



Chinese Kung-Fu (Kenpo): An Introduction

William D. Scott

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Learn the ancient self-defense system of Kenpo with this illustrated martial arts guide.

Kenpo is one of the oldest, most dynamic martial arts. It is a derivative of Kung-Fu developed in southern China over a thousand years ago. This book proves that Kenpo, although an ancient military art, has direct application and relevance to our lives today.

This kung fu book is designed to guide not only those seriously interested in learning kempo kung fu, but also to assist men, women, and children concerned about gaining better physical fitness, better over-all body tone and general well-being as well as a firm sense of self-confidence.

Four Introductory Lessons, coupled with clear photographs, aid readers in executing with accuracy and safety all essential stances and techniques. After these have been mastered, the remaining lessons, accompanied by helpful exercises, can be practiced with ease. Rather than violence for its own sake, Kenpo offers defensive techniques for self-protection which can be mastered in about three months.

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