior Tai Chi curriculum.

2007 Shaolin Chi Mantis programs taught at YMCA, Tujunga, California. Classes include, Shaolin Kung Fu.

2007 Shaolin Records releases 2nd album by American Zen: LEVEL 2 = CHRIST KILLER.

2007 Poetry book: UTAH PHASE 1 published on internet as PDF download for \$18.88.

2008 Buddha Zhen launches Buddha Kung Fu school. WIth the experience of teaching Tai Chi Youth for a decade combined with the missing Chinese weapons of Shaolin Chi Mantis, this 10-level Belt Rank System is intended to supply its' own future Shifu.

2008 Buddha Zhen writes book, Buddha Kung Fu Student Manual, for his Buddha Tai Chi and Buddha Kung Fu classes at CV Park, LaCrescenta, California. Classes include Shaolin Staff, Buddha



by The Hippy Coyote

dventures of a

Buddhist Hippy

in Mormon Utah



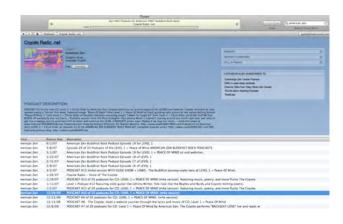
or donated to currently, all Tai Chi Youth programs will await adequate funding before relaunching.

CV Park was instrumental to the launch of Buddha Kung Fu because Buddha Zhen was able to enforce uniform codes and the semester system.

2008 Buddha Kung Fu classes include Shaolin Kids, Shaolin Kung Fu, Kung Fu, Intermediate Tai Chi and Beginner Tai Chi at the YMCA, Tujunga, California

2008 Buddha Kung Fu classes taught at YMCA, LaCanada, California. Classes include Kung Fu.

2009 Tai Chi Youth being relaunched.



Shaolin Chi Mantis Traditional Buddhist Gongfu & Taijiquan

At Shaolin Chi Mantis we teach traditional Chinese Kung Fu and Chinese clasical weapons to develop the minds and spirits of each student as their bodies improve from practicing the Kung Fu Forms (dances) that have been passed down from Monk to Monk for over one thousand years.

Shaolin Chi Mantis membership is by invitation ony, and requires an Initiation Ceremony after successfully passing the Shaolin Chi Mantis Initiate Test. The Shaolin Chi Mantis curriculums include many Forms and weapons not taught at Buddha Kung Fu.



Shaolin Chi Mantis 7-Year CURRICULUM POSTER

Written in 1992 by Buddha Zhen Shen-Lang, then known as Sifu Richard O'Connor. The curriculums of Buddha Kung Fu are derived from these SCM curriculums. www.shaolinchiMANTIS.com/Pages-M/cur7year-SCM.html

Kung Fu requirements of Shaolin Chi Mantis

www.shaolinchiMANTIS.com

Shaolin Chi Mantis WELCOME PAGE

Good place to start from with links to various sections of Shaolin Chi Mantis website. Send this link to friends or family who want to know what Shaolin Chi Mantis is. www.shaolinchiMANTIS.com/welcome-SCM.html

Links for students of Shaolin Chi Mantis.

www.shaolinchiMANTIS.com

Shaolin Chi Mantis BUDDHIST CROSSROADS

First internet webpages teaching Buddhism created by Buddha Zhen in 1999. This is good beginner info. before visiting the shaolinZEN.org CyberTemple www.shaolinchiMANTIS.com/Pages-M/buddhism02-SCM.html

Buddhism of Shaolin Chi Mantis

www.shaolinchiMANTIS.com

ABBOT'S OFFICE of Shaolin Chi Mantis

Each SCM school has an Abbot (Principal) who oversees the students and the teachers. All membership forms and contact information can be found here. www.shaolinchiMANTIS.com/Pages-M/abbot-SCM.html

The Principal's office is the Abbot's Office.

www.shaolinchiMANTIS.com

Buddhism Crossroads



Some of the first webpages created by Buddha Zhen in 1999 after getting his first computer were these Buddhism lessons.

These could be updated and modernized, but the information hasn't changed, only our manner of presenting it.

The little yin-yangs spinning around were awesome at first, in 1999, but some annoying to me now in 2008. Still, they represent the heights of my 1999 computer coolness.

The orange robed monk was the last abbot of the Shaolin Temple before it became famous in the late seventies. No other monk would take on the Abbot job now that the Chinese government had decided to turn the Shaolin Temple into a theme park.

Unable to control the Shaolin Temple by controlling their abbot, the Chinese government built a hotel and Shaolin Kung Fu training ground. Even today, you can train with the "real" Shaolin Monks in the original temple, but it costs over \$2,000/day.

Through my Shaolin brothers I have heard more stories of the Shaolin Temple's recent history. In the late 1990s, one of the Senior Monks played up to the Chinese government and got the government to accept his being the abbot of the temple. They agreed, expecting this to be a puppet abbot who would continue to promote the Shaolin Temple as an international Kung Fu school boarding house.

However, when the new Shaolin Abbot took control, the first thing he did was clear the temple streets of all street vendors, even from the road surrounding the walls of the Shaolin Temple. This made more enemies of than friends, but the new Shaolin Abbot stated, "this is a Buddhist Temple, not shopping mall."

The Shaolin Abbot continued his reforms with constant reminders from him that the Buddhism comes before the Kung Fu. Sadly, although he is probably 100% correct about all his actions, he is probably creating many enemies. When Bodhidharma first tried to teach the monks Kung Fu or enlighten the Chinese Emperor, he made enemies also.

My big brother at the Wong Jack Man school in San Francisco, Shifu Rick Wing, once told me, "you're not famous unless someone is talking bad about you." Another mentor of mine, Dr. Spock of Star Trek, once said something similar to, "you are correct in proportion to the amount of effort people expend to disprove you."



The 4 Noble Truths of Buddha Everyone should first understand this.

www.shaolinchimantis.com/Pages-M/buddhism01-SCM.html



The Buddhist Sangha of Shaolin Chi Mantis Became the shaolinZEN CyberTemple.

www.shaolinchimantis.com/Pages-M/buddhism04-SCM.html



San Diego Tribune Article 1998
Includes photo and comments about MZ.
www.shaolinchimantis.com/Pages-M/buddhism06-SCM.html

History of Founder, Buddha Zhen Shen-Lang



What Is A Buddhist Sangha? Sangha is a different kind of church

www.shaolinchimantis.com/Pages-M/buddhism03-SCM.html



About Shaolin Zen Created in 1992 by Buddha Zhen...

www.shaolinchimantis.com/Pages-M/buddhism05-SCM.html



Our Current Sangha Create, enhance, and develop yourself. www.shaolinchimantis.com/Pages-M/buddhism07-SCM.html

Shaolin Chan Buddhism





Shaolin Chi Mantis Home www.shaolinchiMANTIS.com

In 1992 my goal was to create the most complete and perfect repackaging of Shaolin Kung

Fu and Zen Buddhism back into the same box. They've grown away from each other over the last 1,000 years. It's a different version of the ancient tale of man separating his soul into two beings, the pure, gentle, and spiritual half from the animalistic half of the soul that is dark, violent, and selfish.

The physical art of Kung Fu is obviously the passion for violence. It has not only grown away from its' spiritual roots, but it has spawned countless martial arts that have hurt more people than they have protected.

The spiritual side of Shaolin was called, "Chan Buddhism," and still is in China. The Japanese pronounced the word, Chan, as, "Zen," and since Zen Buddhism got popular first, Zen Buddhism is what we call Chinese Chan Buddhism, as well as the Japanese variations of Chan Buddhism that the Japanese

call Zen Buddhism.

The meditation art of Shaolin has produced more bad ways to meditate than good ways. Perhaps Bodhidharma was very specific and very good at meditating. Perhaps he wrote down these excellent meditation techniques that sped up the path and time to enlightenment. They were destroyed. Whatever instructions were passed down to the dis-





ciples was not as specific as it should have been, or they weren't allowed to write it down, or...The meditation arts of Buddhism are all messed up. Some Buddhists believe that the word, "Chan," translates to mean, "Meditation." The problem is, how do you meditate and what should meditation accomplish?

So, we are taking the PHYSICAL art of Kung Fu and performing NORTHERN SHAOLIN Kung Fu. At Buddha Kung Fu we have concepts, principles, and styles to define how fast, and how hard we strike and breathe...There may be acceptable variations, but FIRST LEARN the ONE WAY of Buddha Kung Fu.

The spiritual side of Buddha Kung Fu is defined by the shaolinZEN.org CyberTemple by Buddha Zhen Shen-Lang, Spirit Wolf of Truth. Many pages were written by Buddha Zhen to rephrase and teach the Buddhism basics. Many pages were written for those pursuing more than the basics of Buddhism. Study hard. If you can advance up one level of Buddhism per year, you may be a Buddha in eight years.

Web Tours of Shaolin Chi Mantis

Here are four tours to give you four different views of Shaolin Chi Mantis traditional Buddhist Gongfu.

It will take you some effort and time to read all the 75 webpages in this SCM website. Start with these tours, then try to explore all the webpage links in the left and right sides, which change from page to page...



Shaolin Chi Mantis TOUR #1

OVERVIEW of Shaolin Chi Mantis from Buddhism to Kung Fu. Webpages include:

SCM Brochure, 4 Categories of Student, 8 Goals of SCM www.shaolinchiMANTIS.com/Pages-M/tour01a-SCM.html

TOURIST TOUR of Shaolin Chi Mantis

www.shaolinchiMANTIS.com

Shaolin Chi Mantis TOUR #2

MARTIAL ARTIST TOUR of Shaolin Chi Mantis with curriculums and history info. Webpages include:

28 Weapons of Shaolin Chi Mantis, Gongfu Initiate Requirements, Belt Testing Rules www.shaolinchiMANTIS.com/Pages-M/tour02a-SCM.html

MARTIAL ARTIST TOUR of Shaolin Chi Mantis

www.shaolinchiMANTIS.com

Shaolin Chi Mantis TOUR #3

BUDDHISM TOUR of Shaolin Chi Mantis leads you through the Buddhism pages. Webpages include:

4 Noble Truths of Shakyamuni Buddha, Dharma Trails of SCM, Buddhist Initiation www.shaolinchiMANTIS.com/Pages-M/tour03a-SCM.html

BUDDHISM TOUR of Shaolin Chi Mantis

www.shaolinchiMANTIS.com

Shaolin Chi Mantis TOUR #4

The DISCIPLE TOUR of Shaolin Chi Mantis includes the history of SCM and Shaolin. Webpages include:

3 Types of Discipleship, History of Buddha Zhen, Scrapbooks of Shaolin Chi Mantis www.shaolinchiMANTIS.com/Pages-M/tour04a-SCM.html

DISCIPLE TOUR of Shaolin Chi Mantis

www.shaolinchiMANTIS.com

Tai Mantis Kung Fu School, Torrance, California

I worked as a Union Carpenter during my Kung Fu training years. I got off work at 3:30 and hurried straight to Tai Mantis Kung Fu class that started at 4:20. I usually got there early and worked with a few of the Nautilus weight machines and did my 40 pushups and a few other exercises from White Lotus.

The first part of the class took place on a carpeted section of the school with mirrors down the side and

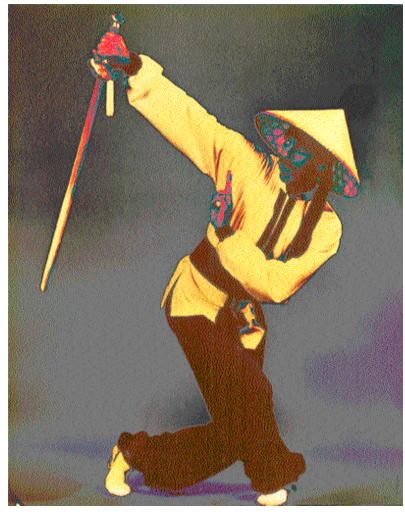
two huge hanging canvases. One had a picture of Grandmaster Chiu Chuk Kai with a whip chain stretched taut over his head in a powerful Kung Fu stance, and the other had all the school rules written on it so that you could read them while you stretched on the floor.

After the Yoga stretching we'd get the Kung Fu workout area, the parquet wood floor, when the previous class was finished.

We learned Shaolin Kung Fu. We learned weaponry. We had a book store. It was a beautiful school. It was the nicest Kung Fu school I have ever been to. Tai Mantis.

There was a small health food store where they made cool smoothies. I bought royal jelly and had a swig before most classes.

Grandmaster Kam Yuen sold me my first sash, so I can still remember him handing it to me over the glass counter. My first sash was the black sash with white trim used by The Hippy Coyote for his album cover of **LEVEL 2 = CHRIST KILLER** by American



Zen. I considered the staff inside the sash very special also, as it was the staff I used for the end of my staff training. The first two staffs I bought, mahogany and oak, both broke during the Staff classes of Tai Mantis where we learned choreographed fighting routines requiring us to strike and block the staffs of other students. Buddha Kung Fu includes the 2-Man Staff Form, "Fire And Water," as seen on the show introductions of the KUNG FU tv series starring David Carradine.

Shifu Kam Yuen was the technical director for most of the Kung Fu tv series episodes after the first year, when David Carradine became his student. In David's book, **THE SPIRIT OF SHAOLIN**, he mentions sleeping and living at the Tai Mantis Kung Fu school. I also lived from there because there were showers I could use every day as I lived out of my van for over a year, with my cat, Celise.

Waking up at Santa Monica Beach Promenade each morning. Practicing my Shaolin Kung Fu and Yang

Style Tai Chi on the cliff overlooking the ocean, I realized how fortunate I was to inherit these magnificent Kung Fu dances.

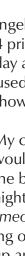
I worked at LAX, the Los Angeles airport during 1983 and 1984 prior to the 1984 Olympics and each day attended classes at Tai Mantis...and used their

showers.

