



Shaolin Long Fist Kung Fu (Unique Literary Books of the World)

Jwing-Ming Yang, Jwing-Ming Dr. Yang, Jeffery A. Bolt



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This book is a comprehensive study guide to the fundamental and intermediate levels of Shaolin long fist kung-fu. In terms of showing and preserving knowledge for the students and instructors of long fist, this volume provides an invaluable aid for teaching sequences and explaining other aspects of the style. This book lays a foundation for beginning and advanced stages of long fist in terms of giving the student of kung-fu a grounding in fundamental and intermediate knowledge and skill.



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