



The Complete Guide to Kung Fu Fighting Styles

By Jane Hallander

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Kung fu, China's martial arts legacy, stretches from the distant past of the Shaolin temple to the strife torn decades of the 20th century, and into the new millennium. It is a legacy filled with tales of great masters and incredible exploits. Here, in a revised and expanded edition of this best-selling title, we survey the major kung fu styles and masters of the present day. Long range and short range styles, internal and external power, and the living legends of kung fu are all explored in great detail and with numerous photographs.

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