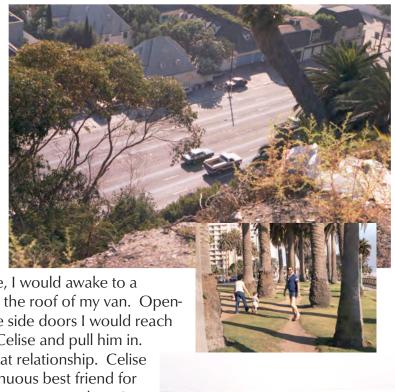
My cat Celise would roam the beach at

night. Sunrise, I would awake to a "meow" from the roof of my van. Opening one of the side doors I would reach up and grab Celise and pull him in. We had a great relationship. Celise

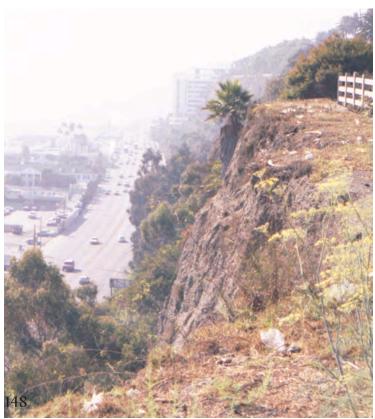
was my continuous best friend for 15 years. He went everywhere I went, either riding on my shoulder or walking beside me on a leash.











Respect

The "caste" system of dividing people into social "castes" or levels has good points and bad points.

Good Points:		
	The state of the s	
Rad Points:		

The worst part of the caste system is how it limited people from rising to a higher level. The caste systems were often utilized primarily to keep people in the lower classes on their farms, like slaves, where the landlords and rulers could profit from their labors.

Buddha Kung Fu is the opposite of this caste system. Buddha Kung Fu has designed a caste system of 10 levels. Ironically, the word "caste," and this system of levels was designed by the east Indians to define spiritual levels of achievement. A person of a "higher caste," was someone who had attained a higher spiritual level.

This original Indian use of the caste system portrays the Buddha Kung Fu caste system of developing and promoting our disciples to higher spiritual levels. Buddha Kung Fu will expect a combined and individual development of each student's mind, body, and spirit with each level of advancement. Our caste system is our Belt Rank System and Confucian manners of the ancient Chinese.

So, our levels are not designed to "keep people in their place." The Buddha Kung Fu levels are designed as a road map to guide you, lure you, and reward you on your path of enlightenment and truth.

There are an infinite number of paths that may lead to your goals, destiny, or life purpose. I am smiling and happy just thinking of you joining us on our paths to enlightenment. Although each of us has our own unique destination we are headed to, we can all walk together for brief periods of time each week as our paths cross and intersect at our Buddha Kung Fu school to practice working hard, learning difficult moves, and being exemplary persons of our community.

As Kung Fu brothers and sisters, spiritual friends, you are also part of our Buddha Kung Fu family. Our family rules we be derived mostly from the following sources:

Buddhist Monks	India	500BC - 1600AD
Chinese Royal Court	Northern Capital	500BC - 800AC
Buddhist Monks	Shaolin Monastery	800AD - 1600AD
Chinese Royalty	Beijing Forbidden City	800AD - 1600AD

These manners, ethics, and rules of behavior are meant to develop the social and moral characters of our students. Like our Kung Fu, this is more manners than you need in our modern world, but that means you are "over-prepared" and "more-than-capable" of any challenges or demands made of you. You are prepared for life and capable of succeeding in whatever career or path you choose, because you have already achieved difficult goals and "know" that you are capable of achieving other goals with "hard work."

So enjoy and appreciate these ancient manners and ethics and school rules. These are an exercise also. Practice being INCREDIBLY GOOD MANNERED. It's fun. Being good will have its' own rewards. You'll see.

149

Watch lots of Kung Fu movies. Good ones preferably. But even the bad ones will start to familiarize you with Chinese lifestyles and attitudes... and manners.

Ask your Shifu or classmates for suggestions. Different movies will inspire you in different ways.

The following are some of my favorite Kung Fu movies:

Shaolin Temple	1984	Jet Li	Great movie. Required viewing.
Shaolin Temple 2	1986	Jet Li	Weak movie with some great Kung Fu.
36 Chambers of Shaolin	The said	Gordon Liu	Great movie. Required viewing.
Storm Riders		Chiba	Great movie. Great special effects.
Once Upon A Time In China		Jet Li	Great series of movies. See them all.
Drunken Master (original)	1	Jackie Chan	Good movie. Good Jackie Chan.
Drunken Master 2		Jackie Chan	Better movie, story, acting
Who Am I?	199	Jackie Chan	Red Longs Sleeve rooftop Luohan fighter.
Fearless	2006	Jet Li	Story of Jing Mo Federation founder.

Don't make copies of these movies. Invite people over to view them at your home or recommend they rent or buy their own. When we make our movies – we'll want people to buy them rather than copy them. Plus, we are Shaolin. We are Buddha Kung Fu. We are not pirates. (Illegal copying = "piracy.")

Remember, we set an example for others to follow. If you think their manners are better than yours – learn what you need to. Different environments have different rules. Some of your manners and etiquettes may seem out of place or cause others to criticize you.

If the expectations of your environment demand new or different behaviors from you, you are usually best advised to adapt and conform. However, if those new behaviors conflict with your morals and ethics, conflict will result until you find a way to "be you" or seek a new environment that does not make it so difficult to follow your path.

Prefereably our path in life supports, nurtures, rewards, inspires, and entertains us on a daily basis. Buddha Kung Fu intends to raise, increase, and strengthen each student so that whatever path they choose, they are prepared for. When we cross paths at Buddha Kung Fu, we have the opportunity to support, nurture, reward, inspire, and entertain each other. I'm looking forward to every class.

Sincerely, Zhen Shen-Lang



History of Founder, Buddha Zhen Shen-Lang

YWCA

Although the 2nd floor was a women's shelter for battered wives or homeless women, the third floor was rented out as a women's prison. This halfway house that had a curfew on all it's residents with penalties imposed frequently



and the ability to pop them back into a real prison with the click of two fingers, included some younger women who wanted to attend my Tai Chi classes taught in the basketball court gymnasium on the ground floor.

The director of the Women's prison had programs that he was offering the inmates and was jealous of some prisoners wanting to be with me more than him. This rivalry ended with him threatening the YWCA that he would move the prison somewhere else if they didn't get rid of me entirely. I was shown this letter by the lady who hired me. I didn't want her to fire me so I quit. That made it easier for her, but she got in trouble for showing me that letter...

Still, over the couple years I taught there, I offered free memberships to the Big Brother and Big Sister Foundations. The Tai Chi Kids programs were developed during this YWCA period. The Shaolin Chi

Mantis Staff Program also became a strong curriculum during that period of the mid nineties.

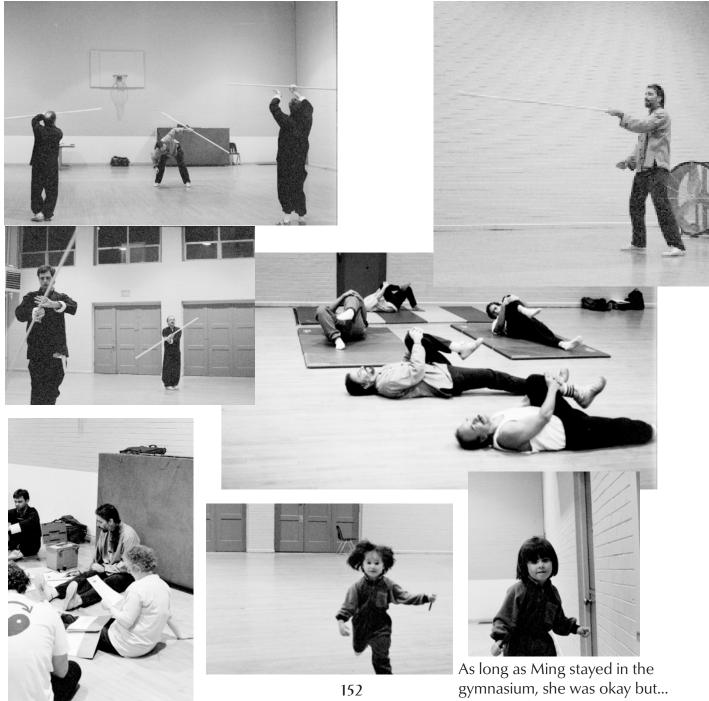
I have fond memories of walking to class with my 3-year old daughter. With a sabre on my hip, a straight sword on my back, and Kung Fu kid on my shoulders, I'd march through downtown Salt Lake City with a white waxwood staff in one hand and my daughter's hand usually squeezing my index and middle fingers, held straight, as I practiced my Chinese sword hand, or Cub Scout Salute.











Tai Chi Youth

The Tai Chi Youth 4-year Program is the same as the Shaoin Chi Mantis Beginner Program and utilizes a completely separate Belt Ranking System of different colors and different certificates than its' parent, SCM.

Since Shaolin Chi Mantis became an invitataion only school, Tai Chi Youth has been the school name for most of the locations that Buddha Zhen has taught at from 1996 to 2006.

In 2007, students, volunteers, and a new board of
Trustees sought to relaunch Tai Chi Youth. Their efforts were insufficient to generate any Tai Chi Youth programs in the Tujunga area or the nearest cities of Burbank and Pasadena.

This financial failure of Tai Chi Youth led to the launch of Buddha Kung Fu in January of 2008 as Buddha

Zhen sought a new approach to promoting interest in Shaolin Kung Fu and Zen Buddhism. This also led to the launch of the 12 Step 12 Week Kung Fu Bootcamp in 2008,

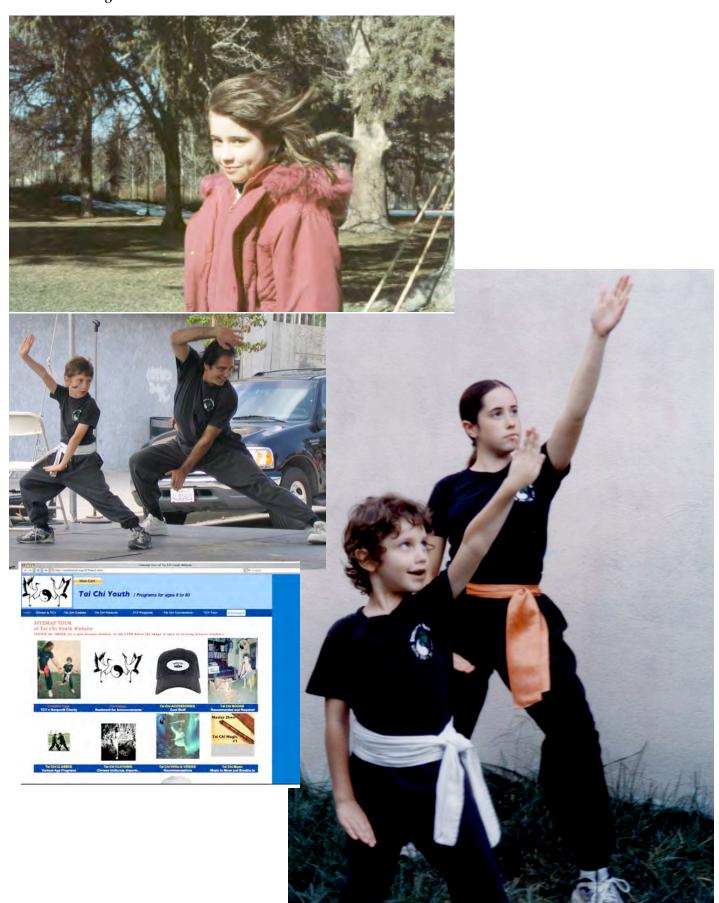
March 2009, Montrose, California. A new board of trustees is relaunching Tai Chi Youth with goals of educational and entertaining videos that teach Tai Chi and reach a larger audience than our previous school oriented goals.

Tai Chi Youth can also take advantage of the current Buddha Kung Fu programs and Kung Fu Bootcamps taught three days a week for the L.A. County Dep't. of Parks and Recreation, plus the two four Tai Chi and Kung Fu programs taught at the Tujunga YMCA. The future is exciting.

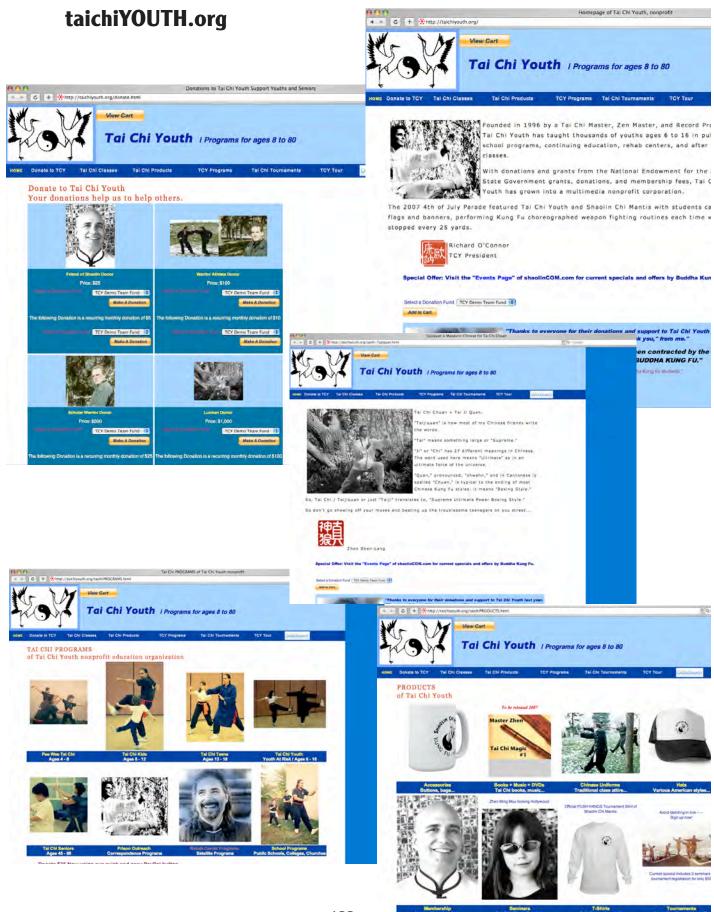








History of Founder, Buddha Zhen Shen-Lang



Donations to Tai Chi Youth

Students, family, friends, businesses, cultural organizations, art councils, governments and the National Endowment for the Arts have donated to Tai Chi Youth.



