

# Kung Fu Fighting

## Method to this madness

December 09, 2010


Why we do what we do:

*In a [2005 news report](#) about the [Shaolin Temple](#), the Buddhist monastery in China well-known for its martial arts, a monk addressed a common misunderstanding: "Many people have a misconception that martial arts is about fighting and killing," the monk was quoted as saying, "It is actually about improving your wisdom and intelligence."*

— via [Kung Fu for Philosophers](#)

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