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Shaolin Monastery

**Shaolin Monastery**  
Philosophy/ Teachings / School

Target Group

International Baccalaureate Diploma Program students who are in 11<sup>th</sup> or 12<sup>th</sup> grade. Length of lesson = two days.

Purpose

To provide students with a general overview of the Shaolin philosophy and teachings and historical background. To explain the Shaolin Monastery and the nearby martial arts school in China.

Essential Questions

- 1 - What is Shaolin Buddhism?
- 2 - What are its teachings and philosophy?
- 3 - Where/ what is the Shaolin Monastery?
- 4 - What is the setup of the Shaolin Monastery Martial Arts School?
- 5 - What is the purpose of the school?

Rationale

Consideration of the teachings and history of Shaolin Buddhism.  
Consideration of the impact of the Shaolin Monastery and the nearby Martial Arts School on Chinese society.

Materials and Resources

Lecture on Henan Province on 3/4/2009 by Lihong Wang.

My own visit to the Shaolin Monastery and the nearby Martial Arts School in June 2007.

- brochures from the monastery and school.

Google search on Shaolin Temple - click on Top Images of Shaolin Temple. (Great photos.)

Various websites:

[www.shaolin.nl/](http://www.shaolin.nl/)

[www.shaolin.com/History](http://www.shaolin.com/History)

[www.shaolin.com/Philosophy](http://www.shaolin.com/Philosophy)

[www.chinashaolintemple.com](http://www.chinashaolintemple.com)

[www.shaolintagou.com](http://www.shaolintagou.com)

[www.shaolintemple.org](http://www.shaolintemple.org)

[www.shaolin-temple.gungfu.com](http://www.shaolin-temple.gungfu.com)

## Activities

### 1. Present material in lecture format:

- Buddhism in brief
- basic precepts
  - personal spiritual accountability
  - ritual purity
  - non-theistic nature
  - the path
  - reincarnation

- Shaolin Monastery
- location
  - history
  - monks – institution of physical stamina
  - relationship to Buddhism

- Shaolin martial arts
- kung fu
  - development of martial arts
  - Shaolin Temple schools
  - purpose of such schools

### 2. Videos

Use the videos from the Google search, especially on the website [www.chinashaolintemple.com](http://www.chinashaolintemple.com), to illustrate the Shaolin Temple and the practice of martial arts.

### 3. Final Discussion

- of relevance and usefulness of Buddhist philosophy
- of impact on monks and students
- of usefulness of martial arts schools

### Assessment

1. Final Discussion - participation grading per individual.
2. In-class assignment on the key points of Shaolin Buddhism
3. Research paper assignment on the Shaolin monks – analysis of the significance of the monks’ use of physical stamina as a means to philosophical/ religious focus.