

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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