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Descended From The Monks Of The Shaolin Temple By  
Doc-Fai Wong**



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Lei5 Fat6; aka Choy Lee Fut Kung Fu) is a Chinese

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Techniques of the Southern Kung Fu styles, making Choy Li Fut one of the most Choy Li Fut/Cai Li Fo style of fighting is Grandmaster Doc Fai Wong,

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This book gives a great overview of Choy Li Fut Kung Fu! It talks about the lineage and history which I find fascinating. The book also covers ALL the basics which is

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