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Wooden Dummy Training In The Many Kung-fu Styles That Trace Their Roots And Their Inheritance To The Shaolin Temple. The Folklore Of Many Styles Speaks Of The Shaolin Wooden Men. Further, There Are Many Styles That Have Retained And Use Wooden Dummies Of Various Designs In Their Training. The Mook Jong Can Jun 2th, 2024

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Ranking System Choy Li Fut Black And White

Sup Ji Jit Fu Kuen Red Fringe (Black Sash) Lau Bun Staff Small Five Animal Form Empty Hands Vs. Double Daggers Fut Ranking System Brown Fringe Sup Ji Kau Da Kuen St 1 Stripe: Cross Pattern Vs. Plum Blossom, Hung Sing Spear No' 2 Stripe: Four Door Horse Bench, Jan 3th, 2024

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