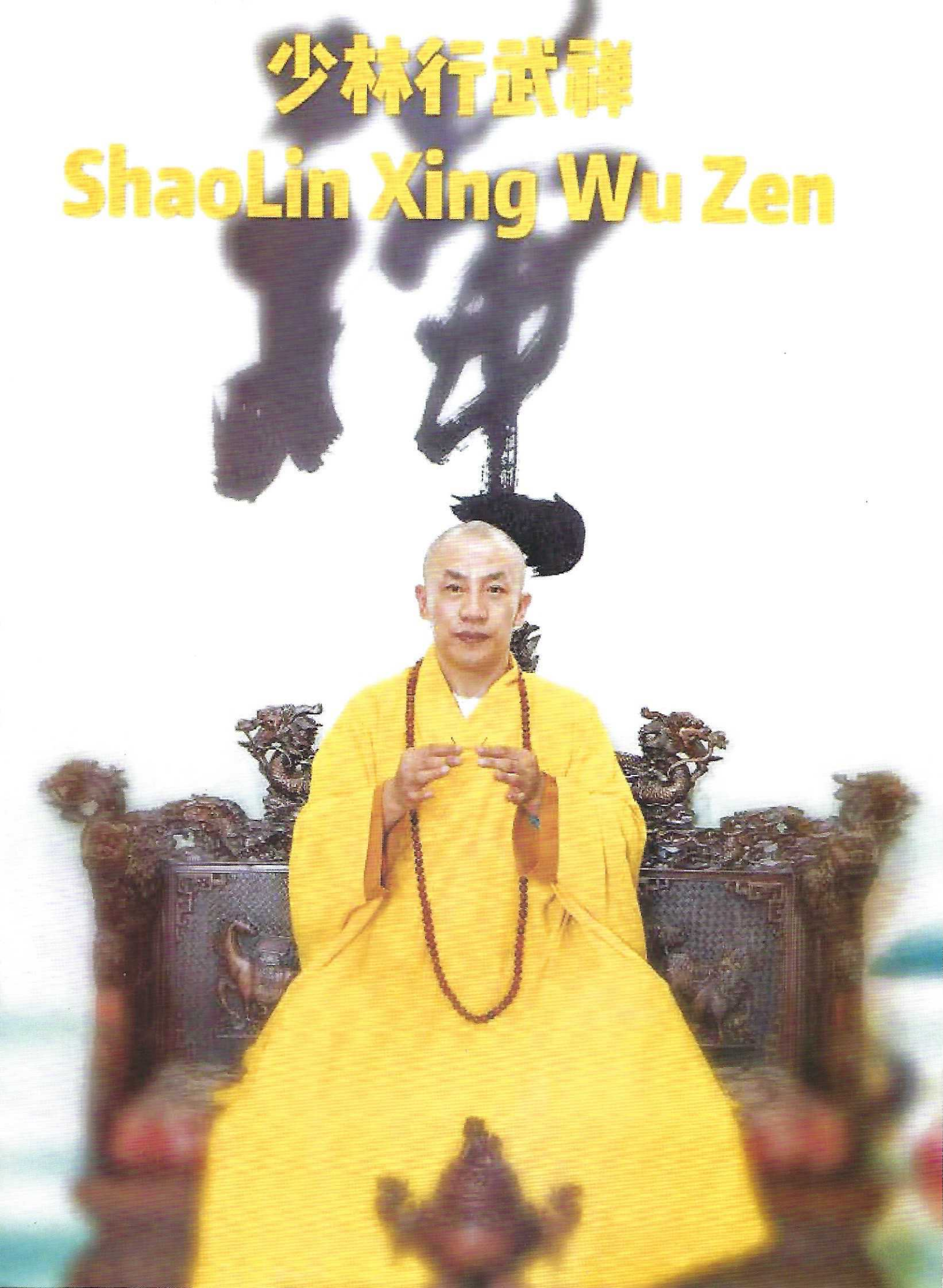


少林行武禪

ShaoLin Xing Wu Zen



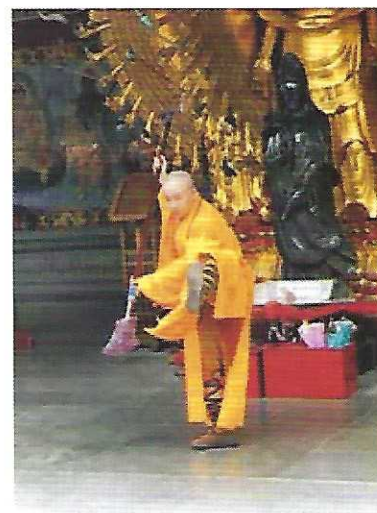
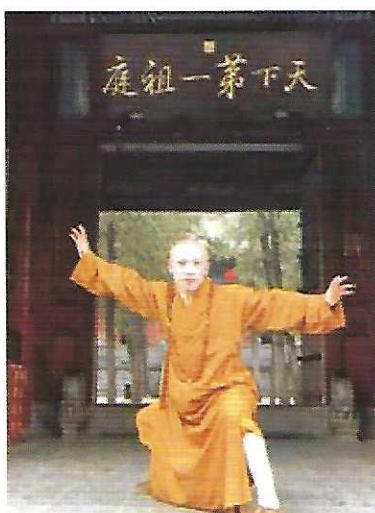
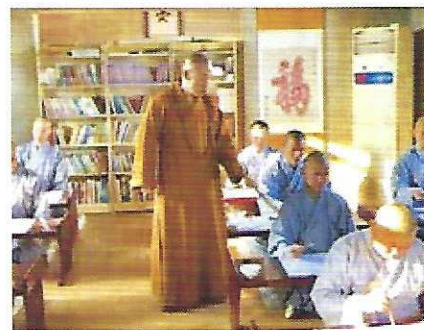




### 加拿大少林禅武文化中心简介

加拿大少林禅武文化中心，是释行武法师所创办。2002年由少林禅武学院升级成立。是加拿大政府认证的非谋利慈善机构。行武禅出自少林，而少林乃大乘佛教，禅宗祖庭，蕴涵“禅，武，佛，医”四重文化精髓。纳括：参禅礼佛，修身养性，习武锻炼，保健养生，禅修打坐，公益慈善”之法理与实践

Shaolin Zen Wu Cultural Centre, founded by master Shi Xing Wu, is derived from Shaolin temple of China. The Centre aims to provide the public with a platform for Zen Meditation, Martial Arts, Shaolin Gong Fu , Health Preservation, Buddhist Dharma and Philanthropy.







## 释行武法师简介

释行武法师，嵩山少林寺第32代护寺武僧，十八罗汉总教头。自幼聪颖勤奋，佛性禀赋。6岁拜嵩山少林寺方丈住持为师，8岁剃度出家。

释行武法师修禅习武精进30余年，精通少林十八般兵器，七十二般武艺以及多种禅修法门。练就“内外兼修、动静相融、天人合一、寓禅于武”之正宗少林武功，及博大精深、普渡慈航之大乘佛法，更追随方丈师父遍研少林藏经阁典籍，参悟了自达摩祖师一脉相承之正宗少林禅学。

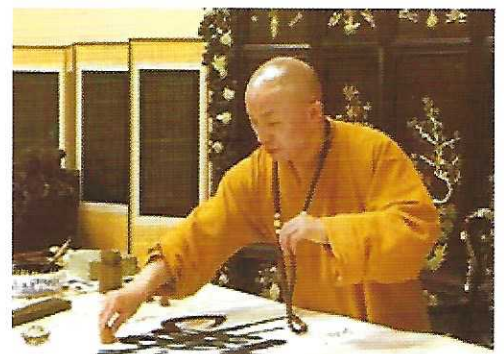
