

CHINESE GUNG FU



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Kung fu term Wikipedia

In general, kung fu/kungfu or gung fu/gongfu (/ k f u / () or / k f u / ; , Pinyin: g ngfu) refers to the Chinese martial arts, also called wushu and quanfa. In China, it refers to any study, learning, or practice that requires patience, energy, and time to complete. In its original meaning, kung fu can refer to any discipline or skill achieved through hard

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Chinese martial arts Wikipedia

The Shaolin style of kung fu is regarded as one of the first institutionalized Chinese martial arts. The oldest evidence of Shaolin participation in combat is a stele from 728 CE that attests to two occasions: a defense of the Shaolin Monastery from bandits around 610 CE, and their subsequent role in the defeat of Wang Shichong at the Battle of Hulao in 621 CE.

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ACMAF

The ACMAF is a non-profit 501(c)(3) organization created by Grandmaster James Shyun. We have a network of schools throughout the world dedicated to the teaching of Shyun Style Eight Step Preying Mantis Kung Fu and Shyun Style Tai Chi Chuan. This is a traditional Chinese martial arts system with a lineage that can be traced back hundreds of years to the Lao Shan Temples in the San Dong Province

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Learn Kung Fu and Taijiquan(Tai Chi) in Fayetteville, NC. China has a long, rich and diverse history of martial arts. For thousands of years Chinese nobility and peasants alike have been practicing and refining both armed and unarmed combat skills.

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History of the Kenpo Style kenpousa.com

History of the Kenpo Style Of all the major Martial Arts styles, Kenpo's origin and history are the least understood and the most confusing.

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Shaolin Temple Quanfa Institute Canada Authentic and Traditional Shaolin Martial Arts in Toronto, Markham, and Montreal Offering School, Classes, and Instruction in Shaolin Kung Fu Martial Arts, Qi Gong/ Chi Kung, Meditation, and Cultural Arts and Workshops - Shaolin Temple Quanfa Institute Canada Authentic and Traditional Shaolin Martial Arts in Toronto, Markham, and Montreal Offering
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Southern Chinese Martial Art Styles During the Qing Dynasty

Natural Traditional Chinese Martial Arts articles by Sal Canzonieri: This was my fourteenth column in Han Wei Wushu, it is about the history of Southern Shaolin martial arts - part 2.

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