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#### Martial Arts Shops Series

Hung Gar: Iron Wire Form- by Sifu Leo Au Yeung (洪拳:鐵線拳)VHG 23 Hung Gar Internal Energy Training Preview www Preview com VHG 31 Hung Gar Dragon Head Wooden Bench Preview www WI F com Grand Master Lam Chun Fai Performing /"Iron Thread Set /" (Tit Sin Kyun) Zhoupei Hong Quan Iron Wire Fist /"Three Extensions Iron Thread Set /" (Saam Jin Tit Sin Kyun 三展鐵線拳) | Practical Hung Kyun Grand Master Lam Chun Fai: /"Ten Forms /" /u0026 /"Tiger and Crane Double Form Set /" Hung Gar Kung Fu 洪家 Tiger Crane 90 year old Hung Kuen Master Leung Daiyau performs the Snake guiding the crane 林世榮鐵線拳 (ANIMATION)- Lam Sai Wing Iron thread fist (ANIMATION) Hung Gar Kuen Conditioning Drill (w/ Page 3/14

CHARLENE HOUGHTON) Hung Gar(Tiger Crane form) 余志偉鐵線拳 Philadelphia Hung Gar Gung Fu with Iron Rings Shaolin "Tiger and Crane Double Form Set /" (Fu Hok Seung Ying 虎鶴雙形) Wing Lam Hung Gar - Panther

3 Tips from Charris van't Slot Sifu /u0026 Short /"Iron Thread Set /" DemoDragon Form of Hasavfu Hung Kuen #26 WLE.com Southern Shaolin birthplace of weng chun kungfu, wing tsun, hung gar etc. part 1 Fuqing VHG 38 Hung Gar Tiger Iron Palm Training Preview www.WLE.com ShaoLin Center: QiGongSouthern Hung Ga Iron Ring Training Titsin Hung Kuen 鐵線洪拳 - Hung Gar Iron Wire Iron Wire at Las Vegas (1) Iron Thread Southern Shaolin Hung Iron Thread form was created by Tid Kiu Sam, one of the best martial

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