Grocery stores and restaurants have donated food and meals. Backstage buffets, catered meals, and house parties...it's fun to give, fun to receive, and it's fun to be here.

The people who have the most fun at Tai Chi Youth are the people who are learning the most. Tai Chi Youth promotes happiness through improvement. That is the Shaolin Chi Mantis recipe for success.

Mastering Kung Fu and Tai Chi requires mastering yourself. Your ability to focus and practice with your own self-motivation is another mastery.

Students who master the basics of learning can be successful in more situations. TCY students learn how to apply themselves through personal direction, determination, and open-mindedness.

Tai Chi Youth creates winners!

DONATE to Tai Chi Youth

Select from various amounts to donate or monthly recurring donations to Tai Chi Youth. www.taichiYOUTH.org/donate.html

Website donation page processes credit card gifts. www.taichiYOUTH.org

Tai Chi PRODUCTS of Tai Chi Youth

Buying products from Tai Chi Youth also helps fund our programs and pay expenses. www.taichiYOUTH.org/taichiPRODUCTS.html

Products sold generate money for Tai Chi Youth.

www.taichiYOUTH.org

Tai Chi PROGRAMS of Tai Chi Youth

Memberships and monthly Tai Chi class fees also provide income for Tai Chi Youth. www.taichiYOUTH.org/taichiPROGRAMS.html

Programs designed by Buddha Zhen Shen-Lang.

www.taichiYOUTH.org

Tai Chi Magic CD by Buddha Zhen

The album was recorded on a 4-track tape recorder in Salt Lake City, Utah.

I purchased the highest quality cassette-to-cassette dublicator I could find. During the 1990s I sold copies, direct from the master tapes at a speed of one-to-one, since I didn't have too many orders. I was so proud of each cassette because I also had to hand

label the stickers I put on each cassette, two per side. Then I had to hand write the cassette case "J-card." I took care to write as fast as possible, but as neatly as possible with my 4th grade teacher hovering over my shoulder. Finally, after all the song titles were listed, and the copyright information written, I put my Chinese Buddha Zhen chop with dragon blood ink on it. Whew!

In 2007 I added more flutes and percussion to the album. I'm waiting to mix and master it now.





CD Website: www.taichiMAGIC.com

Special website created for the Tai Chi Magic CD released 2008 by Shaolin Records. www.taichiMAGIC.com

Buy individual songs or download the entire album.

www.taichiMAGIC.com

Buddha Zhen's ARTIST WEBSITE

Buddha Zhen's own website for his books, music, and Zen wisdoms. www.masterZHFN.com

"77 Zens of Zhen," the first of Buddha Zhen's dharma.

www.masterZHEN.com

Shaolin Communications SHOPPING CART: shaolinCOM.com

Secure shopping cart website of products from Shaolin Records and Shaolin Chi Mantis. www.shaolinCOM.com/Products-S/CD-TaiChiMagic-1-S.html

Download the album or buy CD from amazon.com www.shaolinCOM.com



Bruce Lee versus Wong Jack Man

There are lots of Bruce Lee stories. I've got one for you that I'm sure you haven't heard, and it may be the truth.

Since I am just repeating what a couple of students at the Wong Jack Man school told me, I can't guarantee any accuracy on their part or even my being able to properly understand some of the Chinese accents.

Here it is, the Bruce Lee tale of Buddha Kung Fu (as told by Buddha Zhen):

Shifu Wong Jack Man complained out loud that someone was talking too much during the movie at the Chinatown movie theatre in San Francisco. It was Bruce Lee being unmannerly during the movie, and with a few insults – a challenge to fight about it later got made.

When Bruce Lee and Wong Jack Man met up later, they bowed to each other to begin the fight. Or at least, that's what Wong Jack Man thought they were doing. When Wong Jack Man bent forward, Bruce Lee upper cut him in the forehead. This punch also bled a little giving Bruce the rationale to claim he'd "won the fight." After this cheap sucker punch, Wong Jack Man proceded to kick the crap out of Bruce and chase him around for a long time until Bruce conceded or Jack Man thought he'd proven himself to be the winner.

Wong Jack Man bowed again, turned and began walking away. Bruce Lee kicked Wong Jack Man from behind without being blocked. This 2nd point also gave Bruce the belief he'd won, but history shows that Bruce was not proud of his martial arts. He immediately trashed everything he knew and began his new Kung Fu quest which became Jeet Kune Do and a book of his life and martial concepts.

Ironically, the martial arts that Bruce Lee learned as a youth were the 12 Tantui of the Jing Mo Association. I teach all my students the 12 Tantui during their Beginner training because without the 12 Tantui I've discovered that students don't generate the power or have the balance and stability that the 12 Tantui develop in each person. I will no longer attempt to teach anyone the Chinese Sabre until they've mastered the 12 Tantui first.

So, Buddha Kung Fu teaches the Kung Fu that made Bruce a great street fighter. Then Bruce's dad got frustrated with his behavior and enrolled him in Yip Man's Wing Chun school to teach him manners and better behavior. Unfortunately, although Master Yip Man may have improved Bruce's character, the Wing Chun style frustrated Bruce because of its' limitations and lack of kicking. This led to Bruce's denouncing traditional Kung Fu styles because he did not want to be limited by membership in Wing Chun, or owe any allegiance to his Kung Fu Master.

As one of my students said, "Bruce should have studied Shaolin Kung Fu."

It made me chuckle but after a moment of thought I replied to the class, "You're right."

Good Manners

Each student reads one paragraph then explains it to the class: (then next student, clockwise)

Good manners is a way of thinking.

In order to have good manners you must be kind.

In order to be kind you must be thoughtful.

In order to be thoughtful you must have helpful thoughts.

Helpful thoughts arise from compassion.

Compassion develops through appreciation.

Appreciation requires understanding the unique values of someone.

Understanding someone requires conversation, activities, and trusting them.

Trusting someone requires friendship.

Friendship is measured by self-love.

Self-love develops from self-respect.

Your self-respect determines the maximum respect you can have for anyone else.

Maximum respect is good manners.

Your good manners is your maximum respect.

Buddha Kung Fu provides an opportunity to develop ancient Chinese concepts of respect, good manners, and social behavior.

Treat your Shifu as if he were your King and has life and death authority over you.

Respect your Shifu as if he were your real father and had earned your respect already through actions, guidance, and discipline.

No matter how different your Shifu is from your real father, you must learn to love, appreciate, and support your Kung Fu Father.

Your success in Kung Fu will be determined by the Shifu's desire to teach you.

Enjoy being respectful, do it for a smile, the relationship will be your reward.

Buddha Zhen's Cabin

Rustic. Built in the 1920s as a "summer cabin" for movie stars, the entire Bouquet Canyon used to have many more of these rustic cabins.

The forestry department finds it easier to manage a forest and protect it from fires when nobody lives there. So, for the past fifty years, whenever they can reclaim one of these cabins, the government bulldozers them away into the canyon stream that flows down into Santa Clarita, California.

All running water inside the cabin came from the stream that ran in front of the house under the bridge near the windy steep mountain road, Bouquet Canyon Road.

Bikers and sports car clubs love this mountain road and travel it on the weekends because of its' narrow windy turns and lush scenery. It's a really fun, but sometimes difficult drive.

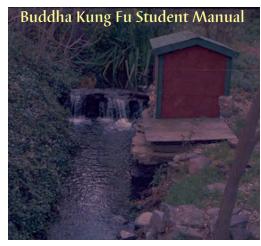
I rehabilitated a heroin addict there. He was supposed to camp down the road in the public campground and attend classes each day, but he moved in and became family.

The cabin was in disrepair and overgrown with brush, weeds, and poison oak.

Buddha Zhen's Disciple was rehabilitated with gardening and the 12 Tantui of Shaolin Chi Mantis.

The Yang Style Tai Chi Form of Shaolin Chi Mantis was also significant in teaching the young Disciple to seek healthier pleasures. Trips to the beach, practicing in the sand near the shore, and a Pipe Ceremony on an overcast day in Redondo Beach, cemented the Master Disciple relationship.



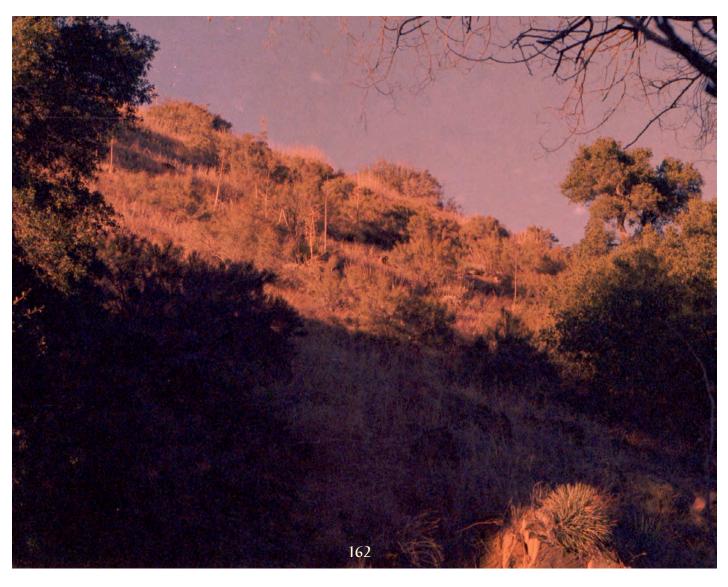


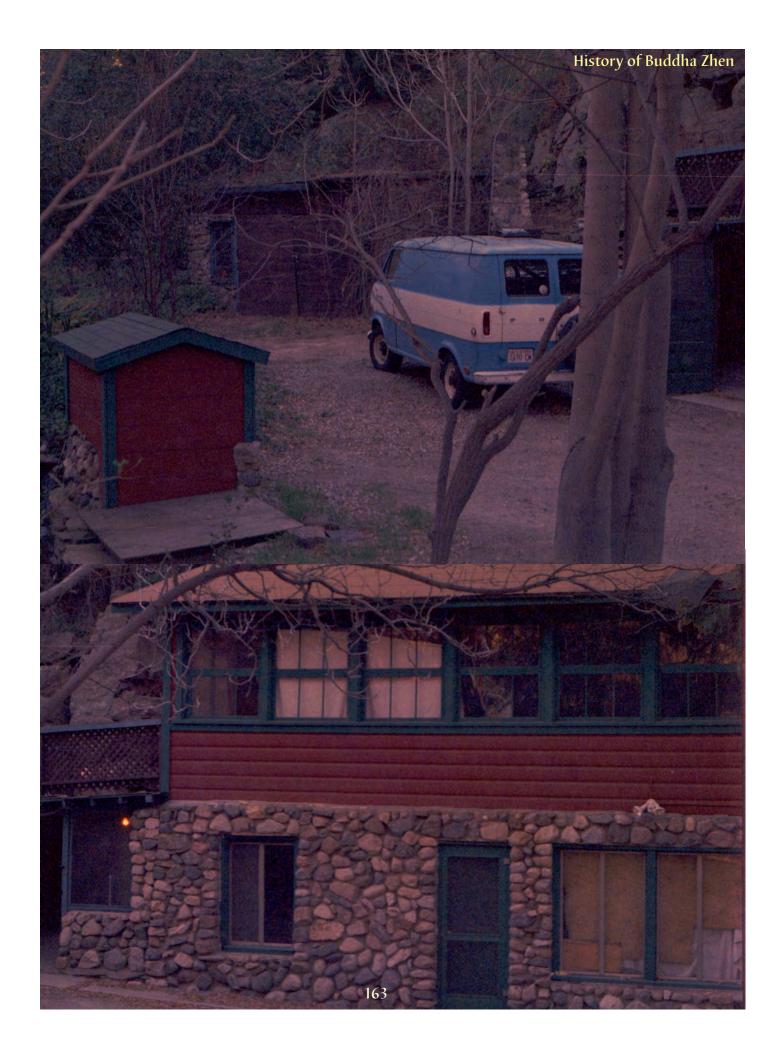
I was always nervous driving my van over this bridge.

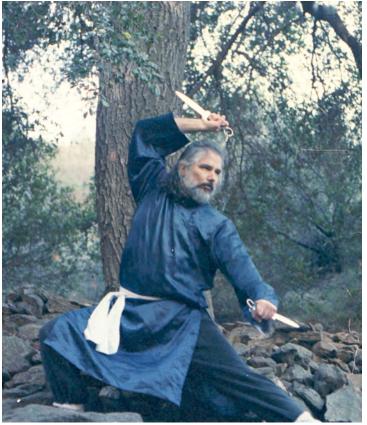
Good trout fishing in the stream near our water pump, with fishing license.

The bottom right room was the band rehearsal studio and guest room.









when entering stores and buildings.

I spent several years studying the Shaolin double daggers. The double daggers of Tai Mantis Federation did not include much technique study, so I gathered what I could from Shifu Arthur Chin of the Tai Chi Mantis in San Francisco. I bought books and videos. I traded lessons with some local police. A couple Kung Fu masters showed me some stuff.

But then came the important part. I lived with my daggers and carried them with me everywhere I went, almost every day from 1997 to 2000.

That is how I've studied every weapon I know. I live with the weapon until it is more than another appendage of my body–I understand how to use it, conceal it, reveal it, or just carry it in as many situations as possible.

In the 1990s there was great concern for concealed weapons. I occassionally surrended my 3-sectional staff, swords, or staff to security guards

It's a different world now, so what was difficult for me then, is impossible now. When I got caught with weapons, it cost me a smile because everyone knew and accepted me as a Kung Fu Master. I also wore Chinese clothing everyday, so my appearance also provided proof I was a weapons teacher, not a weapons user.

I was going to tell some stories and give helpful information about concealing and carrying weaponsthen I realized I can no longer carry concealed weapons AND I better not teach you how to either.

Don't live your life as if death threatened you everyday. Live a peaceful life with thoughts of love and compassion, not sneakiness and violence.

Your world around you is shaped by the world in your mind. Create a good world in your mind, that is a good world for the rest of us.



