

In the world of martial art since ancient times, Wudang Kung fu has been highly esteemed as the great master who enjoys the parallel position with shaolin kung fu in china. As the popular saying goes “in the north, respects are paid to shaolin kung fu; yet in the south honor is given to Wudang Kung fu”.

Wudang Wushu possesses a distinct cultural feature of Taoism and is well known for its Nei Jia Kung fu (internal kung fu) which has profound yet subtle effects. Wudang kung fu is a masterpiece of combining the external and internal kung fu.

Wudang Wushu lays stress on graceful motion and visual posture, soothing the inner mental state without any stiffness; for its skill, Wudang Wushu is in pursuit of great strength, defeating the toughness by a tender act, charging the active by still movement, tempering the toughness with gentleness and launching an attack later.

Wudang Wushu aims for cultivating the body and character, dispelling diseases and strengthening the body; seeking the selfless realm of body moving with calm mind; maintaining the state of inaction and no desire; insisting on the combination of spirit, mind and strength.

Wudang Wushu, focuses on improving health through internal practices and exercise. It is a special form of activity subtly and scientifically connecting body exercise with mental discipline.

Taoist medication and regimen is one of the most important schools of traditional Chinese medicine. Taoism aims at studying medicine intensively to cure diseases and provide medicine for people. They always attach great importance to study and practice prescription and medicament. Among China's four great inventions, gunpowder has been discovered by the Taoist alchemy. People usually say “Nine Taoists who are good at medicine in ten” which illustrate that most Taoists are experts in Medicine. Taoist medicine which has the same origin with traditional Chinese medicine, originated from the Huang Di Nei Jing Zhou Yi and various medical methods in Qing and Han Dynasties. In the history of medicine, there have been many famous medical experts who are the heritors of Taoist medicine such as Ge Hong Sun Simaio. Taoist medicine and regimen possess a distinct of the regions culture.

Shang Sanfeng is an ancient great master of martial art and the founder of Wudang Wushu. There are different legends about Shang Sanfeng. He lived in Yuan Dynasty and claimed to be the most influential person in the Yuan Dynasty. In the beginning of Ming Dynasty, the first Emperor Shu Yuanshang and Emperor Yongle sent people to look for Shang Sanfeng in Wudang Mountain which showed that he had profound influence in history.

The most essence of Wudang Wushu are derived from Shang Sanfeng form and will boxing, eight diagram palm and taiji sword which are well known to the world and appear mystically in different swordsmen films.