About LIU International Shi DeRu Shaolin Institute: The Institute is committed to teaching and promoting original Shaolin wisdom passed down generationally for more than 1,500 years. The wisdom of Chan, Confucius, Taoist and the discipline of traditional Kung Fu is taught with age-appropriate curriculum: Shaolin Cultural, Shaolin Kungfu, Tai Chi, Qigong , Tai Gong for Natural Healing, Chan (Zen) Meditation, Extreme Kickboxing for Iron Body Shape, Sanshou, Qinna (grappling) Shuaijiao(wrestling) and Shaolin Zen Nutrition… The instructors at each campus are committed to life-long learning at the direction of Grand Master Shi Deru, a 31st generation descendant of the Shaolin Temple. There are 5 campus locations in Georgia, Alabama, and Louisiana. [www.shaolin-world.net](http://www.shaolin-world.net)

The institute provides trainings in most fundamental humanistic values, artistic and athletic talents as well mind-body integrated human ability and power apart from the most basic personal living needs: personal safety, character, leadership, self-discipline, self-control and indomitable spirit. The institute’s slogan is a healthy body and a healthy mind. The institute mission is to enlighten and empower everyone we encounter to find his/her self-nature and the greatness within so as to be totally free.

LIU International Shaolin Institute’s life style programs range from health–wellness to natural healing; from personal safety to highly – disciplined combat extreme fitness, a way of life beyond MMA. Shaolin Institute embraces all education programs of traditional Shaolin developed over 3000 years but modern Gongfu & other MA & health personal defense programs without limitations. Shaolin Institute inherited over 70 styles of internal and external MA and other mind-body programs from the Shaolin Temple. Life style and Cultural Ambassador program and language programs are a few of the cultural exchange programs at the institute.

The Shaolin Institute has given scholarships and financial assistance to thousands of people for the past 20 years. For example, following hurricane Katrina, under Master Liu’s direction the Institute raised thousands of dollars to assist students. The New Orleans campus had sessions on reducing mental stress and dealing with emotional pain through Shaolin teachings of TaiGong and TaiJi. The school continues to give scholarships to families or individuals who are interested in health and wellness, personal safety and personal growth each year.