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Hing chao discusses southern boxing, white crane

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English-language manual opens up kung fu secrets

Lam Chun-fai, a master of Southern Chinese kung fu style, Hung Kuen, is the first of the kung fu masters to publish a fighting manual in English.

Hung kuen manual

The second Gung Gee Fok Fu Kuen manual was handled directly by the Lam family Hung Kuen Fundamentals: Fok Fu Kuen is 70 years in the making but in many ways,

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