

Chu Gar Gao: Southern Praying Mantis Kungfu By Roger D Hagood

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Bamboo temple southern praying mantis kung fu

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Roger D. Hagood Pingshan Town Guangdong,

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Chinamantis.com - china southern praying mantis

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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

Chu gar

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