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# **The Shaolin Butterfly Butterfly Kung Fu Volume 1**

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**The Shaolin  
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Kung**

The Shaolin Butterfly is taken from Fut Ga Kung Fu, which many consider to be the original Kung fu of the Shaolin temple. The system has been matrixed, which means it has been made logical. Matrixing is the first and only science of the martial arts, which means the forms and techniques have

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been arranged in  
logical format, with all  
the fluff and repetition  
taken out.

**The Shaolin  
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Kung Fu) (Volume  
1): Case ...**

This book unveils to  
the public for the first  
time in print the rare  
Shaolin Butterfly Style  
of Chinese martial arts.  
All those interested in  
or involved in martial  
arts training, Tai Chi,

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qigong, yoga,  
meditation and the like  
will find this book to be  
enjoyable and  
insightful.

**The Shaolin  
Butterfly Style - Art  
of Transformation ...**

In his book, Michael  
Fuchs unveils the rare  
Shaolin butterfly style.  
He covers all the  
aspects of the art,  
including history,  
lineage, principles,  
concepts, curriculum

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and applications. The author also details the foundations of Chinese martial arts, ensuring that the book will be a valuable resource for novices and experts alike.

### **Butterfly Martial & Healing Arts**

I call this system the Shaolin Butterfly, and the true glory of it is that it includes virtually all potentials of motion from all

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other systems of Kung Fu. Oh, and one other thing about this system that is great-it can be learned in a couple of months. Here is the page on Shaolin Gung Fu.

### **Shaolin Butterfly Kung Fu has the Secret! - Monster ...**

Shaolin Butterfly Presenting the Most Dynamic System of Gung Fu in the World! I studied a style of Gung

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Fu called Fut Ga, which loosely translated means 'Family of Monks.' It is said to be the original style of Gung Fu passed down from the Shaolin Temple by the five monks who escaped the burning.

## **Shaolin Butterfly | Learn Real Shaolin Gung Fu**

I call this system the Shaolin Butterfly, and the true glory of it is

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that is includes  
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other systems of Gung  
Fu. Oh, and one other  
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kung fu system that is  
great-it can be learned  
in a couple of months.  
... Snake Style Kung Fu  
and several Wudang  
weapon styles. This is  
the first ...

### **Secret Gung Fu of The Shaolin Butterfly - Monster**

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### **Martial ...**

The butterfly kick is a spectacular Kung Fu move seen in many films; learn Kung Fu moves taught at real Shaolin temples in this free martial arts video series. Expert: Bruce Wen Contact: [www.shaolinca.com](http://www.shaolinca.com) Bio: Bruce Wen has studied in China with Tib...

**Shaolin Kung Fu  
Stretches Moves :**

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The Sad Tale of Wu  
Shu and the People's  
Republic of China The  
Truth of Dr. Root's  
Traveling Snake Oil  
Kung Fu Lessons

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Shaolin Kung Fu Book... 'The Shaolin Butterfly.' Derived from the Shaolin style known as Fut Ga (Monk Fist), this Shaolin Butterfly work out book takes Kung Fu to a whole new level. In this martial arts book there are five kung fu forms, several of which are two man forms. These forms explore the different footworks, and the six different concepts behind real

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Martial ...**

Local Author, Sifu  
Michael Fuchs is  
coming to RPL to talk  
about his new book,  
“The Shaolin Butterfly  
Style: Art of  
Transformation.”. Join  
us as he discusses his  
writing process, and  
shares his knowledge  
and expertise with a

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gentle interactive demonstration of Butterfly Style. Similar to Tai-Chi, Butterfly Style is gentle on the body and has great health benefits.

### **Author Sifu Michael Fuchs - "The Shaolin Butterfly Style ...**

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This Butterfly Knives Set is called "Jen Tzi Seong Lam Tou" or "Human-Character Double Southern Knives", and is composed from "Crossroad Double Southern Knives" of Uncle Righteousness' Southern Shaolin, and "Human-Character Knives" of Sifu Choe Hoong Choy's Choy Family Wing Choon.

**Video Clip Series:**

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**Introducing the  
Butterfly Knives** Volume 1

The Shaolin Butterfly includes the concepts of virtually every kung fu, but it is so logical it literally downloads into the students brain. A student who has decided to learn Shaolin Kung Fu is going to be extremely expert within a few months.

**How to Learn Kung  
Fu Fast with the**

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### **Shaolin Butterfly ...**

Butterfly swords are used in several Chinese martial arts, notably Wing Chun, Hung Ga, and Choy Li Fut. In Wing Chun, one notable aspect of butterfly sword combat is that its principles are the basis for all other weaponry.

### **Butterfly sword - Wikipedia**

The Butterfly Knives were one of them.

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### Butterfly Butterfly

#### Kung Fu Volume 1

Other examples included the three-sectional staff, the sweeper, the wolf-teeth staff and the iron pen. These weapons were “open”, i.e. an opponent could see them easily. There was another category called “secret weapons”, which were purposely hidden and applied on opponents unexpectedly.

**Butterfly Knives -**

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### Butterfly Butterfly

#### **Wong Kiew Kit**

The butterfly kick is basically a round house kick and a jump spinning hook kick done at the same time. This is a very famous kick in Kung-Fu. So we'll begin by showing you the fundamentals and basics. To begin with Ty is going to go to a forward stance.

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