YMCA

During the half dozen years I taught at the YMCA, I encouraged, but could not enforce a Uniform Dress Code. This caused the programs to be weakened and failed to attain the enthusiasm of classes with dress codes.

I also did not teach by the semester system and this slowed the advancement of students also. So after a few

years of proving my curriculums were necessary for Kung Fu to be taught successfully, I again proved the power of our curriculums with dozens of advancements and the most enthusiastic demo teams of California.

The YMCA proved I was correct in all my assertions and efforts to have traditional values and atmosphere as much as possible in our Kung Fu and Tai Chi classes.

My dream is still to have my own temple/school.

By teaching without following my Shaolin Chi Mantis curriculums each week, all the students progressed slower than I've ever seen. Getting students to attain the skills necessary for a Belt Rank advancement, was rarely possible until I reinstated the TCY Curriculum Guide in 2007.

Now, even at the YMCAs, I am following my curriculums again and making the focus of each class whatever my curriculum instructs me to teach. The TCY Curriculum Guide also lists which pages of the Tai Chi Beginner book

are to be read and studied that class.





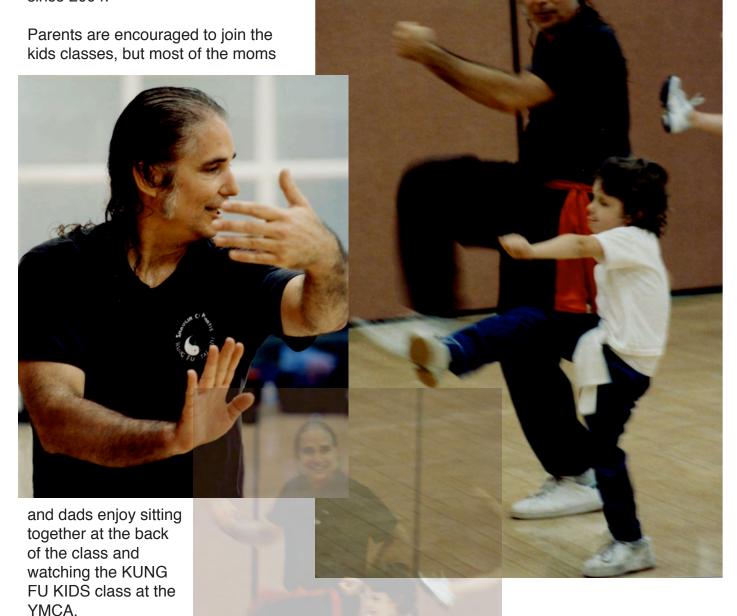






The YMCA in Tujunga has offered the Buddha Kung Fu

TAI CHI KIDS PROGRAM and KUNG FU KIDS PROGRAMS since 2004.



Sometimes we enlist them for timekeepers and scorekeepers when the kids are learning Push Hands.

Tai Chi Kids

The Tai Chi Kids programs were developed in 1993 and 1994 with free memberships donated to the Big Brothers and Big Sisters foundations. These kids and their older brothers and sisters received one semester of free Kung Fu and Tai Chi classes. Many of them stayed and were still attending Buddha

Zhen's classes when he departed Utah in 1999.

Many variations of these programs were used and tested on different age groups in different Salt Lake locations. Accurate logs of these classes reveal what was taught and how many students graduated each semester of each curriculum.

A new factor was added to Buddha Zhen's teaching awareness after moving to Tujunga, California. Much to his surprise, Buddha Zhen discovered that the seniors and adults were horrible students with very little motivation to learn anything at all. This disappointment yielded another disappointment as the children of these unmotivated, disinterested,



uninvolved parents showed how much fortitude and ambition they lacked. Utah parents push their children more and expect much more of them than Tujunga parents.

The first Tai Chi Kids programs evolved into the TAI CHI YOUTH nonprofit organization in 1996.

Cosmic ENERGY

Ancient Chinese concepts of energy and balancing with the universe. www.taichiKIDS.com/Pages-TCK/cosmicenergy-TCK.html

Entertaining Education for kids.

www.taichiKIDS.com

Historical CHI

Intriguing stories of myth, legend, and amazing facts. www.taichiKIDS.com/Pages-TCK/historicalchi-TCK.html

Entertaining Education for kids.

www.taichiKIDS.com

What We Do

Goals and accomplishments of Tai Chi Kids. www.taichiKIDS.com/Pages-TCK/WhatWeDo-TCK.html

Inspiring suggestions and goals easily listed...

www.taichiKIDS.com





Created by Buddha Zhen in 2005 for his son, Zhen Song-Dao. www.taichiKIDS.com

Homepage of Tai Chi Kids.

www.taichiKIDS.com

Tai Chi Kids CLASSES

Special programs designed by Buddha Zhen for various ages of youths and children. www.shaolinCOM.com/KungFu_TaiChi/TCprograms-S.html

Shopping cart list of Kung Fu and Tai Chi programs.

www.shaolinCOM.com

Tai Chi Youth NONPROFIT ORGANIZATION

Tai Chi Youth, 501(c)(3) charity was founded by Buddha Zhen in 1996 for youths at risk. www.taichiYOUTH.org/taichiPROGRAMS.html

Tai Chi Youth is a nonprofit you can donate to. www.taichiYOUTH.org







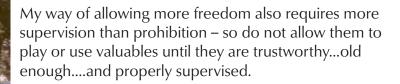


My policy for weapons and musical instruments was the same with both of my children. I left them out in the open and "with my permission," they were allowed to play my instruments and play with my Kung Fu weapons.

My daughter got quite good at the 3-sectional staff before I taught her anything. My son enjoyed playing with swords and "box whittling."

I watched Mormon families with really well trained kids who NEVER TOUCHED the piano

or guitars of their parents. This seemed to discourage the children from artistic ambitions.



The really hard part of parenting is taking responsibility for their mastery of everything they learn. So get a music teacher. Get a Kung Fu teacher. Get a math tutor.

Teach your kids...something...always.

Shaolin Kids

Somehow, I'm better at working with kids than most people. My theory is that I enjoy being a kid. I enjoy being a teenager. So, I want kids to enjoy being kids. Of course, I'm also the gym coach, math teacher, and... because I want kids to be ready for what's next in life, whatever it is.

The skills, self-discipline, respect, good manners, endurance, flexibility, tenacity, perseverance, and humility learned in Buddha Kung Fu – are skills to benefit the real world each of us live in.

When kids are in a Buddha Kung Fu class, they are in a Buddhist Temple, a church, a traditional Chinese Kung Fu school. The manners and behavior we expect from our students are the same manners they should exhibit in a church or religious ceremony.

Expect the best from any of our Shaolin Kids.





ABOUT Shaolin Kids

Introduction page with links for the entire Shaolin Kids. www.shaolinKIDS.com/Pages-SK/aboutshaolinkids-SK.html

For parents to check out.

www.shaolinKIDS.com

Shaolin TALES

Buddha Zhen shares some of the Shaolin Tales he has heard since the 1960s. www.shaolinKIDS.com/Pages-SK/shaolintales-SK.html

Shaolin legends to inspire our Shaolin kids to be legends.

www.shaolinKIDS.com

Shaolin SPIRITUAL PATH

Stories to inspire spiritual courage and generous ideals. www.shaolinKIDS.com/spiritualpath-SK.html

> Kung Fu stories to inspire our Shaolin kids spiritually. www.shaolinKIDS.com



Buddha Kung Fu

Although I'd had the name and concept for some years



prior, it just seemed to shine from the darkness of disappointment as Tai Chi Youth's 2007 reemergence failed.

Rather than sneaking the Buddhism in behind the Kung Fu, we can now promote Buddhism openly as we combine physical Kung Fu concepts with the spiritual concepts of the original and new Zen Buddhism.

History of Founder, Buddha Zhen Shen-Lang



Since Zen Buddhism was the existing Mahayana Buddhism of China combined with Kung Fu exercises by Bodhidharma, Buddha Kung Fu is Zen Buddhism.

Most Zen Buddhists are as lazy as the Monks of 1,500 years ago who ostracized Bodhidharma. Modern Zen Buddhism has somehow abandoned the Kung Fu exercises that made Buddhism into Zen Buddhism. Without exercise, modern Zen Buddhists have trashed half their religion.

Buddhism requires no initiation or belief in any God. Buddhism was invented to be a "way of life." Kung Fu is also known in China as a "way of life." Although the first Buddha, Siddhartha Gautama was raised

Buddha Kung Fu HOMEPAGE

Become A Buddha At Buddha Kung Fu www.buddhaKUNGFU.com

www.buddhaGONGFU.com

www.buddhaKUNGFU.com

Buddha Kung Fu T-SHIRTS

Official School Shirts and Souvenirs www.buddhaKUNGFU.com/t-shirts.html

www.cafepress.com/buddhakungfu

www.buddhaKUNGFU.com

Buddha Kung Fu CLASSES

Complete list of Tai Chi and Kung Fu Programs by Shaolin Chi Mantis & Buddha Kung Fu www.shaolinCOM.com/KungFu_TaiChi/TaiChiKungFuINDEX-S.html

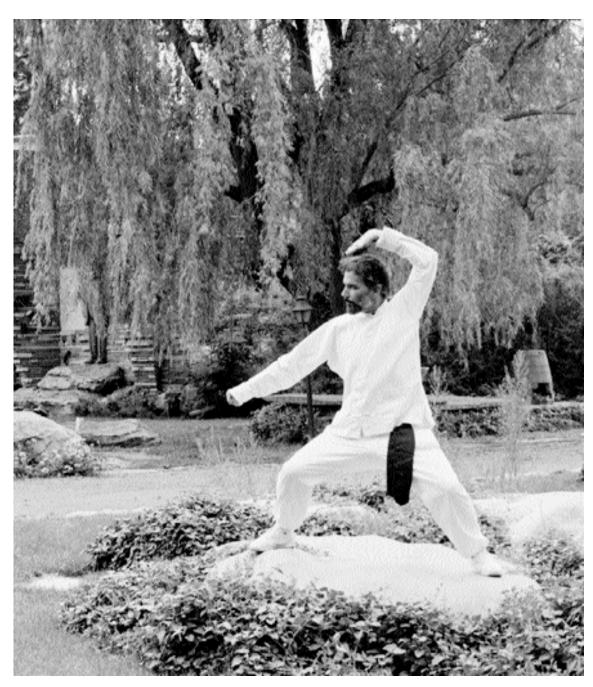
www.shaolinCOM.com

as a warrior prince, it took almost a thousand years to create the right environment for both of these "Daos," "ways of life," to synthesize together into Shaolin Kung Fu. Shaolin Kung Fu is a spiritual "way of life," and a physical "way of life."

No matter what religion you belong to, you are now ALSO, a Zen Buddhist. Be proud to be Zen and be proud to be smart. Buddhism was designed to make people smarter. Zen Buddhism was designed to make people smarter and healthier. Buddha Kung Fu is also designed to make each student smarter and healthier and more spiritually aware.

Be a Buddha.

You can do it.



Shaolin Zen Spiritual Bootcamp

I taught and gave free Zen seminars every semester while I was at the YWCA in Salt Lake City, Utah. It felt nice to just offer free Zen seminars to share what is so beneficial and yet so simple.

In 1998 I received a request to teach a workshop at the Annual World Buddhism Conference in San Diego, California. When I explained my recent concept of an all-day Zen seminar incorporating all the elements of Zen from meditation, to exercise, to breathing, to Kung Fu, to the witty sarcasm and evolution of the Mahayana

Buddhism already in China...





It was a great workshop. *Spiritual Bootcamp Shaolin Style*. Because it was a 6-hour workshop it didn't get videotaped and it didn't get recorded for audiotapes either because it was such a long workshop. Several students of the workshop said it was the best part of the entire conference. My favorite challenge was teaching the Japanese Zen monks who were surprisingly flexible and strong.

Spiritual Bootcamp SHAOLIN STYLE

Developed by Buddha Zhen in 1998 for the World Buddhism Conference. www.spiritualbootcampSHAOLINSTYLE.com

Spiritual bootcamp for monks, priests, and lay persons.

www.spiritualbootcampSHAOLINSTYLE.com

Shaolin SPIRITUAL Bootcamp

Some bootcamps are for meditating, some are for Zen Buddhism and others use weapons. www.shaolinZEN.org/eventsZ.html

Info and Prices

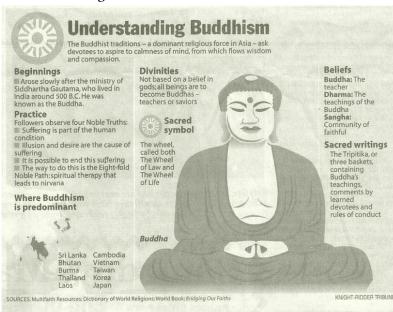
www.shaolinZEN.org

ZEN Bootcamp

List of all the spiritual, mental and physical bootcamps of Shaolin Zen and Buddha Kung Fu. www.ZENbootcamp.com

List and links to various bootcamps of Shaolin Zen.

www.ZENbootcamp.com



Spiritual workout: Master Zhen Shen-Lang leads an early morning session through the moving meditations of Tai Chi.

"That is going away," he added.
"It's a craving that I don't have anymore... I've found something much greater — myself."
So why haven't they returned to the faith of their parents, or their grandgoards.

grandparents?
"A lot of us were raised with

Christian backgrounds and it doesn't make sense to us anymore said Lisa Klusendorf, a 28-year-old apartment manager in San Diego.

"Buddhism gives us some answers.
"I think Christianity has failed,"
said Jikai Clark Choffy, a Buddhist minister in Indianapolis. Choffy,

States in the 1970s to study Buddhism, described Christianity as having a "too rigid, unbending and totally moralistic view of things."

'Philosophy' or religion?

sider myself as practicing the ways of Buddhism. We're not joining a club or any religion."

And then there are adherents

like John Malcomson of Seattle. "I'm a Christian Buddhist," he an-

The son of an American Baptist

It was wonderful teaching at the Buddhism Conference. I would like more opportunities to teach at events like this. I need a manager and an agent. Really. I do.