释行武法师曾多次率领少林寺武僧团陪同国家领导人出访世界多个国家，多次代表少林寺武僧团参加多个国内外比赛，并获得多项重要的国际国内武术全能冠军殊荣。释行武法师是中国武术九段，国际一级裁判，中国武术国家一级教练，中国国家武术队及少林寺国际教育中心总教练，中国国家功夫学会永久技术荣誉顾问，国际联盟武术协会永久顾问，加拿大武术协会名誉主席，加拿大加美武术锦标赛总裁判长，北美电影协会功夫武术指导总顾问等殊荣。释行武法师也曾参与多项大型电视电影制作及武术指导，参演过的大型电视剧《唐玄奘》，大型抗日电视剧《少林血禅》，好莱坞电影《功夫熊猫-1》主角--功夫熊猫的所有动作原型皆出自释行武法师。

2002年至今，释行武法师由嵩山少林寺来到北美加拿大弘扬大乘佛法，一直以推广禅宗祖庭正宗之少林禅武佛医文化为己任，克服重重困难，教过的学徒至今逾6500人。

释行武法师潜心修行多年，旨在将多年积累的传统禅武佛医文化在国际平台上实践的经验心得传播普及于广大众生，与有缘之士交流分享、弘法利生。

释行武法师发愿将在加拿大温哥华筹建加拿大少林寺，弘扬大乘佛法，将少林功夫文化发扬光大，与国内外志同道合的有缘人携手合作，在禅修静心、少林功夫、武术健身、参禅礼佛，中医保健、辟谷养生，佛学研究，慈善公益等多方面完善少林禅武佛医文化，在上求佛道，下化众生的修行之路上不断探索前进。





Master Shi Xing Wu was born into a family with martial art traditions. At the age of six, he studied under the Abbot and many other masters bestowing upon him a rare mastery and extensive combination of skills, including 18 weapons, 72 martial art skills and Qi Gong.

