

PEOPLE . PLACES

# THE KUNG FU NUNS OF KATHMANDU

52' (GER), 45' (ENG, GER)

**For the Buddhist nuns of Kathmandu, Kung Fu is meditation. In Himalayan villages the Nuns protect environment and climate and are teaching local women how to rely on themselves.**

The Buddhist nuns of Kathmandu are confident fighters. It's not only self-defense, but mainly self-knowledge that is the meaning behind the martial art fighting. Kung-Fu is their meditating, and beside colorful ritual dances and prayers they hike through the remote Himalayas and help women to assert themselves alongside men. They build solar panels, repair houses, collect garbage and show how to protect the environment and the climate.



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