

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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Shaolin Fighting. Wong Sil Lum temple at Honan), Ch'ueh, Li and Pai By Grandmaster Chan Poi
CHOY LI FUT KUNG FU By Master Doc Fai Wong and Jane

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Dictionary of Chinese Martial Art Terms - Scribd -

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.

Choy Li Fut Kung Fu - Plum Blossom International -

Choy Li Fut (Cai Li Fo) Kung Fu . Choy Li Fut Chinese Couplets with Translation Choy Li Fut Ranking System List of Choy Li Fut Forms

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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

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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 - Uiquipedia -

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