Master Shi Xing Wu became the Head Coach of the Warrior Monk Team (Eighteen Lohans) at the age of 18. After acquiring many championships in tournaments, Master Shi Xing Wu became the leader of the prestigious Shaolin Temple Performing Team and performed in more than 30 countries around the world.

Master Shi Xing Wu is recognized as a level-nine National Martial Art Mater, Top-Tier International Martial Art Coach, Top-Tier National Wushu Referee and a Lifelong Honorary Technical Advisor to the Chinese National Wushu Association meanwhile participating in many large-scale movie manufactures and the martial arts instruction. Master Yuan has dedicated his career to pass on the authentic training methods of Shaolin Temple and has established Shaolin Martial Arts Academy in British Columbia, Canada. His disciples are over 6,500 people.

Master Shi Xing Wu is also a philanthropist, who makes a great vows to benefit all sentient beings. With the academy developing into Canada Shaolin Zen Wu Cultural Centre and to build up Canada Shaolin Temple in the near future, Master Shi Xing Wu and his team aim to provide the public with a platform for Zen Meditation, Martial Arts, Health Preservation, Buddhist Dharma and Philanthropy.







## 禅定禅修

坐禅，闭目端坐，凝志静修。禅定能使人用心整理头脑中纷飞杂乱的念想，调整心态，脾性，学习慢慢地静下心来，使得身心灵自然融合，安静生息，领悟开悟生智慧，是日常生活中的必修课。

Zen Meditation is extremely beneficial for us in many ways. Besides enhancing spiritual growth, it helps to reduce anxiety and stress, to slow aging process, to improve blood flow and immune system. It promotes the physical and mental well-being of an individual. It should be practiced in our daily life.

加拿大少林禅武文化中心释行武法师自创一套行武禅少林坐禅功，动静结合，主要功用表现在能使坐禅的人，头脑清晰、思维有序、行动专一，调整不良坐姿，纠正腰背患疾，肩颈酸痛劳损，缓解生活工作压力和抑制抑郁，去除业障，增长智慧。

Xing Wu Zen Shaolin Meditation is created by Master Shi Xing Wu. It's combined dynamic and static. It helps to clear the mind, to help thinking in order, to improve postures, to reduce sensitivity to pain, to reduce anxiety and stress, to grow up the wisdom.

加拿大少林禅武文化中心每周六下午5:30~6:30，跟随释行武法师学习如何坐禅修禅定。

Classes on every Saturday afternoon 5:30 – 6:30





## 太极

少林太极含蓄内敛、连绵不断、以柔克刚、有攻有防，急缓相间、动静结合，行云流水，拳术风格使习练者的意、气、形、神逐渐趋于圆融一体的至高境界，对武德修养的要求也使得习练者在增强体质的同时提高自身素养。非常适合各体质，各年龄段人士学习，无需基础。

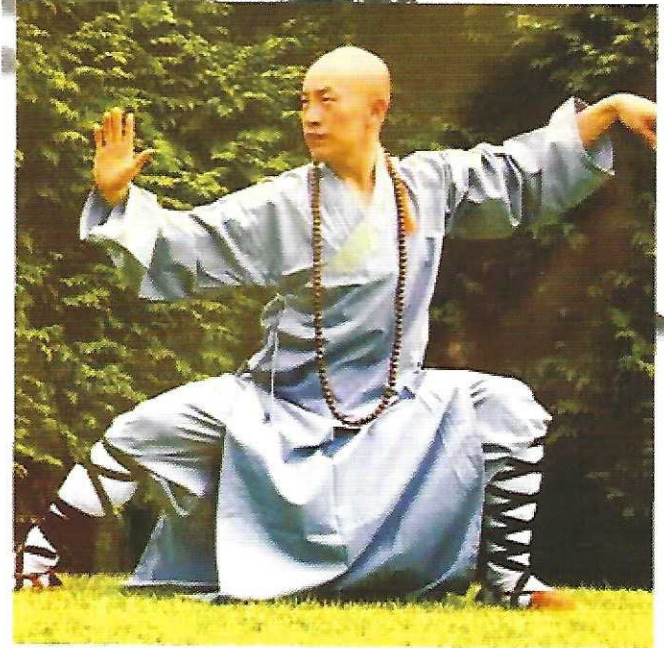
Shaolin Tai Chi is an exercise that utilizes breathing, visualizations and movements to work the entire body all at once. Tai Chi techniques are flowing and continuous, its involved body, energy and mind. It applies the concept of Tai Chi to very natural movements using relaxation and breathing to generate health, longevity and internal strength and power. Shaolin Tai Chi is suitable for all ages and no previous experience required.

释行武法师亲自指导教授少林太极拳，太极扇，太极剑。每周三晚上6:30-8:00，周六上午10:30-12:00。加拿大少林禅武文化中心，欢迎有缘人与法师结缘，随喜参加学习。

Master Shi Xing Wu will be teaching in person for classes of Shaolin Tai Chi Chuan, Tai Chi Fan, Tai Chi Sword.

