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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.

Mr. Simonet reached the black sash level in Wing Chun Gung Fu during the late 1980 s. After over thirty years of sustained effort in his training, Mr. Simonet has.

CHARACTER Indiana Jones Dr. Henry Walton Jones, Junior was an American archaeologist most.

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Kong Chi Yuen is a student of Sifu Kiet Pham and an Assistant Instructor at Bamboo Forest Wing Chun. He has trained in MMA, Jeet Kune Do and various other Wing Chun.

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