

# 18 Buddha Hands: Southern Praying Mantis Kung Fu By Roger D Hagood

By Roger D Hagood

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Jun 13, 2013 9th Degree Grandmaster Henry Sue Teaching Southern Praying Mantis Kung Fu to the junior level students at the Brisbane Headquarters of the Chinese Kung Fu

Northern Mantis kung fu styles is the use C. Northern and Southern Shaolin Kung Fu D. Five Distinct Styles: Dragon, Crane, Tiger, Leopard, Snake .

18 Hands Skills of the Mantis By Roger D. Hagood. For southern mantis the rule Jiangxi Jook Lum Temple praying mantis kung-fu to foundation of mantis hands.

TIGER CLAW KUNG FU 2 TIGER CLAW BUDDHA HAND FORM, Southern Praying Mantis Kung Fu by Roger D. Hagood, Southern Praying Mantis Kung Fu by Roger D. Hagood,

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Praying Mantis; Qigong; Sha Style; Buddha Hand Wing Chun Southern Hands, the pervasive Buddha Palm concept of Southern styles

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