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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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Lam Chun Fai

Hung Kuen Manual

John Michael Farrell



Hung Kuen Manual:

Hung Kuen Manual Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Hung Kuen Manual**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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