I also taught a Tai Chi class every morning at the conference. That was really fun also. A hundred people in a ballroom is a different teaching experience as I take the limitation of large size and use it to create a gigong breathing meditation version of Tai Chi that was a lot of fun. The energy of that many people doing Tai Chi was very invigorating.

The fact that my entire audience was comprised of Buddhists gave my classes a wonderful kickstart and allowed us to move quickly into some advanced concepts of the mind, some focused meditations that were very spiritual, and a lot of fun using the Kung Fu animals to bring out our individual, unique, yet animal qualities.

Getting these Buddhists to connect with their animal natures after they'd disconnected with their human emotions made them the fastest learners I've encountered. Teaching Buddhism to Buddhists has to be the coolest job I could I have.

Americans disenchanted with their culture find inner peace and comfort in Buddhism

Article from **San Diego Union Newspaper** May, 2008.

e bounded to the front of the ballroom, a taller version of Richard Simmons, with saltand-pepper hair and sideburns, and looked out at the men and women who joined him for this morning's spiritual workout.

Then Master Zhen Shen-Lang spun around, facing the mirrored wall.

In the reflection were businessmen and college students, airline workers and dancers, wearing sweats and shorts, jeans and Reeboks, all ready to launch into a kind of meditational shadow boxing known as Tai Chi. Master Zhen clasped his hands in front of him and

grinned. "Look at all those Buddhas," he said. They laughed self-consciously and bowed.

The movement begun 2,500 years ago by an Eastern prince who left his royal lifestyle in search of inner peace has found an eager audience in the West. Fueled by Hollywood movies such as "Kundun" and

"Seven Years in Tibet" and high-profile devotees such as Richard Gere and Tina Turner, Buddhism is being embraced by Americans immersed in a spiritual explosion.

An estimated 1 million to 3 million Buddhists are in this

"These are people who are seeking betterment," said Master Zhen, who grew up in San Diego (his given name is Richard O'Connor), and discovered Buddhism in the 1970s while pursuing a music career in Los Angeles. He now teaches Tai Chi in Salt Lake City.

Prajwal Ratna Vajracharya, a ceremonial dancer from Nepal, put it this way: "Most Westerners don't know who they are. Buddhism teaches who we are." Vajracharya and Master Zhen were among 500 people

who attended the "Buddhism in America" conference in downtown San Diego last weekend. From Friday to Monday, the participants meditated, shopped for books, banners and incense and listened to some of the most popular leaders in western Buddhism.

It was the second such convocation; last year, the conference was held in Boston and spawned a 568-page book,

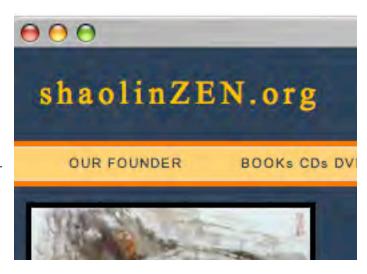
See BUDDHISM on Page E-4



Shaolin Zen

Shaolin Zen is an American sect of Chinese Chan "Zen" Buddhism.

Founded in 1984 as the Buddhism of Shaolin Chi Mantis, it would emerge in the early 1990s as the SHAOLIN ZEN newsletter used to promote the Shaolin Chi Mantis, and in later years also promoting the Tai Chi Youth programs. This quarterly newsletter was written by Buddha Zhen Shen-Lang, printed, folded, and stuffed into envelopes by students who also applied the stamps and mail labels. This was an expensive way to promote Buddhism as Buddha Zhen included Buddhist dharma, stories, quotes and Zen poetry in each newsletter magazine.





In 1997, Shaolin Zen was officially established as an independent sect of Zen Buddhism. In November of 1997, Buddha Zhen was ordained as Patriarch of Shaolin Zen with his highest ranking students presenting him with a Purple Sash to designate this title.

Shaolin Zen does not require you to quit your current religion. You can belong to other religions as long as they don't prohibit any of our school functions or expectations.

Shaolin Zen has found a new mode of expression and new future by supplying the Zen Buddhism of the Buddha Kung Fu schools founded 2008 by Buddha Zhen.

The basic concepts of Shaolin Zen:

Moderation in all things.

All persons are born pure and spiritually clean. (*Christians are allowed to disagree with this.*) Life's difficulties and responsibilities lead our spirits astray.

A healthy body is the foundation of a healthy mind.

A balanced mind is the foundation of spirituality.

A balanced life = balanced body / mind / spirit.

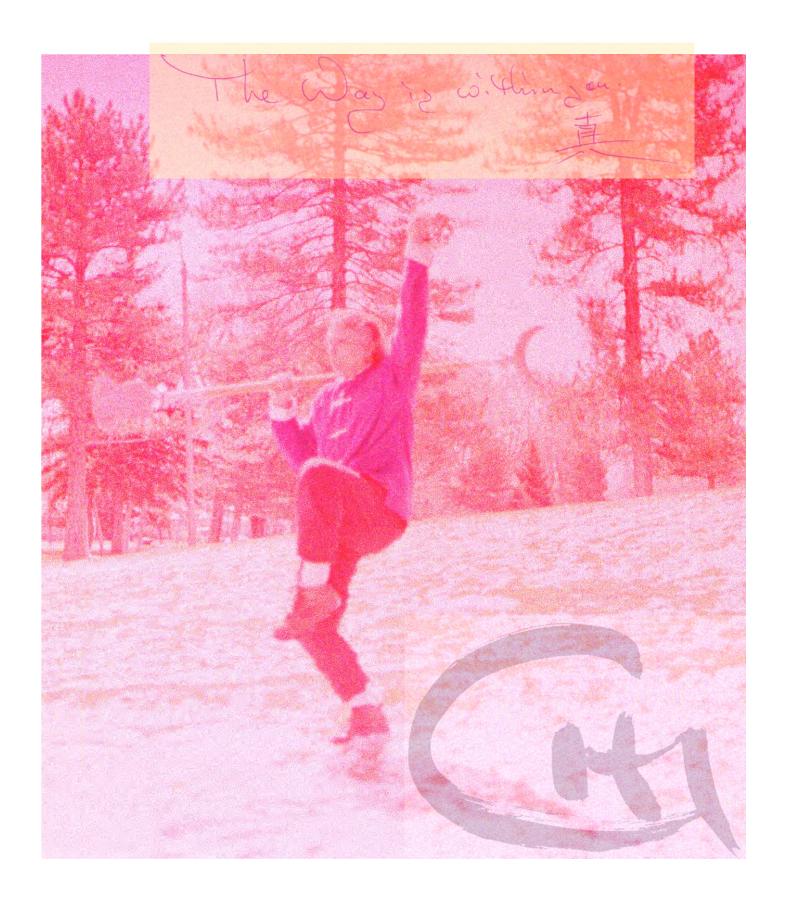
Kung Fu is a daily way of life.

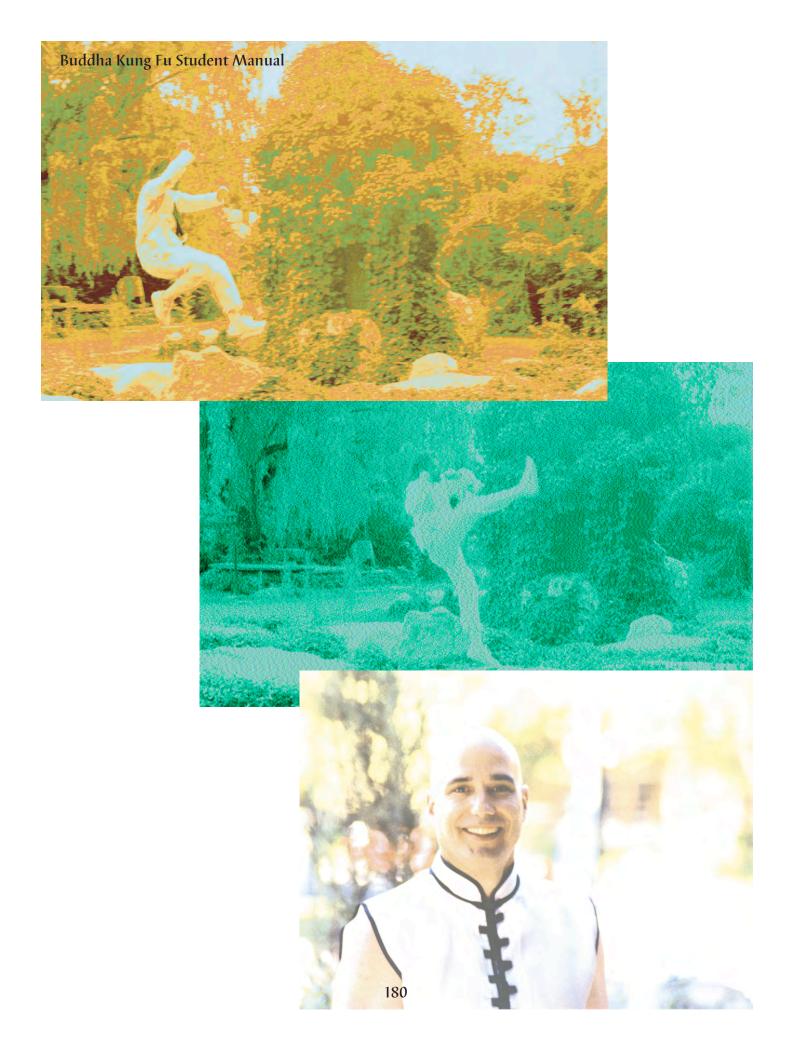
Shakyamuni Buddha's teachings and lectures are relevant and beneficial.

Bodhidharma's creation of Zen Buddhism requires Shaolin Kung Fu.

Buddha Zhen, Zhen Shen-Lang, "Spirit Wolf of Truth," is the founder of Shaolin Zen.







shaolinZEN.net

The ZEN BUDDHIST PODCAST of SHAOLIN ZEN was our most popular radio show of 2007 and 2008. Produced by Richard Connor for Shaolin Records, the Zen Buddhist Podcast is a radio show tour of the Shaolin Zen website at www.shaolinZEN.org

There is also Zen Buddhism in the podcasts of our folk rock group, American Zen. These radio shows, AMERICAN ZEN BUDDHIST ROCK PODCAST, are hosted by The Hippy Coyote, flute player and songwriter of the American Zen band. Coyote's 8-level Buddhist journey is told in lyrics, poetry, and songs at www.americanZEN.org



Utilizing the Buddhist lessons of Shaolin Zen, Coyote hosts podcasts that detail his journey to nirvana at www.CoyoteRadio.net

So travel with us on our magic carpets of sound, internet, photos, and music.

Welcome to a brighter future by being a disciple, or student of Shaolin Zen.

shaolinZEN.net

Broadcasting Zen throughout the internet. Email addresses offered to students. www.shaolinZEN.net

Homepage of Buddha Broadcasting.

www.shaolinZFN.net

shaolinZEN.org PODCASTS

CyberTemple, Buddhism lessons, souvenirs, and more from Shaolin Zen. www.shaolinZEN.org/podcastsZ.html

Podcasts of possibilities for you to ponder.

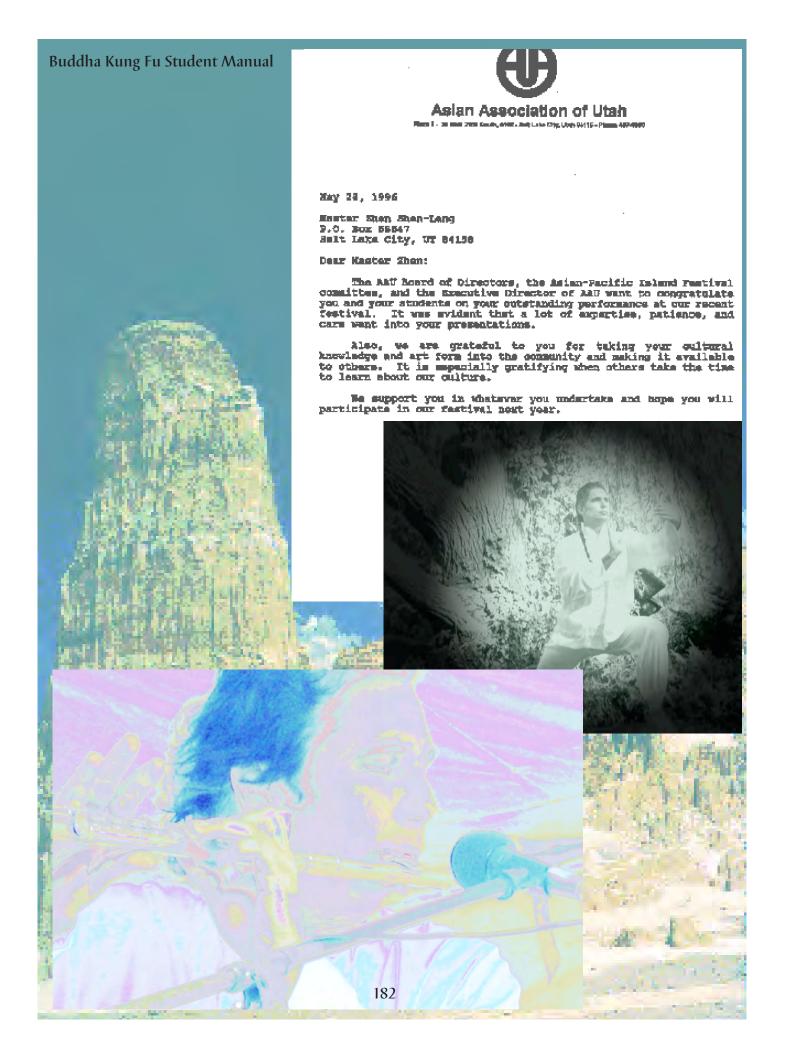
www.shaolinZEN.org

shaolinZEN.org BUDDHISM BASICS

Created by Buddha Zhen for discussions with his children in 2002. www.shaolinZEN.org/BuddhismBasicsZ.html

Learn the basics of Zen Buddhism from Buddha Zhen.

www.shaolinZEN.org



The Original Zen Buddhism

shaolinZEN.org

In 2000, I was done setting up Shaolin Chi Mantis at www.shaolinchi-MANTIS.com and I was done setting up Tai Chi Youth with four complete donor proposals at www.taichiYOUTH.org. Now I was ready to set up our Buddhist CyberTemple. I went to purchase a website and chose, "shaolinzen.com" But that name had been taken. I wanted to know who was using the name of MY Buddhist Church, Shaolin Zen. I'd been mailing thousands of Shaolin Zen Newsletters since 1995 and knew it had to be someone from MY mail list.

