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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 Manual

Roman Wölfel

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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In a global inundated with monitors and the cacophony of quick interaction, the profound power and psychological resonance of verbal artistry often diminish into obscurity, eclipsed by the continuous onslaught of noise and distractions. Yet, set within the musical pages of **Hung Kuen Manual**, a captivating work of fictional splendor that impulses with fresh thoughts, lies an memorable trip waiting to be embarked upon. Composed by a virtuoso wordsmith, this enchanting opus manuals readers on an emotional odyssey, lightly exposing the latent potential and profound affect stuck within the complicated web of language. Within the heart-wrenching expanse of this evocative analysis, we will embark upon an introspective exploration of the book is central styles, dissect its fascinating publishing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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