

Chinese Gung Fu The Philosophical Art Of Self Defense

Revised And Updated

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Choy Li Fut Wikipedia

February 15th, 2019 - Choy Li Fut Cantonese also spelled Choy Lay Fut and Choy Lee Fut or Cai Li Fo Mandarin Chinese 蔡李佛 pinyin Cǎi Lǐ Fú Cantonese 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 was named to honor the Buddhist monk Choy Fook Cai Fu who taught him Choy Gar and Li Yau San

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