Classes on every Wednesday night 6:30 – 8:00, Saturday morning 10:30-12:00

## 少林大师指导 ~ 正宗少林太极



中国嵩山少林寺第32代护寺武僧，十八罗汉总教头释行武法师亲授课--正宗少林太极。

加拿大少林禅武文化中心  
110-12820 Clarke Place Richmond BC  
报名热线：  
604-729-6981  
778-668-0933  
[www.shaolintemple.ca](http://www.shaolintemple.ca)







## 少林养生气功/周末养生汇

少林养生气功以独特的呼吸吐纳、松肩开背，动静结合，协调身体各器官机能，强身健体，增强体质，促进血液循环新陈代谢，改善肩颈腰椎患疾，放松生活和工作压力。常习练者可改善和调节神经系统功能，并激活大脑细胞，增强记忆力，延缓衰老，让您容光焕发，英姿飒爽精气神。

Shaolin wellness Qi Gong is using a special breathing method and movements to improve the functions of inner organs. It will help to strengthen physical fitness, to promote blood circulation and metabolism, to improve the problems from shoulder, neck and waist, to reduce stress and to increase relaxation. Shaolin Wellness Qi Gong can help to improve and to adjust the function of nervous system, to active brain cells, to enhance memory and to make you full of energy.

“行武禅--周末养生汇”是由中国嵩山少林寺第32代护寺武僧，少林寺十八罗汉总教头释行武法师所创办的“行武禅养生会”举办的每周五晚结缘养生活动。

汇聚社会各界精英，企业管理人，以养生结缘，健身养心，练功聚气，修养生息，心静神明，源自禅宗祖庭。千年养生文化，动静结合，老少咸宜，无需基础。

每周五晚6:30 - 8:00，在喧闹的生命里，繁忙的工作之余，给自己留一点时间，静心养生，调理生息。在社会奉献，为家庭付出的同时更需要保养好自己的身体和灵魂。与大师结缘，就在每周五晚，行武禅~周末养生汇，加拿大少林禅武文化中心，欢迎随喜结缘。

## Xing Wu Zen – Weekend Wellness society

A special designed program for gathering of elites, business managers, to maintain your mind and body after whole week busy work.

Classes on every Friday evening 6:30 – 8:00 / Thursday afternoon 2:30 – 3:30





## 少林五步内功心法

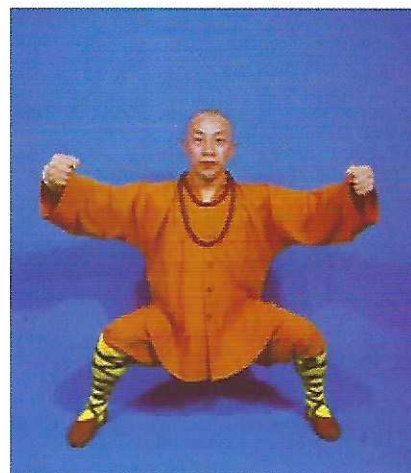
少林五步内功心法是以五行之金木水火土和马步，弓步，虚步，蝎步，仆步，再以力量之冲拳，亮掌打开人体的五行和筋络穴道，使强身健体，舒筋通脉，调气活血，燃脂养颜，祛病延寿，增强体质。其主要秘诀就是修心、静心、养心。

Shaolin Five Stances Internal Dharma is based on five elements (gold, wood, water, fire, earth) and five stances (horse stance, bow stance, empty stance, scorpion stance, low stance) to create and to develop. It is using the power from fists and palms to open the meridians and acupuncture point in order to achieve the goal of longevity.

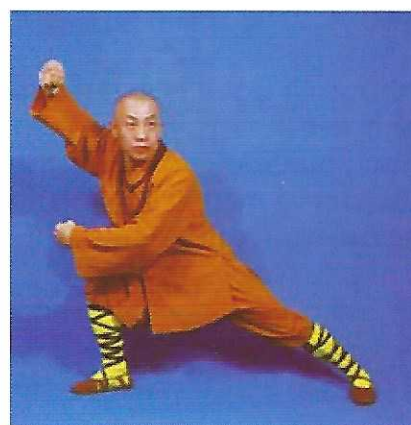
常习练少林五步内功心法，动静结合，虚实相间，五行相应，以养心为疏导和制约，是调节身体，调理情绪的合理科学之法。简单易学，无需基础，欢迎跟随释行武法师习练少林五步内功心法。

