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~~Elbow Combinations Front~~  
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~~Style Tigers of Choy Lee Fut~~

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- Swing Punch Combos

Animation of Choy Lee Fut  
Kung Fu History

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APPLICATIONS OF CHOY LEE FUT  
KUNG FU China Kungfu: Choy  
Li Fut *Wing Chun vs Choy Li  
Fut - Chinese Martial Arts*  
*Tested Choy Lee Fut Kung Fu*

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W.A. Choy Lee Fut / KUNG FU  
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Choy Li Fut Sparring

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*Lee Fut and The Spirit of*  
*Kung Fu FULL Choy Lee Fut*  
*Kung Fu Tutorial - Siu Ping*  
*Kuen ?????? Choy Lay Fut*  
*Complete Combat Theory-*

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*Spinning Techniques* Choy Lee  
Fut Fighting Combination for  
Sanda, MMA, Self-Defence

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Kung Fu masters in HK

Exclusive Interview: Choy  
Lee fut Master Wong Yu Fan -  
Part 1

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SHAOLIN KUNG FU ONLINE - ???



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- Choy Li Fut Basics -

LESSON ONE ~~CHOY LI FUT KUNG~~

~~FU FIVE WHEEL STANCE~~ Choy

Lee Fut Hung Sing Gwoon

Chile - Jerng Mun Yun Chen

Yong Fa choy lee fut

Traditional Weapons Medley

by Choy Lee Fut Chile

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(?????) Choy Lee Fut

Training **KILLER CHOY LEE FUT FORM Choy Lee Fut combo Choy Lee Fut Demonstration**

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Choy Lee Fut Sao ChoyTigers  
of Choy Lee Fut - Ping Jahn  
Kuen - 1 ~~Flash Choy Lee Fut~~  
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Choy Lee Fut Flash - Choy Lee Fut Ting, was the founder of the Choy Lee Fut system The origin Of edged or bladed weapons can be traced back to primitive times when men learned to use sharp stones or bones as

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knives to fight against wild animals and other men In China, bronze sword production started

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Fut is a form of kung fu  
that even martial arts hero  
Bruce Lee enjoyed. With this  
review of its history and

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style, find out what makes this martial art stand out. Lee gave Choy Li Fut high praise, describing it in the book Between Wing Chun and Jeet Kune Do as "the most effective system that I've seen for

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Choy Li Fut (Cantonese),  
also spelled Choy Lay Fut  
and Choy Lee Fut or Cai Li  
Fo (Mandarin) (Chinese: ???;  
pinyin: Cài Lǚ Fó; Cantonese



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Yale: Choi3 Lei5 Fat6; aka Choy Lee Fut Kung Fu) is a Chinese martial art and wushu style, founded in 1836 by Chan Heung (??).

~~Choy Li Fut - Wikipedia~~  
Yong Fa has opened the

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treasures of the Chan Family system to the outside world. Flash Choy Lee Fut Choy Li Fut is a form of kung fu that even martial arts hero Bruce Lee enjoyed. Flash Choy Lee Fut Flash Choy Lee Fut Flash Choy Lee Fut Flash

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- Choy Lee Fut Ting, was the founder of the Choy Lee Fut system The origin Of edged or bladed

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Lee Fut Choy Li Fut -  
Wikipedia Choy Lee Fut fist  
forms are divided into the  
primary, secondary and  
tertiary level. In addition  
to being a library of  
techniques, Choy Lee Fut  
forms focus on training

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particular types of energy or movement, to make an all-rounded fighter. Choy Li Fut basic form

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Choy Li Fut is a form of kung fu that even martial arts hero Bruce Lee enjoyed. With this review of its history and style, find out what makes this martial art stand out. Lee gave Choy Li Fut high praise, describing



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Read Book Flash Choy Lee Fut... According to Bruce Lee: Choy Li Fut is the most effective system that I've seen for fighting more than one person. [It] is one of the most difficult styles to attack and defend against.

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Choy Li Fut is the only style [of kung fu] that traveled to Thailand to fight the Thai boxers and hadn't lost. Choy Li Fut - Wikipedia

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Choy Lee Fut Flash - Choy  
Lee Fut Ting, was the  
founder of the Choy Lee Fut  
system The origin Of edged  
or bladed weapons can be  
traced back to primitive

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times when men learned to use sharp stones or bones as knives to fight against wild animals and other men In China, bronze sword

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Understand the different  
ways of how Kung Fu can be  
applied in a self defence or

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sparring situation. This combination is a movement from Choy Lee Fut Kung Fu...

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knives to fight against wild animals and other men In China, bronze sword production started ...

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Inside Kungfu: Chinese Martial Arts Encyclopedia is intended to serve as a general reference tool for anyone interested in the martial arts, its history, or even China's history. The book takes a look "Inside"

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Chinese Martial Arts only,  
with a chart devoted to  
Chinese, Japanese and Korean  
pronunciation; A section  
about China's Martial  
History; A section about the  
Shaolin Temple History;  
Information about the

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Beijing Opera; Information on several martial arts from A to Z totaling around 363 styles; Information on over 110 weapons used throughout China's history, and much, much more. Including dynamic pictures and illustrations



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by myself and even a little information about yours truly. It is my love, respect and admiration for the martial arts that has inspired me to write this book in hopes that, you, the reader, enjoys learning the

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facts and history as much as I did; and maybe, inspire you to take a wonderful journey in the martial arts training of your choice if you have not already done so.

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The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every

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style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-

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known marital arts figure in the world.

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martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-

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oriented books and videos including many about the works of Bruce Lee, the best-known martial arts figure in the world.

In the spring of 1959,  
eighteen-year-old Bruce Lee

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returned to San Francisco, the city of his birth. Although the martial arts were widely unknown in America, Bruce encountered a robust fight culture in the Bay Area, populated with talented and trailblazing



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practitioners such as Lau Bun, Chinatown's aging kung fu patriarch; Wally Jay, the innovative Hawaiian jujitsu master; and James Lee, the Oakland street fighter.

Regarded by some as a brash loudmouth and by others as a

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dynamic visionary, Bruce spent his first few years back in America advocating for a modern approach to the martial arts, and showing little regard for the damaged egos left in his wake. The year of 1964 would

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be an eventful one for Bruce, in which he would broadcast his dissenting worldview before the first great international martial arts gathering, and then defend it by facing down Wong Jack Man--Chinatown's

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young kung fu ace--in a legendary behind-closed-doors showdown. These events were a catalyst to the dawn of martial arts in America and a prelude to an icon. Based on over one hundred original interviews,

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Striking Distance chronicles Bruce Lee's formative days amid the heated martial arts proving ground that thrived on San Francisco Bay in the early 1960s.

A step-by-step guide to

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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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with information about every style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the



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works of Bruce Lee, the best-known marital arts figure in the world.

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