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FREE TRAINING VOUCHER Present this page to any of our three venues Shifu Song has been a Kung-Fu, Wushu and Tai Chi Instructor with a specialty in Shaolin style

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The term wushu has also become the name for the modern sport of wushu, for which training manuals had already been written, and sportive wrestling,

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Kung fu (Mandarin: gung fu; Cantonese: gong fu) is a Western- catchall term for the Chinese martial arts. Literally translated, kung fu means work ha

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History . In 1958, the government established the All-China Wushu Association as an umbrella organization to regulate martial arts training. The Chinese State

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List of best martial arts books - black belt wiki

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Kung fu elements: wushu training and martial arts

Kung Fu Elements: Wushu Training and Martial Arts Application Manual: Shou-Yu Liang, Wen-Ching Wu: 9781889659329: Books - Amazon.ca

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Traditional martial arts training - black belt

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