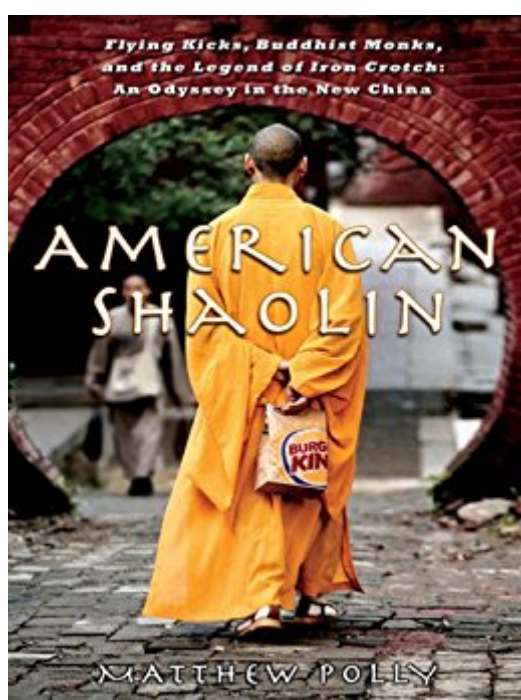


The book was found

American Shaolin: Flying Kicks, Buddhist Monks, And The Legend Of Iron Crotch: An Odyssey In The New China



Synopsis

The raucously funny story of one young American's quest to become the baddest dude on the planet (and possibly find inner peace along the way) Growing up a ninety-eight-pound weakling tormented by bullies in the schoolyards of Kansas, Matthew Polly dreamed of one day journeying to the Shaolin Temple in China to become the toughest fighter in the world, like Caine in his favorite 1970s TV series Kung Fu. American Shaolin is the story of the two years Matthew spent in China living, studying, and performing with the Shaolin monks. The Chinese term for tough training is chi ku ('eating bitter'), and Matthew quickly learned to appreciate the phrase. This is both the gripping story of Matthew's journey and an intimate portrait of the real lives of the Shaolin monks, who struggle to overcome rampant corruption and the restrictions of an authoritarian government. Laced with humor and illuminated by cultural insight, American Shaolin is an unforgettable coming-of-age story of one man's journey into the ancient art of kungfu-and a poignant portrait of a rapidly changing China.

Book Information

File Size: 947 KB

Print Length: 404 pages

Publisher: Avery (February 1, 2007)

Publication Date: February 1, 2007

Sold by: Amazon.com, Inc. or its affiliates

Language: English

ASIN: B000PDYVR0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #337,098 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #72

in Books > Biographies & Memoirs > Sports & Outdoors > Boxing, Wrestling & MMA > Martial Arts #76 in Kindle Store > Kindle eBooks > Nonfiction > Travel > Asia > China #194

in Books > Biographies & Memoirs > Ethnic & National > Chinese

Customer Reviews

In the early 1990's, Matthew Polly dropped out of Princeton and did what a lot of young men only dream about: he traveled to China and studied kung fu with the monks of the Shaolin Temple. A victim of bullying with issues of self confidence and a heaping helping of teenage angst, Polly is transformed by his experiences. He gains faith in his own abilities, but also exposure to a China on the cusp of its current rise, and he is shaped by both the profound and equally mundane aspects of the people he meets, befriends and alongside whom he trains. This is not a book about a weak soul who finds deep meaning in his life through the otherworldly depth of foreign clerics. Rather, it is a story about growth from a bratty, impulsive teenager blind to many of his own advantages, into a young man who better understands the world around him, who conquers some of his fears, and who gains an understanding that, at the end of the day, people like the monks of Shaolin are just that: people. Polly's memoir is an easy read, spiced liberally as it with bawdy events and characters, hair-raising experiences, and lots of self-effacing humor. "American Shaolin" is likely to be most warmly received by practitioners of Asian martial arts, who will find some level of common experience with the author. That said, it also has broad appeal as a coming of age story and a unique travelogue. Recommended.

Very insightful and entertaining book. I thought it to be very well written and an easy read. Would recommend it to anyone interested in doing something crazy like running off to China to study martial arts for an extended period of time or if you just enjoy martial arts and are content with reading about someone who has already done just that. I was surprised how much I learned from this book outside of a fun martial arts story. A very good read. Highly recommended!

Polly spins a great story of his journey to China in 1992, but it's more than a travelogue, it's a coming of age memoir told with humor, humility and cultural insight. I think this book would appeal to a great number of readers: certainly those interested in kung fu will be captivated with the story of a white American studying for 2 years with the legendary Shaolin monks; those interested in the recent evolution of China from a sleeping giant to a world super power can get a glimpse of what China was like as it was rousing from its slumber; and fans of memoirs and stories well told (I put myself in this camp) will find Polly's self-effacing style engaging and warm. His challenges navigating the language, the cultural customs and the kung fu mat will resonate with travelers, immigrants and athletes alike. What an accomplishment Polly achieves bringing such a diverse readers into his fold.

