

# 洪拳入門

## 伏虎拳

Demonstration and instruction by  
**Lam Chun Fai**

*Hung Kuen Fundamentals: Gung-Gee Fok Fu Kuen is the first full-length manual in over half a century to be written by the Lam family, who has attained a legendary status in traditional Chinese martial arts. This book is the first of a book series on Lam Family Hung Kuen.*



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Hung Kuen Fundamentals: GUNG GEE FOK FU KUEN

Lam Chun Fai

# HUNG KUEN FUNDAMENTALS

## GUNG GEE FOK FU KUEN



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# Hung Kuen Manual

**ML Morrison**



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