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Kung Fu Elements; Kung Fu Elements is the Wushu training manual that martial artists have long awaited. It is the first of its kind in the English language.

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History . In 1958, the government established the All-China Wushu Association as an umbrella organization to regulate martial arts training. The Chinese State

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Kung Fu Elements is the Wushu training manual that martial artists have long awaited. It is the first of its kind in the English language. It contains the essence and