加拿大少林禅武文化中心每周二晚上6:30-8:00少林五步内功心法欢迎参加学习

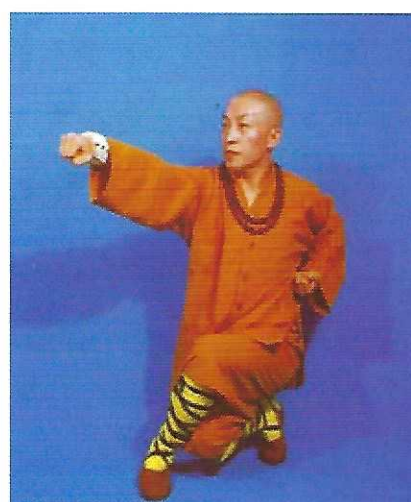
Classes on every Tuesday night 6:30 – 8:00



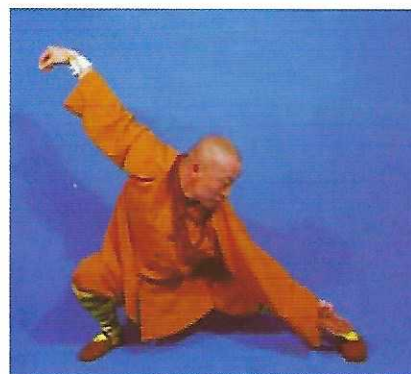
金行  
马步单边



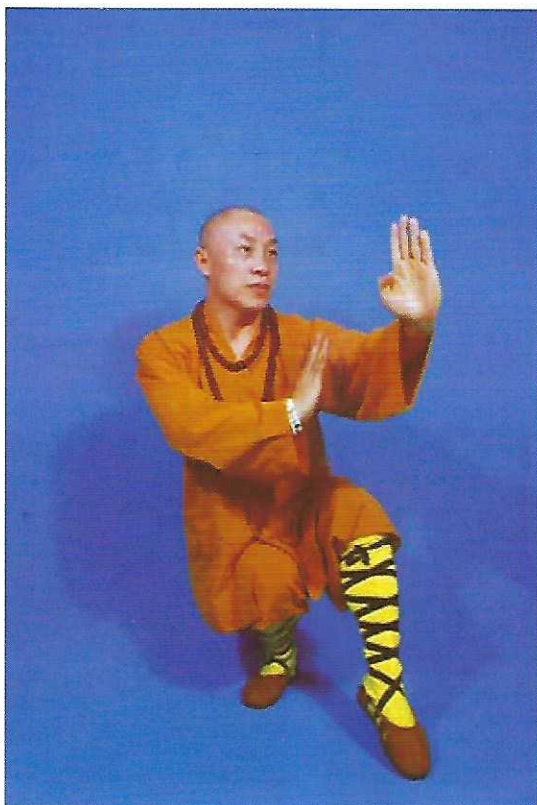
木行  
弓步斜行



火行  
蝎步冲拳



土行  
仆步穿掌



水行  
虚步亮掌





## 少林功夫

少林功夫拳法/兵器/散打/女子防身术

Shaolin Kung Fu Forms/Weapons/Sparring/Women's Self-Defending

众所周知,天下武功出少林,少林功夫甲天下。释行武法师6岁出家嵩山少林寺,十八岁即为十八罗汉总教头。在温哥华教授少林功夫逾15年,教授学员超过6500人。

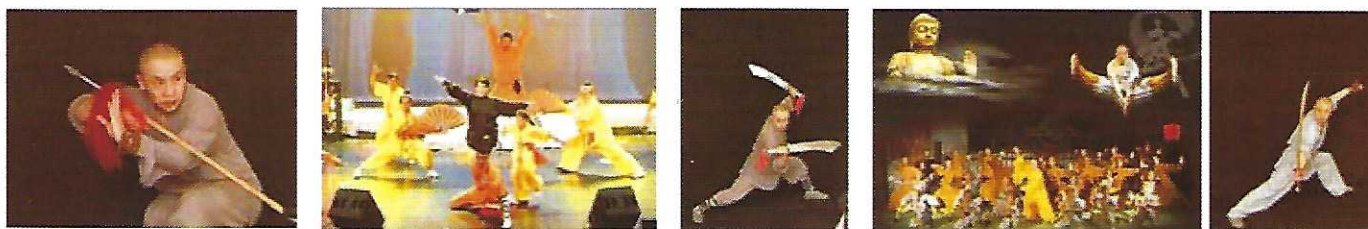
学习正宗名门少林功夫,名师指导,唯有加拿大少林禅武文化中心—释行武法师亲自指导:少林功夫十八般武艺,少林功夫拳,刀枪剑棍等兵器,散打,自由搏击,女子防身术以一敌三,无需任何基础,无年龄限制,释行武法师让你脱胎换骨,自信潇洒,笑傲江湖。

Well known that all Kung Fu has originated from Shaolin. Master Shi Xing Wu, studied directly under the Abbot since the age of six. He became the head coach of the Warrior Monk Team at the age of 18. He has taught Shaolin Kung Fu in Great Vancouver over 15 years, his disciples are over 6500 people.

