



THE FIRST ZEN INSTITUTE OF AMERICA

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會協禪一第國美

Film Series

The Real Shaolin

A Film by Alexander Sebastien Lee

Friday, August 10, 2018 7:30 – 9:00 PM

113 East 30th Street New York, NY 10016

The Real Shaolin gives an inside look at the real state of Kung Fu training at Shaolin Temple in China. Shaolin was the home temple of Bodhidharma, and said to be the source of both Chinese Kung-Fu and also Zen Buddhism. The Bruce Lee and Jet Li Kung-Fu movies have inspired a generation of Chinese to train in the traditional martial arts – a cottage industry in the nearby city of Dengfeng in central China. Westerners, although they have trained extensively in Kung Fu studios in Europe and America, are generally unprepared for the tough, brutally competitive environment at Shaolin. For Westerners, Kung-Fu is often just a hobby, but China has a large population of poor peasants, for whom martial arts training may be their ticket to a better life. This skillfully executed documentary holds the viewer's attention as it follows the progress of four aspirants: a Chinese teenager competing in Sanda (Chinese kick-boxing) at the National level, a 19-year old American said to be among the best westerners ever to train at Shaolin, a 9-year old Chinese orphan and a 29-year old Frenchman. The hard training required to execute effortless-appearing Kung-Fu moves is brought into focus, along with the dreams, delusions and physical injuries suffered by the aspirants. In the end, the film is a triumph of the human spirit.

The Real Shaolin is being licensed through <http://www.therealshaolin.com>.

Admission is free.