I bought the book several years ago. Loved it funny, serious, and enlightening. But I gave away my hard copy to a friend. I downloaded this E-book version and read it again while I had jury duty for 1.5 weeks.

I gave this book a 5 star rating because it wasn't so difficult to read but not so simply written at the same time. I couldn't stop reading this book until it was completely finished. As in taking it to work, reading on the bus, etc. It has a good sense of how different cultures are and it is not boring. Matthew Polly makes very funny at the same time. I would suggest this book to people looking to get inspired on a goal they want to do accomplish and think it's impossible, people who are into fighting, or into the whole oriental kung fu culture. Very good book, very inspiring, great for old and young. And I'm from the hood so get this book if you're even just thinking about it.

"American Shaolin" was a great read. Written in a casual and humorous story-telling fashion, it was easy to read and very enriching (it even has some free Chinese cursing lessons). This book tells the story of a young college student who decides to take time off college (in the midst of his studies at Princeton) to go to China and find monks that he didn't even know for sure were there, and convince them to train him in kung-fu and teach him Buddhism. His experiences in China around 15 years ago as a foreigner are definitely entertaining and to some extent gives you a good insight of the culture present at the time in some regions of China. The story is written by the author himself and I found it to be very pleasant to read.

I mentioned this book to a friend. She had read it and was interested to hear my responses to the photos, particularly the iron crotch photos. Unfortunately the Kindle version does not include the photos. Why put a book on Kindle and then cheat the readers out of accompanying photos? It was a pretty good read but after learning I didn't get the whole book it was a disappointment.

[Download to continue reading...](#)

American Shaolin: Flying Kicks, Buddhist Monks, and the Legend of Iron Crotch: An Odyssey in the New China
American Shaolin: Flying Kicks, Buddhist Monks, and the Legend of Iron Crotch: An Odyssey in the New China
Cast Iron Recipes Cookbook: 50 Most Delicious of Cast Iron Recipes (Cast Iron Recipes, Cast Iron Cookbook, Cast Iron Cooking, Cast Iron Cooking Recipes): ... Recipes (Easy Recipes Cookbook Book 2)
The Cast Iron Recipe DeLuxe: Discover 55 Amazingly Delicious Recipes For Breakfast, Lunch, Dinner and Desserts In Your Cast Iron Skillet (Cast Iron Recipes, ... Iron Cookware, Cast Iron Cookbook Book 1)
Cast Iron Cookware Recipes 4 Books in 1 Book Set -

Cooking with Cast Iron Skillets (Book 1) Cast iron Cookbook (Book 2) Cooking with Cast Iron (Book 3) Paleo Cast Iron Skillet Recipes (Book 4) Cast Iron Cooking - Easy Cast Iron Skillet Home Cooking Recipes: One-pot meals, cast iron skillet cookbook, cast iron cooking, cast iron cookbook The Power of Shaolin Kung Fu: Harness the Speed and Devastating Force of Southern Shaolin Jow Ga Kung Fu [DVD Included] Instant Fitness: The Shaolin Kung Fu Workout (Instant Health The Shaolin Qigong Workou) The Shaolin Way: 10 Modern Secrets of Survival from a Shaolin Kung Fu Grandmaster The Iron Man Collection: Marvel's Iron Man, Marvel's Iron Man 2, and Marvel's Iron Man 3 China: China Travel Guide: 101 Coolest Things to Do in China (Shanghai Travel Guide, Beijing Travel Guide, Backpacking China, Budget Travel China, Chinese History) The Monks of Mount Athos: A Western Monks Extraordinary Spiritual Journey on Eastern Holy Ground Photo Book of Buddhist Holy Places: (Buddhist pilgrimage sites) (Pictures of ancient Buddhist temples, stupas, shrines and monasteries) (buddha, asian, ... monastery, southeast, east, pilgrimage) Ming's Kung Fu Adventure in the Shaolin Temple: A Zen Buddhist Tale in English and Chinese (Contemporary Writers) China Travel Guide: Best of Beijing - Your #1 Itinerary Planner for What to See, Do, and Eat in Beijing, China: a China Travel Guide on Beijing, Beijing ... (Wanderlust Pocket Guides - China Book 2) International Travel Maps China, Scale 1:3,800,000: Changchun, Beijing, Xian, Wuhan, Shanghai, Hong Kong, Taipei, Yellow Sea, East China Sea, South China Sea, Seoul, Delhi, Calcutta, Hanoi: Itmb China 2008 Cast Iron Cookbook: The Only Cast Iron Skillet Cookbook and Cast Iron Skillet Recipes You Will Ever Need CAST IRON SKILLET COOKBOOK: Cast Iron Recipes For Delicious One Skillet Meals (Cast Iron Cookbooks and One Skillet Meals) The Simple Skillet Cookbook: 15 Elegant and Easy Recipes for Your Cast Iron or Electric Skillet (Cast Iron Cooking - Skillet Recipes - Cast Iron Skillet Cookbook) Cast Iron Skillet Cookbook: Easy And Delicious Cast Iron Recipes (Cast Iron Cookbook)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)