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Further reading. Fundamentals of High Performance Wushu: Taolu Jumps and Spins by Raymond Wu, ISBN 978-1-4303-1820-0. Training book on classic long fist moves.

Changquan - Wikipedia

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18 Lohan Qigong, Shaolin Temple Chi Kung, Lohan Qigong

The Sin Thā Karate School is the oldest and most reputable martial arts school in Lexington, KY. It is the international home of Shaolin-Do, offering the ancient ...

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Existen numerosas referencias que demuestran la existencia de práctica marcial en China, antes de la fundación del monasterio Shaolin (495 d. C.) entre las cuales ...

Shaolin - Wikipedia, la enciclopedia libre

Hsing I Ch'uan Xing Yi Quan, Hsing-I, Xin I Quan 心意拳, Form-Mind Boxing, Mind-Will Boxing, Shape-Mind Boxing Xin Yi Liu He Quan, Heart Mind Six Harmonies Boxing

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