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Shaolin Long Fist Kung Fu by Yang Jwing-Ming, ISBN 978-0-86568-020-3. Training book on Long Fist history, applications, and sequences. Training book on Long Fist history, applications, and sequences. Shaolin Long Fist

Changquan - Wikipedia

8 Hours of In-Depth Kung Fu Instruction. Nicholas C. Yang instructs and demonstrates four intermediate-level Shaolin Long Fist kung fu sequences and their martial applications in this two DVD set.

Shaolin Long Fist Kung Fu "Intermediate Sequences 2-DVD Set

Shaolin temple, as well as his other work with the Seven Star Praying Mantis system, he wrote five volumes titled "The Shaolin Authentic". These handwritten manuals contained concepts on fighting skills, medical information and historical aspects of kung fu. Contained in one of these five volumes is the eighteen exercises of the LUOHAN GONG ...

LUOHAN GONG. Shaolin Internal Training Set.

Shaolin Kung Fu OnLine Library www.kungfulibrary.com 2004. 2 Contents ... studied the Shaolin style Liu He Quan ("Fist of Six Harmonies"). The requirements were very strict and I had to do my best. Time, five years of ... "Training Methods of 72 Arts of Shaolin"

'Training Methods of 72 Arts of Shaolin' (Tanjin, 1934

What we teach " Traditional Shaolin Kung Fu Traditional Shaolin Kung Fu is a centuries-old Chinese martial art which is made up of techniques from different styles, including those we teach: Southern Five Ancestors and Northern Long Fist. Our training includes a wide variety of activities,

Shaolin Kung Fu - Chen Wu Kuan

Long Fist Kung Fu is discussed in greater detail in the DVDs Shaolin Long Fist Kung Fu Basic Sequences and Shaolin Long Fist Kung Fu Intermediate Sequences. Dr. Yang, Jwing-Ming , is a renowned author and teacher of Chinese martial arts and Qigong.

History of Shaolin Long Fist Kung Fu | YMAA.COM

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Shaolin kung fu has more than hundreds of extant styles. There is recorded documentation of more than a

thousand extant forms, which makes Shaolin the biggest school of martial art in the world. In the Qing dynasty (1644-1911), Shaolin monks chose 100 of the best styles of Shaolin kung fu. Then they shortlisted the 18 most famous of them.

Shaolin Kung Fu - Wikipedia

Northern Shaolin Kung Fu is a famous ancient Chinese martial art encom- ... Hammer Fist Horizontal Fist ... Shaolin Long forms include many far out moves including both flashy, athletic techniques and many deadly combat moves. These are the ad-vanced and expert level.

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