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**By Stuart Alve Olson**

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daily long hours of training. The Shaolin Temple, Stuart Alve Olson, "These are the "Buddhidarma lohan 18 hands" ("lohan kung" for short),

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Shaolin Luohan 18 hands and Luohan quan are always praised as the root styles based on which most the Shaolin kung fu styles and many other non-Shaolin styles have

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Some versions of the 18 Lohan Stuart Alve Olson, and some were used as warm up exercises by monks training at the Shaolin Temple in hard style martial arts.

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