I used the internet search method that anyone can use for free to see who owns any website. I found them. I found the people who were

using my school business name, shaolinzen.com. And sure enough, it was someone from my mail list. They got this name idea from me and used it without my permission. Who stole my business name? The Shaolin Temple, in China.

So I registered the CHURCH NAME of shaolinzen.ORG and that's who I am. The original Chinese church became a business and my business keeps turning more and more into a church. Unfortunately, someone slipped up and they lost their website.

Although *www.shaolinZEN.org* is a sole proprietorship, I seek to run it like a church and want to pass it on to the future as a church. Maybe I can fill it up with so much me, it won't need any refills or updates.

shaolinZEN.org BOOKS, CDs, & DVDs

Books on Tai Chi, Kung Fu manuals, Buddhist Dharma, and Zen poetry by Buddha Zhen. www.shaolinZEN.org/booksCDsDVDsZ.html

Get your Zen books and music here.

www.shaolinZEN.org

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CyberTemple, Buddhism lessons, souvenirs, and more from Shaolin Zen. www.shaolinZEN.org/podcastsZ.html

List of numerous Buddhist podcasts by Buddha Zhen.

www.shaolinZEN.org

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tcamps Shaolin Style y Bodhidharma at the Mt. Songshan in orldwide. i ignorance have ped of one of its

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Next seminar: Saturday, June 23, 2007 Crescenta Valley Park La Crescenta, California 91214 10:00AM to 11:30AM

Shaolin Zen Bootcamp

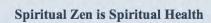


Cosmic Spiritual Body Teacher and Master of Life

One Who Has Experienced and Transcended the Imperfections of Life

Master Zhen Shen-Lang "Spirit Wolf of Truth" Patriarch of Shaolin Zen

VISIT PAGE 2 for more.



DONATIONS

Our slogan for Shaolin Zen is, "Do nothing for a reason,"™

CYBERTEMPLE

This is my way of slapping some of those Japanese Zenners back to consciousness.

Searching for nothing will yield nothing.

An American Sect of Chinese Buddhism™

BUDDHISM BASICS

Trying to achieve that black void of nothingness -

Hey! Wait until your dead for that, you're alive now, so be alive!

That's Zen. Be alive!

Meditation is done for the sake of meditation? That doesn't even make sense.

Just meditating because you think meditating is good for you -- well, you're almost rigl However, if you haven't been properly taught to meditate you're wasting your time. Daydreaming or napping would be much more productive that 'trying to do nothing.'

Meditate for a reason. To relax. To energize. To ponder. To explore. To heal.

So that's my jab at 'nothing.' Do nothing FOR A REASON.

Don't waste your time meditating. Get something done.

Oh, despite the picture above, of our First Patriarch, Bodhidharma, sit in a chair or lay down. Those cross legged stances are bad for your leg circulation.

Once again, don't try to do something in a bad way. Be comfortable. Be healthy.



Master Zhen Shen-Lang "Spirit Wolf of Truth" Patriarch of Shaolin Zen

SHAOLIN

Hosted by Shaolin Communications

Asout Us | Home | Privacy | Private Lessons | Support | 6 2006 shaolinMUSIC.com All rights reserved

shaolinZEN.tv

Currently, in 2008, I am producing podcasts from the living room of my exwife where I sleep on the couch. I need to upgrade to video and I need a recording studio that I can record in while motorcyles drive by, (without recording the motorcycle).

Videocasts are coming soon. I've got an iSight iMac, but I've only used it for still photos so far.

I am anxious to move into TELEVISION. My 1997 UCLA film school degree was supposed to say, "Motion Picture Arts &



Sciences," but I think it reads, "Motion Picture and Television Arts & Sciences.: Television was such a vast career that did not require any knowledge of 35MM photography. Movies required no knowledge of video.

But now analog video and movie film are obsolete. I'm having trouble adapting to the low quality of today's videos despite the fact it should be easier than ever for me to produce my projects.

It's been many years since I've had a wall to hang my degrees on. Sometimes those little accomplish-

shaolinZEN.tv

Television shows, videocasts, and musical spiritual videos produced by Shaolin Zen. www.shaolinZEN.tv

Homepage of the Spiritual Boob Tube Squad

www.shaolinZEN.tv

shaolinZEN.org

CyberTemple, Buddhism lessons, souvenirs, and main website of Shaolin Zen. www.shaolinZEN.org

Homepage of main website of Shaolin Zen Buddhism.

www.shaolinZEN.org

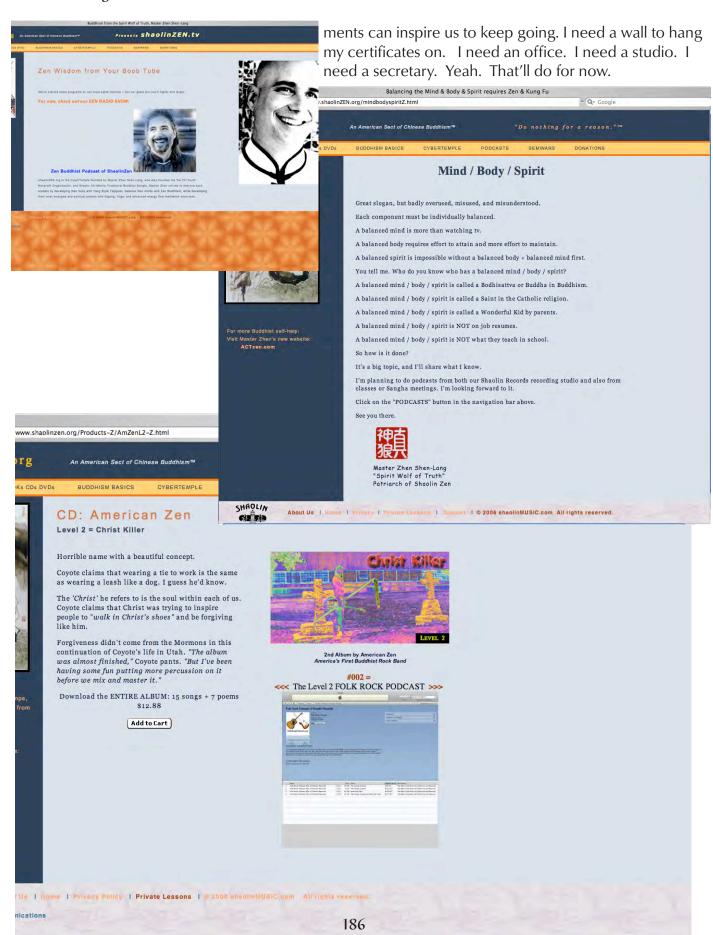
shaolinZEN.net

Broadcasting Zen throughout the internet. Email addresses offered to students. www.shaolinZEN.net

Homepage hub of happy Zen harmonies.

www.shaolinZEN.net

Buddha Kung Fu Student Manual



shaolinZEN.us

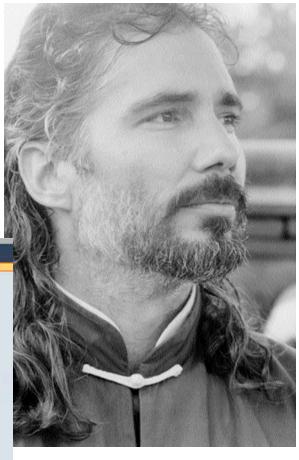
Shaolin Zen is the original American sect of Chinese Chan Buddhism.

When Bodhidharma retired at the Songshan Shaolin Temple, what did he do for eight years?

What did Bodhidharma write?

What did Bodhidharma know about the martial arts?





shaolinZEN.us

Shaolin Zen is the Original U.S. Version of Chan Buddhism of the Original Shaolin Temple. www.shaolinZEN.us

The Original Zen of China in the US. www.shaolinZEN.us

shaolinZEN.org

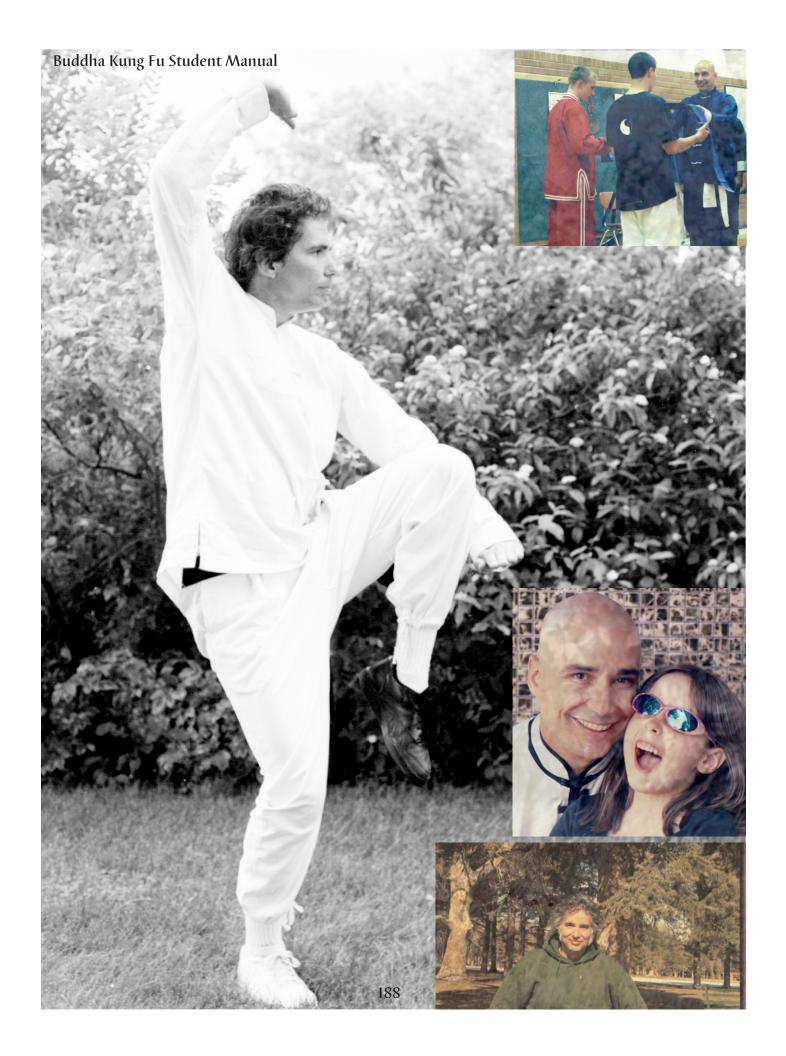
CyberTemple, Buddhism lessons, books and souvenirs. www.shaolinZEN.org/cybertempleZ.html

> An American Sect of Chinese Buddhism. www.shaolinZEN.org

shaolinZEN.net

Podcasts, cable shows, seminars, workshops and a Buddhist Interactive Sangha on Sundays. www.shaolinZEN.net

Broadcasting Buddhism throughout the internet. www.shaolinZEN.net



Tai Chi Beginner Book by Buddha Zhen

This is an incredible book for learning Tai Chi with an understanding of the cultural, historical, and traditional aspects of

Chinese martial arts.



Buddha Zhen demonstrates the entire *Tai Chi Short Form of the Yang Style*. He breaks down hand positions and footwork with many pages dedicated to teaching the basic stances, punches, and kicks, required to learn the martial art dance of Tai Chi, now referred to as, Taijiquan, in modern China.

Buddha Zhen has been forcing his students to read this **Tai Chi**

Beginner book of 16 chapters as he teaches them the 16 sections of his Shaolin Chi Mantis version of the world famous **Yang Style 28 Step Tai Chi Short Form**.



BOOK WEBSITE for Tai Chi Beginner

Special website created to promote the book, **Tai Chi Beginner**, by Buddha Zhen. *www.taichiBEGINNER.com*

Information about the book with samples.

www.taichiBEGINNER.com

Tai Chi Beginner at shaolinCOM.com

Buy from the secure website of Shaolin Communications, www.shaolinCOM.com www.shaolinCOM.com/Products-S/Book-TaiChiBeginner.html

Download your PDF now for \$18.88.

www.shaolinCOM.com

Tai Chi Beginner AUDIOBOOK

Recorded in 1997 by Buddha Zhen after completing the 3rd Edition of **Tai Chi Beginner** book. www.taichiBUDDHA.com/taichiBEGaudiobk.html

Order your set of DVDs or Download the MP4.

www.taichiBUDDHA.com

Buddha Kung Fu Student Manual













taichiBUDDHA.com

I created this site in late 2007 after signing my contract with the L.A. County Parks to teach Tai Chi classes.

So I made a calendar. I tried to make it less commercial so that the city or government wouldn't mind referring people to it.



Then I acquired the www.BuddhaTaiChi.com website and decided to promote that as our main Tai Chi website of Buddha Kung Fu. ## Treating | Buddha Teaches Tei Chi to Teach You to Be a Buddha

HOMEPAGE of TaiChi Buddha.com

| Buddha Teaches Tei Chi to Teach You to Be a Buddha

HOMEPAGE of TaiChi Buddha.com

| Master Zhen's CLASS SCHEDULES
| Chinese Broadeword | Single Saber / Double Sabers |
| King Fu Classes |
| Shapin Moint Staff Class (8 semesters) |
| Tai Chi Classes |
| Tai Chi

The original parks calendar is at www.TaiChiBuddha.com at this time.

Perhaps this will become a website about a Buddha who practices Tai Chi, or perhaps this will be a website where we demonstrate how Tai Chi can be a tool of enlightenment and aid each student in attaining Buddhahood, or...

