

shaolin wooden men pdf

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Part of a series on: Chinese martial arts ()Styles of Chinese martial arts

Zi Ran Men - Wikipedia

Monkey Kung Fu, or Monkey Fist (çŒæ³), is a Chinese martial art which utilizes ape or monkey-like movements as part of its technique.. There are a number of independently developed systems of monkey kung fu. Examples include Xingzhemen (èŒè€...é—€) named after the protagonist Sun Wukong of the popular Ming dynasty novel Journey to the West, Nanhouquan (â—çŒæ³) or Southern Monkey Fist ...

Monkey Kung Fu - Wikipedia

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This may be an embellished story of the creation of jÅ•jutsu, as the oral tradition of ShintÅ• MusÅ•ryÅ« is the only mention of this second duel, or for that matter, a person defeating Musashi in combat.

Cane Exercises and Self-Defense: Guides, Bibliography

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ebook - Wikipedia

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