

Self Defense In Kung Fu Manual

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Wing Chun is self-defense and more. Location. Houston, He has practiced wing tsun kung fu since 1983 and has been a certified wing tsun instructor since 1985.

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Martial arts - wikipedia, the free encyclopedia

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Shaolin kung fu - wikipedia, the free encyclopedia

The earliest extant manual on Shaolin kung fu, Art of Shaolin Kung Fu: The Secrets of Kung Fu for Self-Defense Health and Enlightenment.

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Jul 18, 2011 This are a few techniques from some different Kung Fu Styles from very good masters. I made this video in about 60 minutes.

Kung fu good for self defence? | yahoo answers

Jan 09, 2012 Yes it can be a good self defense method. All martial art forms, if taught properly, will stress avoiding violence as the first choice. When given no other

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