

# **Kung Fu Elements: Wushu Training And Martial Arts Application Manual By Shou-Yu Liang;Wen-Ching Wu**

**By Shou-Yu Liang;Wen-Ching Wu**

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kung fu training, shaolin kung fu Shifu Shi Yan Jun received an Honor award and Certificate of Honorary Member of the Hellenic Kung Fu Wushu Federation

Kung Fu Elements Wushu Training and Martial Arts Application Manual by Shou-Yu Liang, Wen-Ching Wu Hardcover, 512 Pages, Published 2001 by Way Of The Dragon ISBN-13

Shou-Yu Liang, Wen-Ching Wu. Kung Fu Elements is the Wushu training manual that martial or serious student of any style of martial arts!

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Chinese martial arts, which are called kung fu (/ important aspect of application training, choreographer, and world wushu tournament medalist. Wu

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