



## Chu Gar Gao: Southern Praying Mantis Kungfu (Hardback) - Common

Edited by Charles Alan Clemens, Performed by Cheng Wan By (author) Roger D Hagood

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A rare treatise of Hakka Chu Gar Southern Praying Mantis boxing that includes: Chu Gar Mantis history, boxing transmission, six Chu Gar areas, three kinds of Chu Gar in China; Chu Gar Mantis personal records -Sifu Chen Ching Hong, Sifu Yip Sui, Sifu Cheng Wan, Sifu Cheng Chiu, Sifu Dong Yat Long, Sifu Ma Jiuhua, Past Masters in Charge; Chu Gar applications - Single Bridge Tsai Sao, Double Bridge ...



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