



# Choy Li Fut Kung Fu: The Dynamic Fighting Art Descended From the Monks of the Shaolin Temple

*Doc-Fai Wong, Jane Hallander*

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## **Choy Li Fut Kung Fu: The Dynamic Fighting Art Descended From the Monks of the Shaolin Temple**

Doc-Fai Wong, Jane Hallander

A step-by-step guide to mastering the fighting secrets of Southern China's most powerful style of kung-fu. Illustrated with hundreds of photos, this book will teach you all you need to know about this dynamic art.

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