Shaolin Zen Wu Cultural Centre has offered authentic Shaolin Kung Fu lead by Master Shi Xing Wu: including shaolin kung fu 18 skills, shaolin kung fu forms, assorted weapons, sparring, free style combat, women's self-defending. No previous experiences needed. No age limited.

加拿大少林禅武文化中心每周星期天上午10:30-12:00

Classes on every Sunday morning 10:30 – 12:00







少林少儿功夫

## 青少年少林功夫舞台剧表演培训

### Youth Shaolin Kung Fu Stage Performance Stunt Training

从小练习少林少儿功夫,可培养孩子坚强自立,自信刚毅,培养坚持不懈,专心专注,反应敏捷,有计划性,细心等良好的心理素质。习武能强壮体格,促使身体各器官发育,形成健美、健康的体格。释行武法师亲自指导教授,更是注重孩子武德情操和中华优秀传统文化教育。

Learning Shaolin kung fu at the earlier childhood can benefits children on building self-confidence, instilling discipline, perseverance, concentration, build up positive manner, physical fitness, physical coordination. The Chinese traditional culture and martial arts sentimental will be emphasized in the kids/youth classes.

加拿大少林少儿少林拳/兵器训练,招收5-12岁儿童,学习正宗正统大师指导的少林拳法,双截棍,木鱼功,少林刀剑棍兵器,及一对一私教课程。

Kids/Youth Shaolin Fist/Weapon Training, age from 5 to 12. Learning authentic Kung Fu from Master, including Shaolin Forms, Nunchakus, assorted shaolin weapons.

加拿大少林禅武文化中心开设“青少年少林功夫舞台剧”表演培训课程,可提供参加各种社区和公益慈善演出,丰富孩子们身心灵健康发展和丰盈社会阅历。

New classes for youth kung fu stage performance stunt training. We offer the opportunities for kids/youth to participate community and non-profit charity performances which can develop kids/youth's body and mental health as well as to enrich their social experiences.

每周六下午2:30-4:30,青少年功夫舞台剧培训,每周六5:00-7:00,少林少儿功夫训练课程,加拿大少林禅武文化中心。

Youth kung fu stage performance stunt training on every Saturday afternoon 2:30-4:30  
Kids Kung fu class on every Saturday afternoon 5:00 – 7:00







少林八段锦  
Shaolin Eight Section Brocade

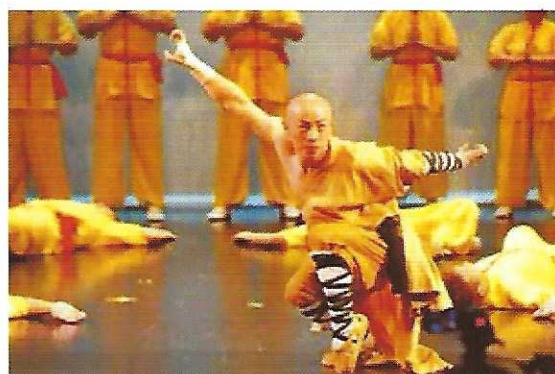
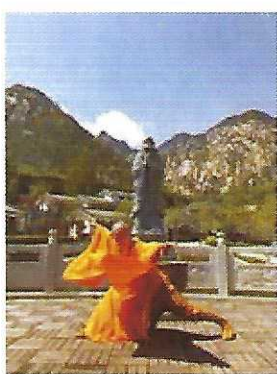
少林八段锦是一套优秀的少林功法，最大优点是能锻炼人的精气神。少林八段锦功法是一种极佳的日常养身健体功法，增强体质机能。通过习练八段锦，能激发身体潜能来治疗某些慢性病，改善五脏六腑功能，调整情绪，抑制抑郁，调节心身健康的作用，对身心灵及养生有诸多益处，修心养性，促进心境向积极方向发展。

Shaolin Eight Section Brocade, the name of the form generally refers to how the eight individual movements of the form characterize. It can harmonized, strengthen and have a healing effect on the functioning of all the internal organs and bodily systems. It increases the supply and flow of energy throughout the body, can have a variety of rejuvenating effects and is believed to increase longevity, and it induces calm mental and emotional states. Initially many movements focus on gently opening and stretching the joints and muscles of the body, releasing tension that has often been there for years. By increasing the flow of blood and energy, they help to fully nourish all parts of the body.

加拿大少林禅武文化中心每周二下午2:30-3:30，一对一私教或小班授课。  
Classes on every Tuesday afternoon 2:30-3:30. Small class and one on one teaching are available.