HOMEPAGE of taichiBUDDHA.com

Originally created for CV Park programs of Buddha Kung Fu in 2007. www.taichiBUDDHA.com

Homepage of original Buddha Kung Fu Tai Chi program.

www.taichiBUDDHA.com

Buddha Kung Fu STUDENT MANUAL

Official required text of all Buddha Kung Fu students. www.taichiBUDDHA.com/buddhaKFbook.html

Official required text of all beginning students.

www.taichiBUDDHA.com

Tai Chi Beginner AUDIOBOOK

Recorded by Buddha Zhen in 1997 after completing the 3rd Edition of Tai Chi Beginner book. www.taichiBUDDHA.com/taichiBEGaudiobk.html

Required reading can now be required listening.

www.taichiBUDDHA.com











Buddha Tai Chi

Shaolin Chi Mantis has a seven year Tai Chi curriculum. Buddha Kung Fu's five year curriculum includes most of that SCM Tai Chi program.

When I created the site, www.TaiChiBuddha.com I thought I had created our Tai Chi homebase for Buddha Kung Fu. But one of my disciples mentioned to me, "Perhaps you should use BuddhaTaiChi.com, the name would go better with Buddha Kung Fu."

So I did.

www.BuddhaTaiChi.com

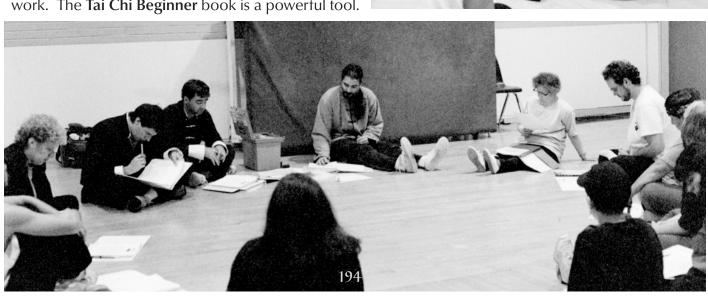




The bookwork started from reading the 16 chapters of **Tai Chi Beginner** aloud, in the Decker Lake prison classes. It was the discussions between paragraphs with my explaining and elaborating that allowed me to really connect with the students, and them with each other. The benefits were far reaching. I tried to skip the bookwork for a few years and all graduations ceased and progress for the kids was slow.

Finally, I decided that all classes would go back to my Tai Chi Youth belt rank system and suddenly the school spirit shot up as students began competing with each other to graduate first.

It appears that Tai Chi without bookwork doesn't work. The **Tai Chi Beginner** book is a powerful tool.



Shaolin Kung Fu INITIATE LEVEL

Shaolin = Shaolin Kung Fu Buddhist Monk.

Kung Fu = Bodhidharma's martial arts from original Mt. Songshan Buddhist Temple.

Initiate = Infant = Learn to stand.

SHAOLIN KUNG FU INITIATE LEVEL:

Buddha Kung Fu Student Manual

Tai Chi Beginner

Book Book

Sections 1 and 2 Entire book of 16 chapters.

Buddha Kung Fu schools will utilize the requirements of the Shaolin Chi Mantis Initiate Level as a part of the requirements for advancement to the White Sash + One Blue Stripe of Buddha Kung Fu.

Buddha Kung Fu INITIATE

The FIRST thing you will need is your student manual. Download here. www.BuddhaKungFu.com/books

> BKF MANUAL is the first interactive Kung Fu student manual www.BuddhaKungFu.com

Shaolin Chi Mantis Curriculum: Shaolin INITIATE LEVEL

Curriculums: Black Sash + 7 Green Stripes www.shaolinchiMANTIS.com/Pages-M/curGongfuInitiate-SCM.html

SCM Curriculums are source of Buddha Kung Fu programs.

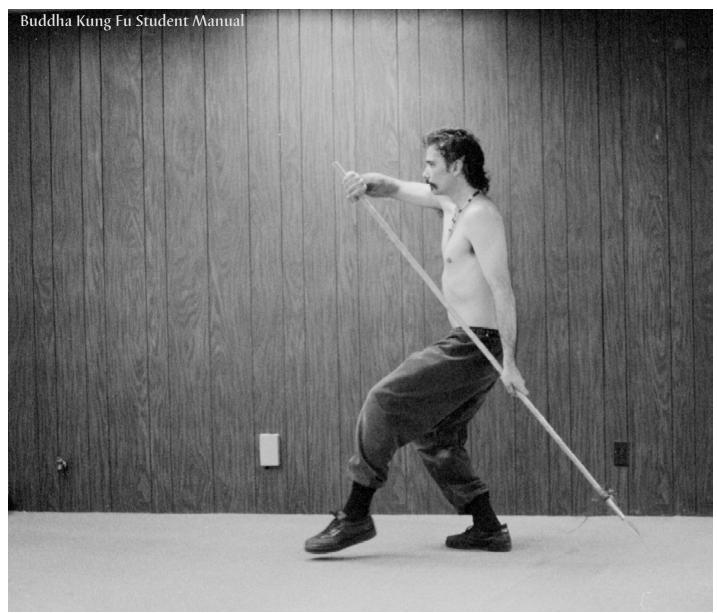
www.shaolinchiMANTIS.com

3 Types of Disciple

Shaolin Chi Mantis: 3 Types Of Disciple – Which one are you? www.shaolinchiMANTIS.com/Pages-M/disciple-3types-SCM.html

A Disciple is a serious student dedicated to their Master.

www.shaolinchiMANTIS.com



These photos of me with the spear and moustache were taken in Sacramento in 1997. Whenever I would visit my school brother's school I also went the extra distance and made certain to train with Grandmaster Wong Jack Man in San Francisco, and in Oakland also.

At Wong Jack Man's school I practiced as hard or harder than any of the other students. Not only did I seek their acceptance, I wanted to be trained by Shifu Wong Jack Man.

It worked. The other students commented how he spent more time with me than anyone else they'd ever seen, even more than his regular students. It was only a few days together, but Master Wong brought out the Initiate Student in me seeking to be a Disciple.



Shaolin Kung Fu BEGINNER LEVEL

Shaolin = Shaolin Kung Fu Buddhist Monk.

Kung Fu = Shaolin Kung Fu from original Mt. Songshan Buddhist Temple.

Beginner = Child = Son or Daughter = obedient to qualify.

SHAOLIN KUNG FU BEGINNER LEVEL:

Buddha Kung Fu Student Manual
Tai Chi Intermediate

Shaolin Kung Fu Beginner

Book Sections 3 and 4
Book Sections 1 and 2
Book Sections 1 and 2

Shaolin Kids WEBSITE

Shaolin kids will be the place we create a new generation of respectful teenagers. www.shaolinKIDS.com

Homepage of Shaolin Kids website.

www.shaolinKIDS.com

Shaolin Chi Mantis Curriculum: Shaolin BEGINNER LEVEL

Curriculums: White Sash through White Sash + 3 Blue Stripes www.shaolinchiMANTIS.com/Pages-M/curGongfuBeginner-SCM.html

SCM Curriculums are source of Buddha Kung Fu programs.

www.shaolinchiMANTIS.com

Shaolin Chi Mantis HISTORY OF KUNG FU

Shaolin Buddhist Monks are Spiritual Warrior Monks www.shaolinchiMANTIS.com/Pages-M/spiritualpath-SK.html

Legendary stories about the monks of the Shaolin Temple. www.shaolinchiMANTIS.com/Pages-M/shaolintales-SK.html

A spiritual path should be considered as a child.

www.shaolinchiMANTIS.com

Be A Kid

Buddha Nature is that natural Zen that comes from a natural harmony with Mother Nature. Kids are natural. Kids are often wrong. Kids keep trying. Kids want everything. That's immature, but natural.

Obviously, controlling these childish desires is important to our success and survival. Still, that natural hunger to learn, those desires for experiences, and your curiousity to explore must all be revitalized.

Armed with the curiousity of a child, but governed by a mature logic and common sense experience—you are ready to go forth into the world as a wide-eyed Buddhist. In order to be Zen, we must see the tree from all sides and all angles under all conditions and all seasons and all ages...to start to understand anything.

Let's start with just SEE THE TREE.

How many trees are there in each front yard. How many people use satellite dishes? Who has the nicest lawn on your street? Notice your world. Look at it. See it. Appreciate it. Understand how it got there. Understand how it will stay, or go. Be a BIG KID with big kid questions.

Who lives there? Who has the best sports car on your block? Who has the nicest garage? Who has the nicest lawn? Who has satellite dishes?

Ask ADULT KID questions. Who would be a good friend for you in your neighborhood? Who would inspire you to do better? Who would keep you out of trouble? What would my dad want me to do? What would my dad do if he were here?



Shaolin Kung Fu INTERMEDIATE LEVEL

Shaolin = Shaolin Kung Fu Buddhist Monk

Kung Fu = Shaolin Kung Fu from original Mt. Songshan Buddhist Temple

Intermediate = Friend = Brother or Sister

Information about SHAOLIN KUNG FU INTERMEDIATE LEVEL:

Tai Chi Intermediate Book Sections 2 and 3

Tai Chi AdvancedBook Sections 1

Shaolin Kung Fu Beginner Book Sections 2 and 3

Shaolin Kung Fu Intermediate Book Section 1



TaiChiMeditation.com

CD for practicing Tai Chi Meditation and Qigong exercises. www.taichiMEDITATION.com

Kung Fu and Tai Chi MUSIC by Buddha Zhen.

www.taichiMEDITATION.com

Shaolin Chi Mantis Curriculum: Shaolin Intermediate

Curriculums: Blue Sash through Blue Sash + 3 Green Stripes www.shaolinchiMANTIS.com/Pages-M/curGongfuIntermed-SCM.html

SCM Intermediates do stump training.

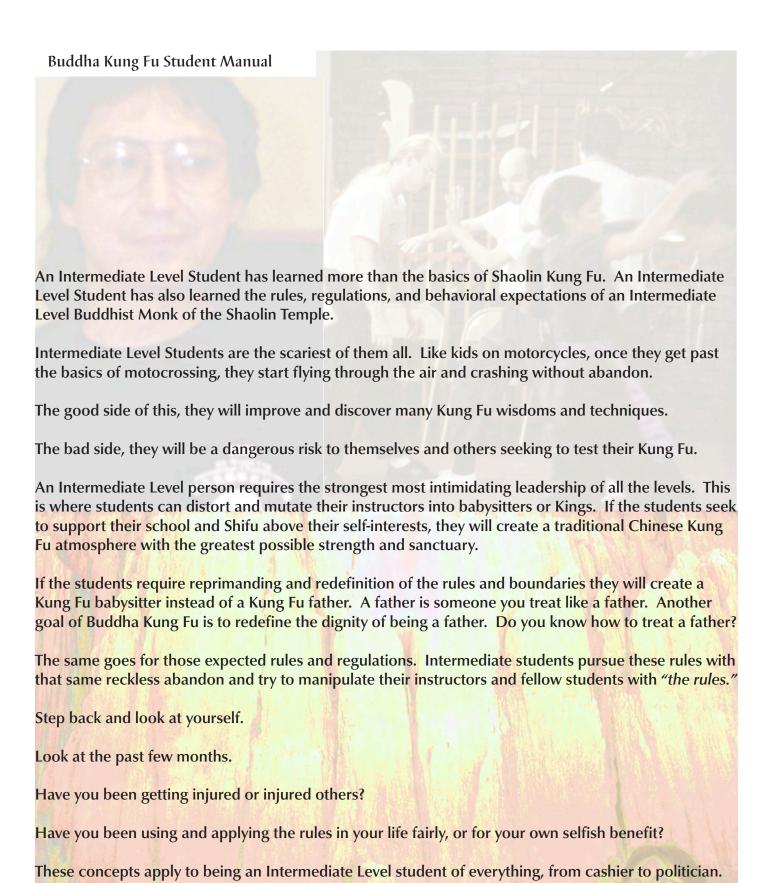
www.shaolinchiMANTIS.com

Spiritual Health

Develop Your Body To Develop Your Mind To Develop Your Spirituality www.shaolinZEN.org/spiritualhealthZ.html

Zen Buddhism = Shaolin Kung Fu.

www.shaolinZEN.org



Are you behaving like an Intermediate Level person?

Shaolin Kung Fu ADVANCED LEVEL

Shaolin = Shaolin Kung Fu Buddhist Monk

Kung Fu = Shaolin Kung Fu from original Mt. Songshan Buddhist Temple

Advanced = Closed Door Disciple = Kung Fu Inheritor



Tai Chi ShifuBookEntire BookShaolin Kung Fu IntermediateBookSection 3 of 3Shaolin Kung Fu AdvancedBookEntire BookZen Spirit BookBookEntire Book

Buddhism in Shaolin Chi Mantis

Student / Disciple / Shifu www.shaolinchiMANTIS.com/Pages-M/4categories-SCM.html

Blog & Archives

www.zenbuddhistpodcast.libsyn.com

Shaolin Chi Mantis Curriculum: Shaolin Advanced

Curriculums: Black Sash - Black Sash + 7 Green Stripes www.shaolinchiMANTIS.com/Pages-M/curGongfuAdvanced-SCM.html

Blog & Archives

www.zenbuddhistpodcast.libsyn.com

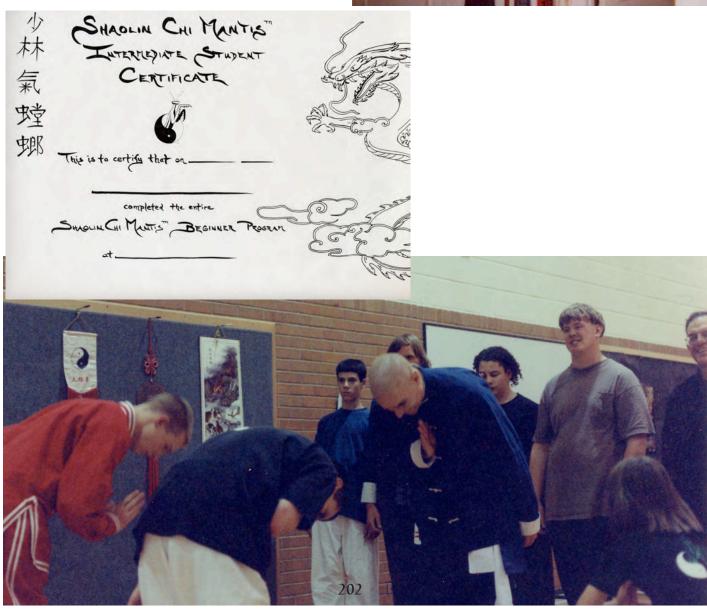
8 Goals of Shaolin Chi Mantis

Shaolin Buddhist Monks are Modern Warrior Monks www.shaolinchiMANTIS.com/Pages-M/8goals-SCM.html

Blog & Archives

www.zenbuddhistpod cast.libsyn.com



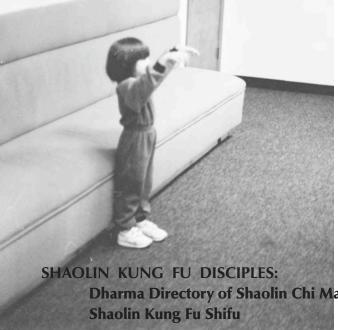


Shaolin Kung Fu DISCIPLE LEVEL

Shaolin = Shaolin Kung Fu Buddhist Monk

Kung Fu = Shaolin Kung Fu from original Mt. Songshan Buddhist Temple

Disciple = Apprentice = Eventual Master = Inheritor = Family Lineage





Dharma Directory of Shaolin Chi Mantis

Entire book **Entire** book

DISCIPLE PAGE of Shaolin Chi Mantis

Disciple of Shaolin Chi Mantis = Disciple of Buddha Zhen Shen-Lang www.shaolinchiMANTIS.com/Pages-M/disciple-SCM.html

Summary of being a Shaolin Kung Fu Disciple.

www.shaolinchiMANTIS.com

Buddha Kung Fu Students are DISCIPLES

No one gets hurt, but you must take your Kung Fu as seriously as you take your life. www.BuddhaKungFu.com/membership/application.html

Links to webpages associated with discipleship.

