

## Flash Choy Lee Fut

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

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Flash Choy Lee Fut Choy Li Fut is a form of kung fu that even martial arts hero Bruce Lee enjoyed. With

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this review of its history and 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: 蔡李佛; pinyin: C à i L F ó ; 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 (陳享).

~~Choy Li Fut — Wikipedia~~

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

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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. 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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