



Shaolin Kempo: Chinesisches Karate im Drachenstil (German Edition)

Roland Czerni, Klaus Konrad

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Chinesisches Karate im Drachenstil

Der 1928 in der Mongolei als Sproß eines uralten Adelsgeschlechts geborene und heute in den Niederlanden lebende Dschero Khan Chen Tao (Adoptivname Gerald Karel Meijers) entwickelte auf Grundlage seiner Erfahrungen mit chinesischen und japanischen Kampfkünsten ein eigenes Kampfkunstsystem, das Shaolin Kempo. Er ging u.a. bei chinesischen Mönchen in die Lehre und pflegte Kontakte zu japanischen Meistern wie Gogen Yamaguchi (Goju Ryu) und Nakano Michiomi ("So Doshin"), Gründer des Shorinji Kempo. Zum ersten Mal in der Geschichte des Shaolin Kempo werden sämtliche Techniken bis zum 1. Meistergrad vorgestellt, einschließlich der Blocktechniken bzw. Blockformen, die erst in jüngerer Vergangenheit Eingang in diesen Stil gefunden haben. Damit ist das Buch ein wichtiges Nachschlagewerk für all jene, die sich auf eine Gürtelprüfung vorbereiten wollen. Die in Wort und Bild dargestellten Techniken sind Bestandteil des Unterrichts- und Prüfungsstoffes für die Graduierungsprüfungen der Fachschaft Shaolin Kempo innerhalb der Wushu Federation Deutschland. Darüber hinaus bietet das Buch aufgrund der effektiven und praxisnahen Techniken interessante Anregungen für Kampfsportler anderer asiatischer Stilrichtungen.

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