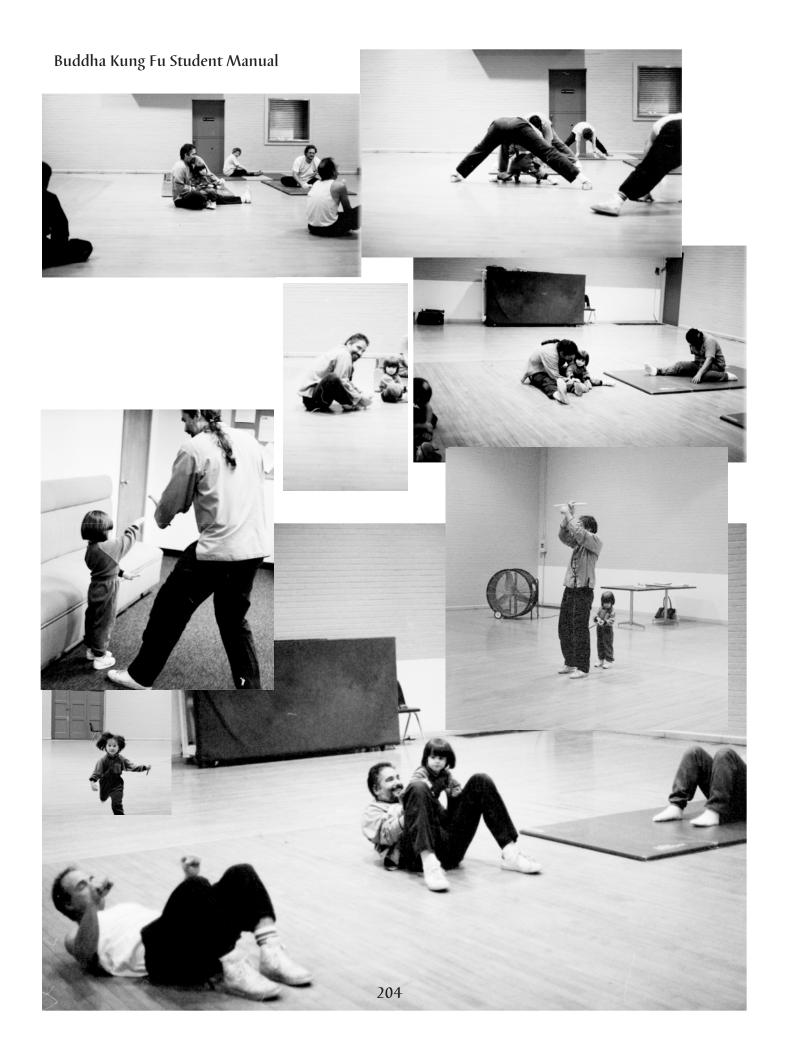
www.BuddhaKungFu.com

Shaolin Zen CyberTemple DISCIPLE PAGES

There are 3 types of Disciples. Which type are you? http://www.shaolinzen.org/Disciple-Z/p01-contentsZ.html

Series of lessons for Buddhist disciples of Buddha Zhen.

www.shaolinZEN.org



Shaolin Kung Fu BUDDHA LEVEL

The goal of Buddhism is to create Buddhas.

Bodhidharma's goal of creating Kung Fu was to create Buddhas.

The goal of Buddha Kung Fu is to create Buddhas.

If you don't want to be a Buddha, what do you want to be?





Zen Buddhist PODCAST of Shaolin Zen

Buddha Zhen shares his Kung Fu Buddhism with his worldwide audience of Buddhists. www.zenbuddhistpodcast.libsyn.com

Blog & archives of Shaolin Zen CyberTemple. www.zenbuddhistpodcast.libsyn.com

Shaolin Chi Mantis Curriculum: SHAOLIN DISCIPLE

All the Buddha Kung Fu Buddhas will have their podcasts listed here with links. www.zenBUDDHISTpodcast.com

Various Buddha podcasts by various Buddhas. www.zenBUDDHISTpodcast.com

Buddha Kung Fu DISCIPLES

iTunes is one of the best ways to view the ZEN BUDDHIST PODCAST OF SHAOLIN ZEN. http://phobos.apple.com/WebObjects/MZStore.woa/wa/viewPodcast?id=263052259

iTunes Link for downloading and subscribing.

iTunes Store: Zen Buddhist Podcast

Buddha Kung Fu Student Manual You are now responsible for your decisions. Now you are responsible for your path in life. A Buddha is another person, on a path in life, who has mastered the concepts of Buddhism and improved life to its' highest levels. So a Buddha is also responsible to be at a high level of life. The problem is, most people do not know how to get to that high level of life. So most people don't know what to expect from a person who is at a high level of life. So people apply to their religious heroes the same rules that they need applied to themselves, although they have nothing to do with the Buddha's life. If someone said, "you can't be a Buddha unless you stop eating carrots," I would know that this is a person who needs to stop eating carrots. So what should you expect from a Buddha? Nothing. Your expectations create a trap for the Buddha to join you in your pain. Instead of distracting a Buddha with your immature requests and needs, seek to help and improve the Buddha's life and make the Buddha's life path easier. Then without expectation, see what happens. 206

Shaolin Kung Fu SHIFU LEVEL

Shaolin = Shaolin Kung Fu Buddhist Monk

Kung Fu = Shaolin Kung Fu from Songshan Temple

Shifu = Master Father = Kung Fu instructor

The information and classes mentioned here will be from me, as a Shifu, talking to other Shifu. I have lots of websites for tourists and beginners.

I look forward to the future and look forward to the developments of these websites, my schools, my Kung Fu programs, and my relationships to more people worldwide.



Hello there.

Zhen Shen-Lang "Spirit Wolf of Truth"





HOMEPAGE of shaolinSHIFU.com

Shifu to Shifu, Buddha Zhen communicates and welcomes friendships with other Shifu. www.shaolinSHIFU.com

Kung Fu Master Podcaster

www.shaolinSHIFU.com

Shaolin Chi Mantis Curriculum: SHAOLIN SHIFU

Curriculums: Black Sash - Black Sash + 7 Green Stripes http://www.shaolinchiMANTIS.com/Pages-M/curGongfuShifu-SCM.html

> Shaolin Chi Mantis requirements to be a Shifu. www.shaolinchiMANTIS.com

New Kung Fu School Launched January 2008: BUDDHA KUNG FU

Shaolin Buddhist Monks are Modern Spiritual Warriors of Buddha Kung Fu. www.BuddhaKungFu.com/join

10 Levels of Blue Stripes on a White Sash. www.BuddhaKungFu.com





SHAOLIN CHI MANTIS

Tranquility = Balanced Body

Peace = Balanced Mind

Spirituality = Balanced Life

The ultimate self-defense is self-awareness. TM



Calligraphy and graphics by Buddha Zhen Shen-Lang Spirit Wolf of Truth

Other Books by Buddha Zhen

Tai Chi Beginner

4th Edition to be published 2009

First published 1992 in Decker Lake Prison, Salt Lake City, Utah

4th Edition of **Tai Chi Beginner** book is scheduled to be published in 2009 with all 444 graphics detailing the 16 sections of the Tai Chi Form.

444 pictures depict: entire

Shaolin Chi Mantis Yoga Routine, and SCM Basic Kung Fu Kicks and Punches, plus the entire Yang Style Tai Chi Short Form of Shaolin Chi Mantis.

Shaolin Gongfu Initiate

Out Of Print

First published 1994 with the title, **Shaolin Gongfu Initiate**

Most of the information of the Shaolin Gongfu Initiate has been transferred to this book, the Buddha Kung Fu Student Manual. The remainder of the Shaolin Gongfu Initiate will be included in the Shaolin Kung Fu Beginner. This student manual would later become the requirements for any Tai Chi Youth student wanting to join Shaolin Chi Mantis.

This manual was designed to discourage students who would need to change or improve greatly to keep up with the curriculum, and to encourage those students looking for that rare opportunity to develop their body, enlarge their mind, and discover a spiritual life, Shaolin style.

Shaolin Kung Fu Beginner

2nd Edition to be published 2010 First published 1993.

2nd Edition of **Shaolin Kung Fu Beginner** is scheduled to be released in 2009.

This beginner book was more responsible for improving people's minds and spirits than the Tai Chi Beginner book. I am excited to reedit the book into a format similar to this **Buddha Kung Fu Student Manual**.

The **Shaolin Gongfu Initiate** book was written after the **Shaolin Kung Fu Beginner** book was sritter so that the students who started this book, **Shaolin Kung Fu Beginner**, would be capable of completing it.



Zen Buddhist Podcast of Shaolin Zen

It's Buddha Zhen Shen-Lang, the Spirit Wolf of Truth.

It's Kung Fu stories from the instructor of Shaolin Chi Mantis, Tai Chi Youth, and his newly formed Zen martial arts school, Buddha Kung Fu.

It's Shaolin Zen, an Amerian sect of Chinese Buddhism that developed from Buddha Zhen's **Shaolin Zen Newsletter** in the early 1990s.

It's the Shaolin Zen CyberTemple. The internet church of Shaolin Zen at www.shaolinZEN.org

It's the "Buddhism Basics" of Shaolin Zen that were written by Buddha Zhen to teach his children the basics of Zen Buddhism.

It's the "Disciple Pages" of www.shaolinZEN.org that give advanced level Buddhists information to help them as they become a minority in their own world.

It's the music, wisdom, and joy of life unique to Buddha Zhen Shen-Lang who has been inspiring audiences since 1964.





Zen Buddhist Podcast of Shaolin Zen

Buddha Zhen hosts tour of the Shaolin Zen CyberTemple. www.zenbuddhistpodcast.libsyn.com

Web Blog, Archives, RSS Subscription Buttons www.zenbuddhistpodcast.libsyn.com

ZenBuddhistPodcast.com

Homepage with links to WebBlog archives and iTunes www.zenbuddhistpodcast.com

List of Zen Buddhist Podcast Episodes

www.zenBUDDHISTpodcast.com

iTunes: Zen Buddhist Podcast of Shaolin Zen

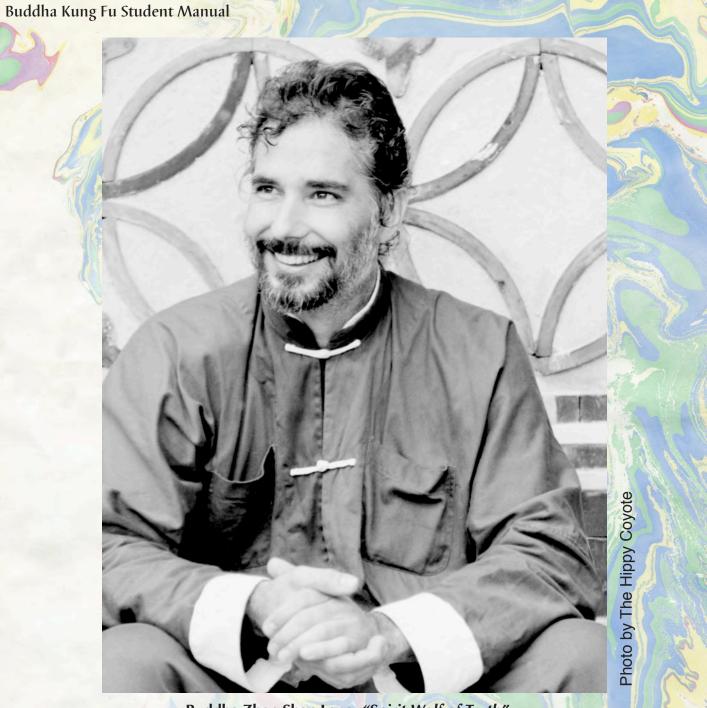
Free subscription and individual list of podcasts for downloading http://phobos.apple.com/WebObjects/MZStore.woa/wa/viewPodcast?id=263052259

iTunes Store FREE Podcast Link

www.Zen Buddhist Podcast

Buddha Kung Fu Student Manual





Buddha Zhen Shen-Lang "Spirit Wolf of Truth"

Jordan Peace Garden Performance

The Shaolin Chi Mantis Demo Team represented the Utah Chinese Community during 1990s.

Published by Shaolin Communications publisher@shaolincommunications.com