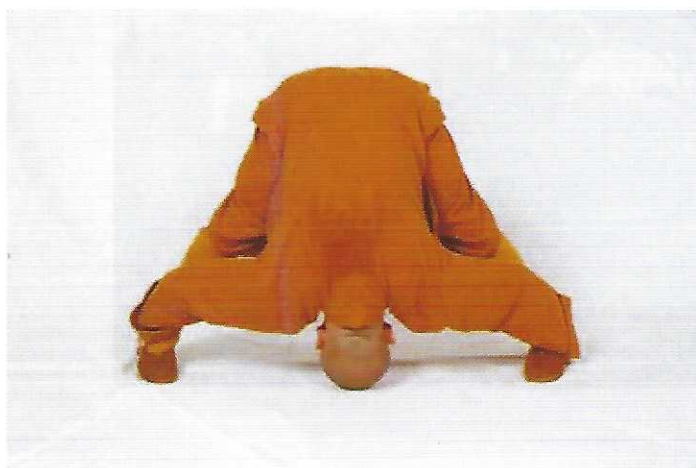
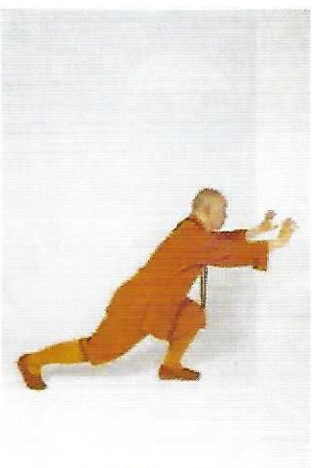
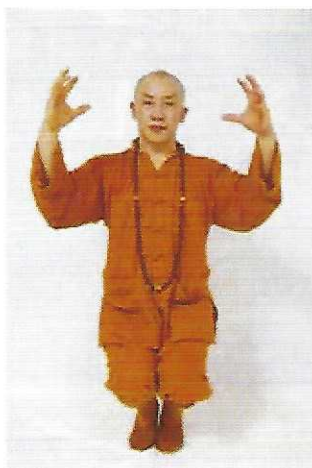
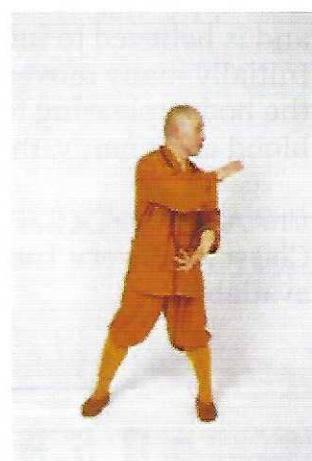


# 少林易筋经,洗髓经 Shaolin Yi Jin Jing/Xi Suei Jing

揭开少林千年不传之神秘面纱,走进金庸笔下的武林秘笈—少林易筋经,洗髓经。

释行武法师亲自指导,一对一或小班授课,学习正宗少林秘笈,震撼心灵,灵动开悟,心生敬畏得大智大慧。

To open the mystery of Shaolin secrets, regular practice can help to promote physical and mental well-being, prevent illness, strengthen the body, improve balance and coordination, strengthen the muscle and build energy within exercises.







## 行武禅公益慈善 Xing Wu Zen Charity

“诸恶莫作，众善奉行”。  
“not to do evil, to do good”

每个人付出点滴功德，终汇聚成福报之海。在沁润扶助众生的同时，也滋养了自心福田。如有团体或个人有意捐赠供养，请与我们联系，阿弥陀佛！

加拿大少林禅武文化中心每月“师父请吃饭”，免费提供斋饭给信众；连续七年在大多地区7家养老院和社区中心免费教授老人少林养生气功；和世界关爱长者协会联合举办“禅心敬老万寿宴”免费请长者午餐；和温哥华松柏敬老会长期合作组织长者免费养生禅修活动。长期为社区/社团慈善活动免费功夫表演等。

Give out merits and virtues, obtain with big reward to your heart.

In the past 7 years, Shaolin Zen Wu Cultural Centre has provided free classes of wellness Qi Gong at different senior houses/nursing homes in the great Vancouver area. Organized Shaolin Zen Longevity Banquet with World United Seniors Promotion Association, sponsored free lunch for seniors, long term free Shaolin Kung Fu Performance for community/charity associations.

## 行武禅文化推广~

### “师父请吃饭”



学习正法弘扬大乘佛教的礼仪文化——禅定/静  
戒/持斋/礼佛/诵经/过堂

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## 行武禅 Xin Wu Zen

礼佛. 佛医. 佛珠. 禅茶. 佛香  
Buddhist Dharma, Medicine, Buddha Beads, Zen Tea, Buddha Incense

礼佛— (Buddhist)  
向佛礼拜, 灭障消灾, 增长福慧。

在佛祖慈悲包容中, 得到内心释然解脱。

行武禅佛堂, 广开善门, 结善缘, 得自在。



佛珠. 法器— (Buddha Beads)  
念一声佛号: 南无阿弥陀佛, 解脱释放, 祈平安。行武禅堂大法师开光  
菩萨, 佛珠, 挂珠, 念珠, 法器只与有佛缘的你结缘。

