

# The Secrets Of Eagle Claw Kung Fu: Ying Jow Pai - Leung Shum

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One of the few modern Chinese martial arts derived from actual military combat experience, Eagle Claw Kung Fu is a powerful system featuring advanced locking-hand moves perfected over centuries of civil conflict in China. Kung Fu and tai chi master Leung Shum brings this timeless art to today's practitioners, going beneath the veneer of gymnastic athleticism for which the style is known, and revealing many of its essential secrets and insider tips. Shum explains the fundamentals of Eagle Claw Kung Fu, including the crucial first thirty locking-hand techniques, the punches, kicks, and the all-important signature claws of Ying Jow Pai. Hundreds of striking photographs augment Shum's masterful text, creating the ultimate guide to Eagle Claw Kung Fu. Author: Shum, Leung Publisher: Tuttle Publishing Illustration: N Language: ENG Title: The Secrets of Eagle Claw Kung Fu: Ying Jow Pai Pages: 00240 (Encrypted EPUB) / 00240 (Encrypted PDF) On Sale: 2001-12-04 SKU-13/ISBN: 9780804832151 Category: Sports & Recreation : Martial Arts & Self-Defense

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