

## Kung Fu

Excerpts from the Shaolin Philosophy as Presented in the Movie *Kung Fu*

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Also see the Kung Fu Episode Guide at [kungfu-guide.com](http://kungfu-guide.com).

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We must face the truth, Chen Yi, however great the cost.

—Kwai Chang Caine, in *The Passion of Chen Yi*  
Season 2, Episode 19 of *Kung Fu*

When words are not better than silence, one should keep silent. —Kwai Chang Caine

Student Caine: You cannot see.

Master Po: You think I can not see.

Student Caine: Of all things, to live in darkness must be the worst.

Master Po: Fear is the only darkness....

Master Po: Never assume that because a man has no eyes he cannot see.  
Close your eyes. What do you hear?

Student Caine: I hear the water, I hear the birds.

Master Po: Do you hear your own heartbeat?

Student Caine: No.

Master Po: Do you hear the grasshopper, which is at your feet?

Student Caine: Old man, how is it that you hear these things?

Master Po: Young man, how is it that you do not?

When we perceive the ways of nature, we remove conflict within ourselves and discover a harmony of body and mind in accord with the flow of the Universe. It may take half a lifetime to master one system. —Master Kan, Shaolin Master

Student Caine: Master Ta.

Master Ta: Yes, Student Caine.

Student Caine: What is the best way to deal with force?

Master Ta: As we prize peace and quiet above victory, there is a simple and preferred method.

Student Caine: What is that, sir?

Master Ta: Run away.

Perceive the way of nature and no force of man can harm you. Do not meet a wave head-on. Avoid it. You do not have to stop force. It is easier to redirect it. Learn more ways to preserve, rather than destroy. Avoid, rather than check. Check, rather than hurt. Hurt, rather than maim. Maim, rather than kill. For all life is precious, nor can any be replaced. —Master Kan, Shaolin Master