

Demonstration and instruction by Lam Chun Fai

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





Hung Kuen Fundamentals: GUNG GEE FOK FU KUEN

HUNG KUEN FUNDAMENTALS GUNG GEE FOK FU KUEN



Lam Chun Fai.



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