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Chu gar

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**** chu gar southern mantis - youtube**

Jan 12, 2014 this is a clip of Chu Gar Tong Long / southern praying mantis. This is the opening of the 1st set Sam Bo Gin [as taught to me by Master Chen Ching Hong

Pingshan mantis celebration: southern praying

A rare book of China's Kwongsai Jook Lum Temple Praying Mantis Kungfu and Unicorn history and practices of China's Kwongsai Mantis, rare and exclusive historical ph.

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Title: China Southern Praying Mantis Kungfu Survey Description: Jook Lum, Chu Gar, Iron Ox Southern Praying Mantis Kungfu. China's Ongoing Research.

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Learn the complete system of Kwongsai Bamboo Forest Temple Southern Praying Mantis John is also a formal disciple of Chu Gar Gao Hakka Hong Kong Chu Gar

Chu gar gao southern praying mantis cheng wan

Chu Gar Southern Praying Mantis Welcome! Chu Gar is a lost art, almost. Few Masters remain and they have no interest to publicly teach this style.

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Kwong Sai Jook Lum by Gin Foon Marks Kung Fu Association Lo Mang of the famed Venom Mob is an expert in Chu Gar Southern Praying Mantis having studied the martial

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who added more forms to the original three and founded the Chu Gar Southern Mantis. Roger Hagood Roger D Within Southern Praying Mantis kung fu,

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Feb 12, 2009 Yao Kam Fat Sifu, 2002, Aged 80, Student of Wong Yook Gong Mr. Yao related many incidents of the past, especially regarding Chu Gar Gao and Jook Lum

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Feb 26, 2013 Chu Gar Kung Fu at Kowloon Park Kung Fu Corner. 24 Feb 2013. Chu Gar Kung Fu at Kowloon Park Kung Fu Corner. 24 Feb 2013

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