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Iron Thread. Southern Shaolin Hung Gar Kung Fu Classics Series "Iron Thread," is a masterfully constructed instructional manual for the Hung Gar form, "Iron Thread."

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Jul 24, 2013 -Wong Fei-hung, Hung Gar expert and Hero of the East Buddha's Palm Manual \$0.99; movies, TV, books,

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English-language book aims to preserve ancient style of Hung Kuen, and boost popularity abroad

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Kung fu and wushu are loanwords from Chinese that, in English, are used to refer to Chinese martial arts. However, and family styles such as Hung Gar

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Hung Kuen Masters. A look at the Hung Kuen martial arts documentation project. This will be the first time a Hung Kuen manual is being published by the Lam family

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### **Kung fu in western canada - hotfrog.ca**

Canadian Hung Kuen Association teaches Southern Hung Gar Kung Fu (Wing Chun) Academy and The Wing Chun Compendium, the most comprehensive wing chun manual ever.

### **Hung ga tiger and crane double form manual:**

How about translate and publish the Lam Sai Wing s Tiger and Crane Double Form manual, move by for what Hung Gar is in for those who know the forms.

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May 23, 2013 One of the 3 manuals authored by Hung Gar Kuen grandmaster Lam Sai Wing. The other 2 manuals are the Tiger Crane Fist and The Iron Wire Fist. The pictures

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Detailing the history of Chinese Martial Arts in general, and the art of Hung Gar specifically. Includes a student manual for the form Gung Ji Fuk Fu Kuen.

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Lam Chun-fai, a master of Southern Chinese kung fu style, Hung Kuen, is the first of the kung fu masters to publish a fighting manual in English. Hung Kuen is a