佛医— (Buddhist Medicine)  
少林药局名震天下, 尤其跌打损伤, 筋骨养护, 风湿痛风, 气功点穴最  
为著名。

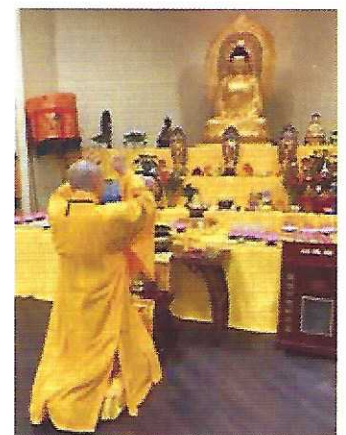
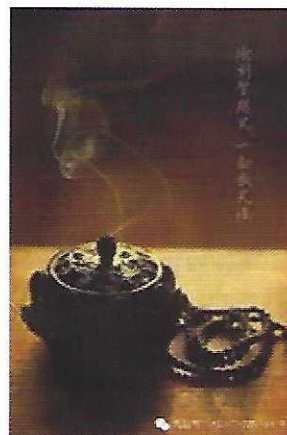
加拿大行武禅堂之“活络丸”乃少林秘笈, 风湿痛风圣丹, 药到病除, 一  
包见效, 神奇叫绝, 少林秘笈济众生。



禅茶- (Zen Tea)  
禅茶一味, 清心明志。以茶入禅, 以禅明智。禅茶是一种  
生活艺术, 一种以茶修身的生活方式。行武禅堂禅  
茶, 与大师以茶结缘, 缘聚天下。

佛香- (Buddha Incense)  
佛香袅袅, 沁人心脾。在一缕缕的香中得以沉静安神  
。香的慈悲和包容, 让人悟道别无所求的付出。香可  
以洗去风尘, 温润心情, 省略复杂, 留存澄净, 过滤浮  
躁, 回归淡然。

香是有性格, 有气质; 有品德, 也有风骨。行武禅堂禅  
香, 品香让您明了心性, 了悟禅道。





筹建加拿大少林寺功德祈愿文

Fund Raising for preparations of Canada Shaolin Temple. Welcome for your kindness donation.

诸位菩萨大德：

我是释行武法师，自幼出家中国嵩山少林寺，现在加拿大温哥华弘法15年，一直以弘扬大乘佛法，积极推广中华传统文化，推广少林功夫文化为己任。我今发愿：2017年在北美加拿大筹建加拿大少林寺。

建寺是安僧，是利益众生，是为了弘扬佛法，是为了众生更好的修行。我们需要精神的导师和引路人，需要佛法僧三宝的加持护佑。

《法华经》中云：“若人散乱心，乃至以一花，供养于画像，渐见无数佛。”

所以，让更多人与具德法师、三宝结缘，皈依三宝，传播护持正法，闻思修佛法，利益众生，建寺功德自然更是殊胜。

布施建寺福不唐捐。

(不唐捐--佛家语：不落空，不虚耗，不白白浪费)

《莲花经云》：任何善信发心赞助建寺与佛坛佛像，可以获得以下十大功德：

- 1、无始以来诸恶业，得以减轻或消除。
- 2、天人护佑，逢凶化吉。
- 3、去除障碍物，免夙仇报复之苦。
- 4、妖魔邪怪，不能侵犯。
- 5、脱离烦恼和无明。
- 6、丰衣足食，福禄绵长。
- 7、所言所行，人天欢喜。
- 8、增加福慧二资粮。
- 9、往生善道，相貌端庄，天资福禄兼有。
- 10、往生能闻佛法之国土，速证佛果。



本师释迦牟尼佛在《广戒经》中云：“所谓实福者，何人建造经堂，乃为七种实福之首。”

兴建佛塔，修建经堂寺庙，这是世间最大的福德事业，积聚善业功德，无论对现世或将来，都有不可思议的利益。凡以欢喜心随喜捐赠，不论多少，就如滴水汇入海洋，功德无量，福荫子孙。

一切供养中，法供养为最；一切布施中，法布施为最。一切供养中，最能令诸佛菩萨欢喜的即是法供养。修建寺院，能令佛法久住世间，如法布施，此即为殊胜法供养。

“三宝门中福好求，一文种下万文收！”三宝是我们积累资粮最殊胜之大福田，衷心希望具大悲心的有缘善士发心共建加拿大少林寺，为圆满六度万行，护持佛法，广种福田。

塑一尊佛像，结佛缘，相好庄严，心欢喜；

鑒一缕黄金，蓄财富，取之不尽，福相随；

竖一根梁柱，稳根基，威力无比，事业兴；

捐一块石头，积资粮，福慧倍增，路平坦；

献一片砖瓦，遮风雨，云盖如来，盖自身。

南无阿弥陀佛！

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释行武合十

2017年元月



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