

Choy Li Fut Kung Fu: The Dynamic Fighting Art Descended From The Monks Of The Shaolin Temple By Doc-Fai Wong

By Doc-Fai Wong

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skills like shading and blending. Each of the designs is printed on a page with a blank back, so you can remove the art from the book and frame it, if you like.

Chan Heung was the founder of the Choy Li Fut style of Chinese martial arts. It was an early Chinese fighting art. founder of Shaolin kung-fu.

This book gives a great overview of Choy Li Fut Kung Fu! It talks about the lineage and history which I find fascinating. The book also covers ALL the basics which is

Choy Li Fut (Cantonese) or Cai Li Fo (Mandarin) (Chinese: ; pinyin: C i L F ; Cantonese Yale: Choi3 Lei5 Fat6; aka Choy Lee Fut Kung Fu) is a Chinese

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Choy Li Fut Kung-Fu: The Dynamic Joseph Art Descended fr.Monks of Shaolin Temple Doc Fai Geert van Chan Lai Ping Yang Jwing Ming Doc Fai-Wong

Jul 31, 2015 In 2010 Choy Li Fut Kung Fu master Niel Willcott taught the small arrow fist form. To learn Choy Li Fut Kung Fu in Norwich, UK. Follow the link below. [http](http://)

Doc-Fai Wong is the author of Choy Li Fut Kung-fu published 1985) and Shaolin Five Animal Kung-Fu (3.54 avg rati register; tour; sign in Doc-Fai Wong s

Shaolin Fighting. Wong Sil Lum temple at Honan), Ch'ueh, Li and Pai By Grandma ster Chan Poi CHOY LI FUT KUNG FU By Master Doc Fai Wo ng and Ja ne

Techniques of the Southern Kung Fu styles, making Choy Li Fut one of the most Choy Li Fut/Cai Li Fo style of fighting is Grandmaster Doc Fai Wong,

Choy lay fut kung fu instructor Chi Chung Choy Lay Fut Kung Fu and Its Secrets for Fighting Multiple Attackers In choy lay fut (also spelled choy li

Doc-Fai Wong (Author of Shaolin Five Animal Kung-Fu) Choy Li Fut Kung-fu: The Dynamic Fighting Art Descended from the Monks of the Shaolin Temple (Unique

The progenitors all Shaolin monks from the south temple. Li Yao Shan, Doc Fai Wong looks prett good for Choi Li Fut but if your in San Chinese Kung Fu--

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