

GUNG FU TRAINING

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[Chinese martial arts - Wikipedia](#)

The Shaolin style of kung fu is regarded as one of the first institutionalized Chinese martial arts. The oldest evidence of Shaolin participation in combat is a stele from 728 CE that attests to two occasions: a defense of the Shaolin Monastery from bandits around 610 CE, and their subsequent role in the defeat of Wang Shichong at the Battle of

[Kung-fu, Long Island, New York - United Combat Arts](#)

The term "kung fu" literally means "hard work," yet with its connection to the discipline of martial arts and the warrior monks and sages who exemplify it, gung fu has become the general term for all Chinese martial arts.

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[#123 A Gung Fu Man: Part I Bruce Lee](#)

In this episode we discuss some cards that Bruce Lee sent in 1964 to his best friend Taky Kimura. Taky was Bruce's best friend, he was the best man in Bruce and Linda's wedding, and Taky was Bruce's first assistant instructor in Bruce Lee's first school in Seattle at the Jun Fan Gung Fu Institute.

[Jun Fan Gung Fu Academy - Martial Arts School - Seattle ...](#)

This was taken over 23 years ago at the Jun Fan Gung Fu Institute of Seattle located in the basement of Shop-rite. This was the first and inaugural meeting for the Jun Fan Jeet Kune Do Nucleus with many of Sijo Bruce Lee's original students including Linda, Shannon, John Little, second generation students, and members of the Institute.

[#36 Gung Fu Bruce Lee](#)

Gung fu translated means: discipline and training toward the mastery of some skill. It is applied to martial arts but it can be applied to anything. Ultimately, Gung fu is a pathway toward mastery and a deeper understanding of

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[Kung fu \(term\) - Wikipedia](#)

In general, kung fu/kungfu or gung fu/gongfu (/ k ʊ / or / k ʊ /, Pinyin: g ŋfu) refers to the Chinese martial arts, also called wushu and quanfa.

[Full text of "Tao Of Jeet Kune Do.pdf \(PDFy mirror\)"](#)

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