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PDF Download Wing Chun Kung Fu Traditional Chinese Kung

The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies.

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The 10 Best Kung Fu Trainers in Montebello CA for All

Rahsun Herkul provides one-on-one and small group martial arts training including traditional kung fu style to modern forms of self-defense at bargain rate. Hire Rahsun Herkul for excellent kung fu lessons at affordable rate. They have been teaching kung fu classes since 1997 at cost-effective price.

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The 10 Best Kung Fu Trainers in Torrance CA for All Ages

Richard Mieir-King specializes in teaching self-defense with basic kung fu training to children and adults at flexible rates. They teach traditional kung fu, and more at budget-friendly costs. Their chinese martial arts instructors teach personal, self defense, and meditation, and more at modest rate.

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Why Most Martial Arts Don't Work FunctionalSelfDefense org

Why Most Martial Arts Don't Work. The vast majority of martial arts will not work in self defense. Many of them were not made for self defense in the first place, most provide no education in or understanding of real violence or how to prevent it, and a very large number of them utilize training methods that do not and cannot lead to real skills.

<http://cicciadirect.co.uk/Why-Most-Martial-Arts-Don't-Work-FunctionalSelfDefense-org.pdf>

Martial Arts A Guide To Basic Kung Fu Jiu Jitsu Karate

Developed and practiced by Shaolin Buddhists, Kung Fu is a Chinese martial art which combines self-defense with meditation. Kung Fu uses conditioning movements to increase strength. In this style of martial arts each movement is defined by a direct purpose. Kung Fu takes an inherent amount of focus and discipline.

<http://cicciadirect.co.uk/Martial-Arts-A-Guide-To-Basic-Kung-Fu--Jiu-Jitsu--Karate--.pdf>

Top 10 wing chun kung fu techniques for real self defense

Although our Wing Chun training does include all the traditional aspects including the hand forms. Sil lim Tao, Chum kui, and Bui Jee . Also the weapon training 6 point pole, Butterfly knives

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